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| <input type="checkbox"/> <b>Vegetables</b>                    | <input type="checkbox"/> Capsicum                        | <input type="checkbox"/> Dandelion Root             |
| <input type="checkbox"/> Alfalfa Sprouts                      | <input type="checkbox"/> Carrot Juice                    | <input type="checkbox"/> Eggplant                   |
| <input type="checkbox"/> Aloe Vera                            | <input type="checkbox"/> Carrot, Orange                  | <input type="checkbox"/> Endive                     |
| <input type="checkbox"/> <b>Beet</b>                          | <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"/> Bok Choy                             | <input type="checkbox"/> Chard                           | <input type="checkbox"/> Kohlrabi                   |
| <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                         | <input type="checkbox"/> Kombu                      |
| <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                          | <input type="checkbox"/> Leeks                      |
| <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Coconut (raw and unsweetened)   | <input type="checkbox"/> Lettuce, all types         |
| <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate             | <input type="checkbox"/> Mushrooms                  |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens                  | <input type="checkbox"/> Mushrooms, Button          |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)    | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                      | <input type="checkbox"/> Mushrooms, Maitake         |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                     | <input type="checkbox"/> Mushrooms, Shiitake        |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                        | <input type="checkbox"/> Mustard Greens             |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                   | <input type="checkbox"/> Nori                       |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Greens                | <input type="checkbox"/> Okra                       |

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| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies® brand only     | <input type="checkbox"/> Shallots                             |
| <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"/> Parsley                  | <input type="checkbox"/> Potato, Sweet                    | <input type="checkbox"/> Squash, Green                        |
| <input type="checkbox"/> Parsnip                  | <input type="checkbox"/> Potato, White                    | <input type="checkbox"/> Squash, Spaghetti                    |
| <input type="checkbox"/> Pea, Black-Eyed          | <input type="checkbox"/> Potato, Yukon Gold               | <input type="checkbox"/> Squash, Summer                       |
| <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Prickly Pear                     | <input type="checkbox"/> Squash, Winter                       |
| <input type="checkbox"/> Pea, Snap                | <input type="checkbox"/> Psyllium Husk                    | <input type="checkbox"/> Squash, Yellow                       |
| <input type="checkbox"/> Pea, Snow                | <input type="checkbox"/> Pumpkin                          | <input type="checkbox"/> Sugar Beet                           |
| <input type="checkbox"/> Pea, Split               | <input type="checkbox"/> Pumpkin Powder                   | <input type="checkbox"/> Sweet Potato, Red                    |
| <input type="checkbox"/> Pea Protein              | <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Sweet Potatoes, White                |
| <input type="checkbox"/> Pepper, Anaheim          | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Swiss Chard                          |
| <input type="checkbox"/> Pepper, Chili            | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomatillo                            |
| <input type="checkbox"/> Pepper, Green            | <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Habanero         | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <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"/> Tomatoes, Big Beef                   |
| <input type="checkbox"/> Pepper, Red              | <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Cherry                       |
| <input type="checkbox"/> Pepper, Serrano          | <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Heirloom                     |

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| <input type="checkbox"/> Tomato, Orange    | <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Grape               |
| <input type="checkbox"/> Tomato, Red       | <input type="checkbox"/> Apple Cider           | <input type="checkbox"/> Grape, Green        |
| <input type="checkbox"/> Tomato, Roma      | <input type="checkbox"/> Apple Juice           | <input type="checkbox"/> Grape, Purple       |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Apple Sauce           | <input type="checkbox"/> Grape, Red          |
| <input type="checkbox"/> Tomato, Yellow    | <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Grape, White        |
| <input type="checkbox"/> Truffle           | <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Grapefruit          |
| <input type="checkbox"/> Turnip Greens     | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice    |
| <input type="checkbox"/> Turnips           | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava               |
| <input type="checkbox"/> Water Chestnut    | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         |
| <input type="checkbox"/> Watercress        | <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          |
| <input type="checkbox"/> Yams, Garnett     | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi                |
| <input type="checkbox"/> Yams, Japanese    | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat             |
| <input type="checkbox"/> Yucca             | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Cabbage           | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Carrot            | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Green Bean        | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> Olive, Green      | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Potato            | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
| <input type="checkbox"/> Agar Gum          | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |

