

sundas malik

09/15/2017

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|---|---|--|
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chard                         |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                       |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                        |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate           |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens                |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                    |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                   |
| <input type="checkbox"/> Avocado Oil                        | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                      |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                 |
| <input type="checkbox"/> Barley Grass (can have gluten)     | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Greens              |
| <input type="checkbox"/> Barley Greens (may contain gluten) | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Dandelion Root                |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Eggplant                      |
| <input type="checkbox"/> <b>Bean, Green</b>                 | <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Endive                        |
| <input type="checkbox"/> Beet                               | <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Fennel                        |
| <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Garlic                        |
| <input type="checkbox"/> Bell Pepper                        | <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Hearts of Palm                |
| <input type="checkbox"/> Bell Pepper, Green                 | <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Horseradish                   |
| <input type="checkbox"/> Bell Pepper, Orange                | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Jicama                        |
| <input type="checkbox"/> Bell Pepper, Red                   | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Kale, all types               |
| <input type="checkbox"/> Bell Pepper, Yellow                | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Kelp/Dulse                    |

<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Scallions
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Pimento	<input type="checkbox"/> Shallots
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Butternut

<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Currant
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Dates
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Fig
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Fruits	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi

<input type="checkbox"/> Kumquat	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Lemon	<input type="checkbox"/> Peach	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond
<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cashews
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Papaya	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)

<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts, Black
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bass
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Catfish
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Clam
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Corvina
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Crab
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Flounder
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tahini	<input type="checkbox"/> Hake
<input type="checkbox"/> Pecans	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lobster

<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> <b>Mussel</b>	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Scallop	<input type="checkbox"/> <b>Applegate® organic roast beef</b>	<input type="checkbox"/> Quail
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Trout	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Tuna	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
	<input type="checkbox"/> Chicken, free range (organic)	

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| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)                 | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                | <input type="checkbox"/> Sherry Vinegar                          |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)           | <input type="checkbox"/> Cream, Raw and Unpasteurized                    | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized       |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)                    | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil      | <input type="checkbox"/> Soy Sauce                               |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®                    | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard          | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                            | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread        | <input type="checkbox"/> Tabasco Sauce                           |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                              | <input type="checkbox"/> Earth Balance® Coconut Spread                   | <input type="checkbox"/> Tamari (Wheat Free)                     |
| <input type="checkbox"/> Milk, Soy (Organic)                                    | <input type="checkbox"/> Harissa   | <input type="checkbox"/> Teriyaki Sauce                          |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or                      | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)       | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)    |
|   | <input type="checkbox"/> Hummus  | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    |
| <input type="checkbox"/> Condiments, Spreads & Sauces                           | <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> Ume Plum Vinegar                        |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)               | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)  |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)      | <input type="checkbox"/> Liquid Smoke (can have gluten)                  | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)               | <input type="checkbox"/> Liquid Smoke gluten free (natural)              | <input type="checkbox"/> Vinegar                                 |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> Vinegar, Beet                           |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy              | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Vinegar, Distilled                      |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup                | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Vinegar, Malt                           |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup                   | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)               | <input type="checkbox"/> Vinegar, Red Wine                       |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise                         | <input type="checkbox"/> Olives (without vinegar)                        | <input type="checkbox"/> Vinegar, Rice                           |
| <input type="checkbox"/> Carob  | <input type="checkbox"/> Red Bean Paste                                  | <input type="checkbox"/> Vinegar, White                          |
| <input type="checkbox"/> Cocoa Butter   | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)     | <input type="checkbox"/> Vinegar, White Wine                     |
| <input type="checkbox"/> Coconut Aminos®  | <input type="checkbox"/> Red Tomato Paste (gluten free)                  | <input type="checkbox"/> White/Distilled Vinegar                 |
| <input type="checkbox"/> Coconut Cream  | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |

<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> <b>Herbs &amp; Spices</b>
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Anise
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Molasses	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Basil
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves



