

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Endive
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Fennel
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Ginger
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Jicama
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Beet	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nori
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Burdock	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Cabbage, Green		

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<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Swede
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Taro
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Red

<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Ground Cherries
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Carambola	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Cherry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Clementine	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Turnips	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon
<input type="checkbox"/> Wasabi Root	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Watercress	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig	<input type="checkbox"/> Longan Fruit
<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Lychee
<input type="checkbox"/> Fruits	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Mango
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Maqui
<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Blueberry		

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<input type="checkbox"/> Nectarines	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Noni	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Bean, White
<input type="checkbox"/> Orange	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Beans
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Oranges, Mandarin	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Peach	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Pear	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Plantain	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Plum	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Bean, Haricot	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Prune	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Quince	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Bean, Mung	
<input type="checkbox"/> Rambutan	<input type="checkbox"/> Bean, Navy	
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Bean, Ninja	
	<input type="checkbox"/> Bean, Pinto/Frijole	

<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Duck Fat	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Almond	<input type="checkbox"/> Fenugreek Seed	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Oil	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Borage Seed Oil	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Krill Oil	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Lard/Tallow (pork)	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Canola Oil, Non-GMO	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> MCT Oil	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecans	<input type="checkbox"/> Tahini
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Cottonseed/Cottonseed Oil		

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<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Grapefruit Seed Extract
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Grapeseed Extract
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Guarana
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Clove Powder	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender
<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Basil	<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Catnip	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/> Mint
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Celery Seed	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Chaparral	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Chervil		

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|--|---|---|
| <input type="checkbox"/> Olive Leaf Extract                      | <input type="checkbox"/> Sassafras                      | <input type="checkbox"/> Fish & Shellfish   |
| <input type="checkbox"/> Onion                                   | <input type="checkbox"/> Savory                         | <input type="checkbox"/> Anchovy            |
| <input type="checkbox"/> Onion Powder                            | <input type="checkbox"/> Saw Plametto                   | <input type="checkbox"/> Bass               |
| <input type="checkbox"/> Orange Peel/Rind                        | <input type="checkbox"/> Sesame Seeds                   | <input type="checkbox"/> Catfish            |
| <input type="checkbox"/> Orange Salt                             | <input type="checkbox"/> Sesame Seeds, Black            | <input type="checkbox"/> Chilean Sea Bass   |
| <input type="checkbox"/> Oregano                                 | <input type="checkbox"/> Shallots                       | <input type="checkbox"/> Clam               |
| <input type="checkbox"/> Paprika                                 | <input type="checkbox"/> Spearmint                      | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Paprika (smoked)                        | <input type="checkbox"/> St. John's Wort                | <input type="checkbox"/> Corvina            |
| <input type="checkbox"/> Parsley                                 | <input type="checkbox"/> Sumac                          | <input type="checkbox"/> Crab               |
| <input type="checkbox"/> Pau D'arco                              | <input type="checkbox"/> Tabasco Sauce                  | <input type="checkbox"/> Crab, Immitation   |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tamari (Wheat Free)            | <input type="checkbox"/> Crayfish           |
| <input type="checkbox"/> Pepper, Cayenne                         | <input type="checkbox"/> Tarragon                       | <input type="checkbox"/> Flounder           |
| <input type="checkbox"/> Pepper, Sichuan                         | <input type="checkbox"/> Thyme                          | <input type="checkbox"/> Haddock            |
| <input type="checkbox"/> Pepper, Szechuan                        | <input type="checkbox"/> Tomatillo                      | <input type="checkbox"/> Hake               |
| <input type="checkbox"/> Pepper/Peppercorns                      | <input type="checkbox"/> Turmeric                       | <input type="checkbox"/> Halibut            |
| <input type="checkbox"/> Peppermint                              | <input type="checkbox"/> Uva Ursi                       | <input type="checkbox"/> Herring            |
| <input type="checkbox"/> Pine Bark Extract                       | <input type="checkbox"/> Valerian                       | <input type="checkbox"/> Krill              |
| <input type="checkbox"/> Red Clover                              | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Lobster            |
| <input type="checkbox"/> Red Pepper Flake                        | <input type="checkbox"/> Vanilla Bean                   | <input type="checkbox"/> Lox                |
| <input type="checkbox"/> Rose Hips                               | <input type="checkbox"/> Vanilla Powder                 | <input type="checkbox"/> Mackerel           |
| <input type="checkbox"/> Rosemary                                | <input type="checkbox"/> White Willow Bark Extract      | <input type="checkbox"/> Mahi Mahi          |
| <input type="checkbox"/> Saffron                                 | <input type="checkbox"/> Wintergreen                    | <input type="checkbox"/> Mussel             |
| <input type="checkbox"/> Sage                                    | <input type="checkbox"/> Wormwood                       | <input type="checkbox"/> Octopus            |
|  |   | <input type="checkbox"/> Orange Roughy      |