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|---|---|---|
| <input type="checkbox"/> Maqui            | <input type="checkbox"/> Raisin (unsulfured, organic)         | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Melon, Honeydew  | <input type="checkbox"/> Raspberry                            | <input type="checkbox"/> Chestnut                             |
| <input type="checkbox"/> Monk Fruit       | <input type="checkbox"/> Star Fruit                           | <input type="checkbox"/> Chia Seed (1/4 cup, max)             |
| <input type="checkbox"/> Mulberry         | <input type="checkbox"/> Strawberry                           | <input type="checkbox"/> Coconut Butter                       |
| <input type="checkbox"/> Nectarines       | <input type="checkbox"/> Tamarind                             | <input type="checkbox"/> Coconut Oil                          |
| <input type="checkbox"/> Noni             | <input type="checkbox"/> Tangelo                              | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Orange           | <input type="checkbox"/> Tangerine                            | <input type="checkbox"/> Cola Nut (aka Kola Nut)              |
| <input type="checkbox"/> Orange, Blood    | <input type="checkbox"/> Watermelon                           | <input type="checkbox"/> Corn Oil                             |
| <input type="checkbox"/> Orange Juice     | <input type="checkbox"/> Wolfberry                            | <input type="checkbox"/> Cottonseed/Cottonseed Oil            |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Youngberry                           | <input type="checkbox"/> Flax Meal                            |
| <input type="checkbox"/> Papaya           | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>       | <input type="checkbox"/> Flax Oil                             |
| <input type="checkbox"/> Passion Fruit    | <input type="checkbox"/> Almond Butter (Artisana®)            | <input type="checkbox"/> Flax Seed                            |
| <input type="checkbox"/> Peach            | <input type="checkbox"/> Almond Flavor natural, (gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic               |
| <input type="checkbox"/> Pear             | <input type="checkbox"/> Almond Flour (gluten free)           | <input type="checkbox"/> Hazelnut Flour                       |
| <input type="checkbox"/> Pear, Asian      | <input type="checkbox"/> Almond Meal (gluten free)            | <input type="checkbox"/> Hazelnut/Filbert                     |
| <input type="checkbox"/> Persimmons       | <input type="checkbox"/> Almond, Marcona                      | <input type="checkbox"/> Hemp Meal                            |
| <input type="checkbox"/> Pineapple        | <input type="checkbox"/> Annatto Seed                         | <input type="checkbox"/> Hemp Protein (Powder)                |
| <input type="checkbox"/> Plum             | <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Hemp Seed                            |
| <input type="checkbox"/> Pomegranate      | <input type="checkbox"/> Canola/Rapeseed Oil                  | <input type="checkbox"/> Hydrogenated Oils                    |
| <input type="checkbox"/> Pomelo           | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Macadamia Nut Oil                    |
| <input type="checkbox"/> Prune            | <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Macadamia Nuts                       |
| <input type="checkbox"/> Quince           | <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> Olive Leaf Extract                   |