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| <input type="checkbox"/> Cloves, Madagascar      | <input type="checkbox"/> Grapeseed Extract                | <input type="checkbox"/> Olive Leaf Extract                          |
| <input type="checkbox"/> Cloves, Penang          | <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Onion                                       |
| <input type="checkbox"/> Cramp Bark Extract      | <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Onion Powder                                |
| <input type="checkbox"/> Cream of Tartar         | <input type="checkbox"/> Herbs De Provence                | <input type="checkbox"/> Orange Peel/Rind                            |
| <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Hickory                          | <input type="checkbox"/> Orange Salt                                 |
| <input type="checkbox"/> Curcumin                | <input type="checkbox"/> Himalayan Salt                   | <input type="checkbox"/> Oregano                                     |
| <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Paprika                                     |
| <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Paprika (smoked)                            |
| <input type="checkbox"/> Dill                    | <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Parsley                                     |
| <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)     |
| <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemon Pepper                     | <input type="checkbox"/> Pepper, Cayenne                             |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Lemongrass                       | <input type="checkbox"/> Pepper, Red                                 |
| <input type="checkbox"/> Garam Masala            | <input type="checkbox"/> Licorice Root                    | <input type="checkbox"/> Pepper, Sichuan                             |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Maca Root                        | <input type="checkbox"/> Pepper, Szechuan                            |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Mace Spice                       | <input type="checkbox"/> Pepper/Peppercorns                          |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Marjoram                         | <input type="checkbox"/> Peppermint                                  |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mesquite                         | <input type="checkbox"/> Pine Bark Extract                           |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Milk Thistle                     | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mint                             | <input type="checkbox"/> Red Pepper Flake                            |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Mustard (as a Powder)            | <input type="checkbox"/> Rose Hips                                   |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mustard Seeds (gluten free)      | <input type="checkbox"/> Rosemary                                    |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Nutmeg                           | <input type="checkbox"/> Saffron                                     |

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<input type="checkbox"/> Sage	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Shallots	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Macheo	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Mozzarella Cheese

☐ Sour Cream, Raw and Unpasteurized

☐ Whey

☐ Yogurt (See Xanthan Gum)

☐ Legumes & Pulses

☐ Bean, Azuki

☐ Bean, Black

☐ Bean, Butter

☐ Bean, Cannellini

☐ Bean, Chana Dahl

☐ Bean, Chili

☐ Bean, Green

☐ Bean, Italian

☐ Bean, Kidney

☐ Bean, Lima

☐ Bean, Mung

☐ Bean, Navy

☐ Bean, Ninja

☐ Bean, Pinto/Frijole

☐ Bean, Red

☐ Bean, White

☐ Beans

☐ Chickpea (see also Garbanzo Bean)

☐ Coffee Bean, Organic

☐ Edamame (must be organic)

☐ Fava Bean

☐ Fava Bean Flour

☐ Garbanzo Bean

☐ Garbanzo Flour

☐ Kidney Bean

☐ Lentil(s)

☐ Miso

☐ Pea, Snap

☐ Pea, Snow

☐ Pea, Split

☐ Peanut (Organic, Valencia)

☐ Peanut Butter (Organic, Maranatha®)

☐ Peanut Oil (Organic)

☐ Red Bean Paste

☐ Soy Beans (must be organic)

☐ Soy Beans Oil (must be organic)

☐ Vanilla Bean

☐ Vanilla Powder

☐ Gluten-Free Grains

☐ Almond Flour (gluten free)

☐ Amaranth

☐ Arrowroot Flour/powder

☐ Basmati Rice (gluten free)

☐ Buckwheat

☐ Buckwheat Flour

☐ Chicory Root

☐ Coconut Flour (gluten free)

☐ Coconut Meal (gluten free)

☐ Corn (Gluten-free & Non-GMO)

☐ Corn Meal (gluten free)

☐ Corn Starch (gluten free)

☐ Corn, Blue

☐ Corn, White

☐ Ener-G Brown Rice Yeast-Free Bread

☐ Fava Bean Flour

☐ Flax Meal

☐ Garbanzo Flour

☐ Glucomannon Flour (konjacfoods.com)