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|---|---|
| <input type="checkbox"/> Oyster                                   | <input type="checkbox"/> Applegate® organic turkey              |
| <input type="checkbox"/> Perch                                    | <input type="checkbox"/> Beef, Grass-fed only (organic)         |
| <input type="checkbox"/> Red Snapper                              | <input type="checkbox"/> Bison (see also Buffalo)               |
| <input type="checkbox"/> Salmon, wild (fresh)                     | <input type="checkbox"/> Buffalo (see also Bison)               |
| <input type="checkbox"/> Sardines                                 | <input type="checkbox"/> Chicken, free range (organic)          |
| <input type="checkbox"/> Scallop                                  | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) |
| <input type="checkbox"/> Shrimp                                   | <input type="checkbox"/> Collagen Protein (Powder)              |
| <input type="checkbox"/> Sole                                     | <input type="checkbox"/> Deer (see also Venison)                |
| <input type="checkbox"/> Squid                                    | <input type="checkbox"/> Duck                                   |
| <input type="checkbox"/> Swai                                     | <input type="checkbox"/> Goat, Grass-fed only (organic)         |
| <input type="checkbox"/> Swordfish                                | <input type="checkbox"/> Great Lake's® Beef Gelatin             |
| <input type="checkbox"/> Tilapia (Wild, Non-farmed)               | <input type="checkbox"/> Lamb                                   |
| <input type="checkbox"/> Trout                                    | <input type="checkbox"/> Ostrich                                |
| <input type="checkbox"/> Tuna                                     | <input type="checkbox"/> Pheasant                               |
| <input type="checkbox"/> Walleye Pike                             | <input type="checkbox"/> Pork, (organic)                        |
| <input type="checkbox"/> Whitefish/Turbot                         | <input type="checkbox"/> Quail                                  |
| <input type="checkbox"/> <b>Meat &amp; Poultry</b>                | <input type="checkbox"/> Rabbit                                 |
| <input type="checkbox"/> Applegate® organic black forest ham      | <input type="checkbox"/> Turkey (organic)                       |
| <input type="checkbox"/> Applegate® organic chicken               | <input type="checkbox"/> Veal (organic)                         |
| <input type="checkbox"/> Applegate® organic ham                   | <input type="checkbox"/> Venison (see also Deer)                |
| <input type="checkbox"/> Applegate® organic herb roasted turkey   |   |
| <input type="checkbox"/> Applegate® organic roast beef            |   |
| <input type="checkbox"/> Applegate® organic smoked chicken breast |   |
| <input type="checkbox"/> Applegate® organic smoked turkey breast  |   |

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|--|
| <input type="checkbox"/> <b>Milk-Containing Foods</b>                  |
| <input type="checkbox"/> No foods in this Category                     |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                   |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         |
| <input type="checkbox"/> Almond Yogurt, unsweetened                    |
| <input type="checkbox"/> BodyPro Avocado Oil                           |
| <input type="checkbox"/> Mayonnaise                                    |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        |
| <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)           |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®           |
| <input type="checkbox"/> Egg Whites, Pasture-raised                    |
| <input type="checkbox"/> Egg Yolks, Pasture-raised                     |
| <input type="checkbox"/> Milk, Soy (Organic)                           |
| <input type="checkbox"/> Paleo Cheese                                  |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>                     |
| <input type="checkbox"/> Almond Flour (gluten free)                    |
| <input type="checkbox"/> Amaranth                                      |
| <input type="checkbox"/> Arrowroot Flour/powder                        |
| <input type="checkbox"/> Avenin (Gluten-free)                          |
| <input type="checkbox"/> Basmati Rice (gluten free)                    |
| <input type="checkbox"/> Brown Rice Flour                              |
| <input type="checkbox"/> Buckwheat                                     |
| <input type="checkbox"/> Buckwheat Flour                               |
| <input type="checkbox"/> Coconut Flour (gluten free)                   |



<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Allulose
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Avenin
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Egyptian Wheat
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Farro
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Gliadin
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Gluten
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sunflower Seed Flour	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Mikey's Original English Muffin	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Kamut
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Orzo
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Teff Flour	<input type="checkbox"/> Panko
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Rye
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Semolina
<input type="checkbox"/> Quinoa, Red (gluten free)		<input type="checkbox"/> Spelt
		<input type="checkbox"/> Triticale

<input type="checkbox"/> Vodka, Rye or Grain	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Wheat Germ	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Lo Han
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Molasses
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Carob	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Splenda
<input type="checkbox"/> Distilled White Vinegar	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Aspartame	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Brown Sugar	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Hummus	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Kosher Salt	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Tapioca Syrup
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Xyla (Birchwood Xylitol)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Honey, (Organic)	

<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Cocoa	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Vodka, Potato	<input type="checkbox"/> Silver
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Vodka, Rye or Grain	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Water	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Chewing Gum, Xylicew®
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Dates
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Skinny Crisps® (Plain Jane)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> <b>Food Additives</b>
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cocoa	<input type="checkbox"/> Annatto Coloring
<input type="checkbox"/> Milk, Rice	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Asafoetida Powder
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Hops	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Latex	<input type="checkbox"/> Guar Gum

harry potter

11/18/2017

- ☐ Inulin
- ☐ Lactic Acid (beet-derived)
- ☐ Locust Bean Gum
- ☐ MSG/MonosodiumGlutamate
- ☐ Palm Wax
- ☐ Pea Protein Isolate
- ☐ Pea Starch
- ☐ Potato Protein
- ☐ Red Food Dye
- ☐ Sodium Alginate
- ☐ Tragacanth Gum
- ☐ Tricalcium Phosphate
- ☐ Vegan Enzyme
- ☐ Vegan Natural Flavors (no MSG)
- ☐ Vegan Natural Flavors (with MSG)