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| <input type="checkbox"/> Olive Oil, Virgin                      | <input type="checkbox"/> Sunflower Seed Oil                | <input type="checkbox"/> Pea, Snap                           |
| <input type="checkbox"/> Palm Kernel Oil                        | <input type="checkbox"/> Sunflower Seeds                   | <input type="checkbox"/> Pea, Snow                           |
| <input type="checkbox"/> Pecan                                  | <input type="checkbox"/> Tahini                            | <input type="checkbox"/> Pea, Split                          |
| <input type="checkbox"/> Pecan Flour                            | <input type="checkbox"/> Tea, Ramon                        | <input type="checkbox"/> Peanut (Organic, Valencia)          |
| <input type="checkbox"/> Pepitas                                | <input type="checkbox"/> Tiger Nuts                        | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| <input type="checkbox"/> Pili Nuts                              | <input type="checkbox"/> Vegetable Oil                     | <input type="checkbox"/> Peanut Oil (Organic)                |
| <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> Vegetable Shortening (Spectrum®)  | <input type="checkbox"/> Soy Beans (must be organic)         |
| <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Walnut (few)                      | <input type="checkbox"/> Soy Beans Oil (must be organic)     |
| <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> Walnut Oil                        | <input type="checkbox"/> Vanilla Bean                        |
| <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Walnut, Black (few)               | <input type="checkbox"/> Vanilla Powder                      |
| <input type="checkbox"/> Pumpkin Oil                            | <input type="checkbox"/> Hemp                              | <input type="checkbox"/> White Beans                         |
| <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Sesame                            | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>         |
| <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Almond                            | <input type="checkbox"/> Anchovy                             |
| <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>       | <input type="checkbox"/> Catfish                             |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Chilean Sea Bass                    |
| <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Edamame (must be organic)         | <input type="checkbox"/> Clam                                |
| <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Fava Bean                         | <input type="checkbox"/> Cod/ Cod Liver Oil                  |
| <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Fava Bean Flour                   | <input type="checkbox"/> Corvina                             |
| <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Garbanzo Bean                     | <input type="checkbox"/> Crab                                |
| <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Garbanzo Flour                    | <input type="checkbox"/> Crayfish                            |
| <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Lentil(s)                         | <input type="checkbox"/> Flounder                            |
| <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Miso                              | <input type="checkbox"/> Haddock                             |

<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Herring	<input type="checkbox"/> Codfish	<input type="checkbox"/> Duck
<input type="checkbox"/> Lobster	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic hot doas	<input type="checkbox"/> Quail
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Beef
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked turkev breast	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Sov)
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Kefir (No Tapioca. Caradeenan)
<input type="checkbox"/> Trout	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Tuna	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)

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| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®       | <input type="checkbox"/> Vinegar, Distilled                      | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Egg, Whites, Pasture-raised               | <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                 | <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       |
| <input type="checkbox"/> Milk, Soy (Organic)                       | <input type="checkbox"/> Vinegar, White                          | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free   | <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Egg                                       | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> <b>Condiments</b>                         | <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Monk Fruit                               |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)            | <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup   | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup      | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup    | <input type="checkbox"/> Splenda                                  |
| <input type="checkbox"/> Carob                                     | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Sucanat                                  |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)          | <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Sugar Beet                               |
| <input type="checkbox"/> Earth Balance® Coconut Spread             | <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Sugar Cane                               |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Sweetleaf® Stevia                        |
| <input type="checkbox"/> Hummus                                    | <input type="checkbox"/> Coconut Palm Sugar                      | <input type="checkbox"/> Swerve® Xylitol                          |
| <input type="checkbox"/> Ketchup (Organicville)                    | <input type="checkbox"/> Date Sugar                              | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Mayonnaise                                | <input type="checkbox"/> Erythritol (non-GMO)                    | <input type="checkbox"/> Yacon Syrup                              |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)         | <input type="checkbox"/> Fructose                                |   |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)          | <input type="checkbox"/> Fruit Pectin                            |   |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free   | <input type="checkbox"/> Honey, (Organic)                        |   |
| <input type="checkbox"/> Ume Plum Vinegar                          | <input type="checkbox"/> Honey, Manuka                           |   |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)   | <input type="checkbox"/> Honey, Wildflower from Mahava®          |   |