☐ Hazelnut Flour

☐ Hemp Meal

<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Beer
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bran
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Bread
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Farro
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Gluten
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Kamut
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Malt
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Rice, White (gluten free)		<input type="checkbox"/> Oats

☐ Oats, GF (not Certified) can have gluten

☐ Orzo

☐ Panko

☐ Polish Wheat

☐ Rye

☐ Semolina

☐ Soy Sauce

☐ Spelt

☐ Teechino

☐ Teriyaki Sauce

☐ Triticale

☐ Vinegar

☐ Vinegar, Malt

☐ Vinegar, White

☐ Wheat (All Types)

☐ Wheat Grass (Is Gluten-contaminated)

☐ **Corn-Derived Foods**
☐ Barbeque Sauce, GF Annie's® Sweet & Spicy

☐ Cheese, Cream

☐ Cheese, Daiya (Coconut, Tapioca, yeast, ...)

☐ Cheese, Soy (Organic) (see Soy)

☐ Chewing Gum (has gluten and corn)

☐ Corn (Gluten-free & Non-GMO)

☐ Corn Gluten

☐ Corn Meal (gluten free)

☐ Corn Oil

☐ Corn Starch (gluten free)

☐ Corn, Blue

☐ Corn, White

☐ Erythritol (non-GMO)

☐ Fructose

☐ GemWraps®, Sandwich Wrap (Carrot)

☐ Maltitol

☐ Maltodextrin (Corn-based, non-GMO)

☐ Modified Food Starch

☐ Sriracha Sauce Organicville gluten-free

☐ Swerve® Sweetener

☐ Vegetable Oil

☐ Xanthan Gum

☐ Yogurt (See Xanthan Gum)

☐ **Beverages & Protein Powders**
☐ Almond Milk, unsweetened (no tapioca)

☐ Apple Cider

☐ Apple Juice

☐ Beer

☐ Bone Broth Protein, Beef

☐ Carrot Juice

☐ Casein

☐ Coconut Kefir (No Tapioca, Carageenan)

☐ Coconut Milk (Native Forest or Natural Value)

☐ Coconut Water (low sugar)

☐ Coffee

☐ Coffee Bean, Organic

☐ Coffee, Instant (has gluten)

☐ Collagen Protein (Powder)

☐ Echinacea Tea

☐ Grapefruit Juice

☐ Great Lake's® Beef Gelatin

☐ Green Tea

☐ Hemp Protein (Powder)

☐ Komboucha Tea

☐ Lactoalbumin

<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chewing Gum, Xylicew®
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Water	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Rice Protein Powder (gluten free)		<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Lard (pork)

- |   |  |
|---|--|
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> Yeast, Brewer's                     |
| <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Yeast, Nutritional                  |
| <input type="checkbox"/> Lycopene                               |  |
| <input type="checkbox"/> Malt                                   | <input type="checkbox"/> <b>Snacks</b>                       |
| <input type="checkbox"/> Maltodextrin (Barley-derived)          | <input type="checkbox"/> Apple Sauce                         |
| <input type="checkbox"/> Modified Food Starch                   | <input type="checkbox"/> Dates                               |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)   | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Palm Wax                               |  |
| <input type="checkbox"/> Pycnogenol                             |  |
| <input type="checkbox"/> Red Food Dye                           |  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)         |  |
| <input type="checkbox"/> Resveratrol                            |  |
| <input type="checkbox"/> Rice Starch (if certified gluten free) |  |
| <input type="checkbox"/> Silver                                 |  |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |  |
| <input type="checkbox"/> Tofu (Organic)                         |  |
| <input type="checkbox"/> Tragacanth Gum                         |  |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)  |  |
| <input type="checkbox"/> Vegetable Oil                          |  |
| <input type="checkbox"/> Vinegar, Red Wine                      |  |
| <input type="checkbox"/> Xanthan Gum                            |  |
| <input type="checkbox"/> Yeast, Baker's                         |  |