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| <input type="checkbox"/> <b>Herbs &amp; Spices</b>           | <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Juniper Berry                      |
| <input type="checkbox"/> Allspice                            | <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Lavender                           |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dill                    | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   |
| <input type="checkbox"/> Anise                               | <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Lemon Pepper                       |
| <input type="checkbox"/> Black Cohosh                        | <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemongrass                         |
| <input type="checkbox"/> Caramel Coloring                    | <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root                      |
| <input type="checkbox"/> Caraway Seed                        | <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can have gluten)     |
| <input type="checkbox"/> Cardamom                            | <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Celery Powder                       | <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root                          |
| <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice                         |
| <input type="checkbox"/> Chili Powder                        | <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram                           |
| <input type="checkbox"/> Chipotle Seasoning                  | <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite                           |
| <input type="checkbox"/> Cilantro/Coriander                  | <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle                       |
| <input type="checkbox"/> Cinnamon                            | <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                               |
| <input type="checkbox"/> Cinnamon, Ceylon                    | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder)              |
| <input type="checkbox"/> Cloves                              | <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten free)        |
| <input type="checkbox"/> Cloves, Madagascar                  | <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                             |
| <input type="checkbox"/> Cloves, Penang                      | <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract                 |
| <input type="checkbox"/> Cramp Bark Extract                  | <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion                              |
| <input type="checkbox"/> Cream of Tartar                     | <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Onion Powder                       |
| <input type="checkbox"/> Cumin                               | <input type="checkbox"/> Himalayan Salt          | <input type="checkbox"/> Orange Peel/Rind                   |
| <input type="checkbox"/> Curcumin                            | <input type="checkbox"/> Jamaican Jerk           | <input type="checkbox"/> Orange Salt                        |



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| <input type="checkbox"/> Oregano                                     | <input type="checkbox"/> Taco Seasoning                            | <input type="checkbox"/> Cheese, Brie                   |
| <input type="checkbox"/> Paprika                                     | <input type="checkbox"/> Tamari (Wheat Free)                       | <input type="checkbox"/> Cheese, Cheddar (Raw)          |
| <input type="checkbox"/> Paprika (smoked)                            | <input type="checkbox"/> Tarragon                                  | <input type="checkbox"/> Cheese, Cottage                |
| <input type="checkbox"/> Parsley                                     | <input type="checkbox"/> Thyme                                     | <input type="checkbox"/> Cheese, Cream                  |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)     | <input type="checkbox"/> Tomatillo                                 | <input type="checkbox"/> Cheese, Goat                   |
| <input type="checkbox"/> Pepper, Cayenne                             | <input type="checkbox"/> Turmeric                                  | <input type="checkbox"/> Cheese, Gorgonzola             |
| <input type="checkbox"/> Pepper/Peppercorns                          | <input type="checkbox"/> Uva Ursi                                  | <input type="checkbox"/> Cheese, Gouda                  |
| <input type="checkbox"/> Pepper/Peppercorns, Szechuan                | <input type="checkbox"/> Valerian                                  | <input type="checkbox"/> Cheese, Havarti                |
| <input type="checkbox"/> Pepper, Red                                 | <input type="checkbox"/> Vanilla (gluten and corn-free)            | <input type="checkbox"/> Cheese, Machego                |
| <input type="checkbox"/> Peppermint                                  | <input type="checkbox"/> Vanilla Bean                              | <input type="checkbox"/> Cheese, Marscapone             |
| <input type="checkbox"/> Pine Bark Extract                           | <input type="checkbox"/> Vanilla Powder                            | <input type="checkbox"/> Cheese, Mozzarella (Raw)       |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Cheese, Muenster               |
| <input type="checkbox"/> Red Pepper Flake                            | <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Cheese, Parmesan               |
| <input type="checkbox"/> Rosemary                                    | <input type="checkbox"/> Rose Hips                                 | <input type="checkbox"/> Cheese, Pecorino               |
| <input type="checkbox"/> Saffron                                     | <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Cheese, Raw and Pasture-raised |
| <input type="checkbox"/> Sage  | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta                |
| <input type="checkbox"/> Saw Plametto                                | <input type="checkbox"/> Butter, Raw and Pasture-raised            | <input type="checkbox"/> Cheese, Romano                 |
| <input type="checkbox"/> Sesame Seeds                                | <input type="checkbox"/> Buttermilk                                | <input type="checkbox"/> Cheese, Provolone              |
| <input type="checkbox"/> Sesame Seeds, Black                         | <input type="checkbox"/> Casein                                    | <input type="checkbox"/> Cheese, Sheep                  |
| <input type="checkbox"/> Shallots                                    | <input type="checkbox"/> Cheese, American                          | <input type="checkbox"/> Cheese, String (Mozzarella)    |
| <input type="checkbox"/> Spearmint                                   | <input type="checkbox"/> Cheese, Asiago                            | <input type="checkbox"/> Cheese, Swiss                  |
| <input type="checkbox"/> St. John's Wort                             | <input type="checkbox"/> Cheese, Bleu                              | <input type="checkbox"/> Chocolate, Milk                |

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| <input type="checkbox"/> Chocolate, White                  | <input type="checkbox"/> Coconut Flour (gluten free)               | <input type="checkbox"/> Quinoa (gluten free)                       |
| <input type="checkbox"/> Cream, Raw and Unpasteurized      | <input type="checkbox"/> Coconut Meal (gluten free)                | <input type="checkbox"/> Quinoa, Black (gluten free)                |
| <input type="checkbox"/> Ghee (Pasture-Raised, Organic)    | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)              | <input type="checkbox"/> Quinoa, Red (gluten free)                  |
| <input type="checkbox"/> Goat Cheese                       | <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice, Basmati (gluten free)                |
| <input type="checkbox"/> Goat Kefir                        | <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice, Black (gluten free)                  |
| <input type="checkbox"/> Kefir, Raw                        | <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice, Brown (gluten free)                  |
| <input type="checkbox"/> Lactoalbumin                      | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice, Japonica (gluten free)               |
| <input type="checkbox"/> Milk Chocolate                    | <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, Purple (gluten free)                 |
| <input type="checkbox"/> Milk, Cow                         | <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Red (gluten free)                    |
| <input type="checkbox"/> Milk, Goat                        | <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice, White (gluten free)                  |
| <input type="checkbox"/> Milk, Sheep                       | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com)       | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)     |
| <input type="checkbox"/> Mozzarella Cheese                 | <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice Bran                                  |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Rice Flour (gluten free)                   |
| <input type="checkbox"/> Whey                              | <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice Protein Powder (gluten free)          |
| <input type="checkbox"/> Yogurt (See Xanthan Gum)          | <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Cheese, Feta                      | <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers  |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>         | <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Sorghum                                    |
| <input type="checkbox"/> Almond Flour (gluten free)        | <input type="checkbox"/> Oats                                      | <input type="checkbox"/> Sweet Potato Flour (gluten free)           |
| <input type="checkbox"/> Amaranth                          | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Tapioca                                    |
| <input type="checkbox"/> Buckwheat                         | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)      | <input type="checkbox"/> Tapioca Flour (gluten free)                |
| <input type="checkbox"/> Buckwheat Flour                   | <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Tapioca Starch (gluten free)               |
| <input type="checkbox"/> Chicory Root                      | <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Teff                                       |

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| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta             | <input type="checkbox"/> Oats                                 | <input type="checkbox"/> Corn Meal (gluten free)                       |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta            | <input type="checkbox"/> Orzo                                 | <input type="checkbox"/> Corn Oil                                      |
| <input type="checkbox"/> Tortilla, Siete Almond                        | <input type="checkbox"/> Panko                                | <input type="checkbox"/> Corn Starch (gluten free)                     |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut             | <input type="checkbox"/> Polish Wheat                         | <input type="checkbox"/> Erythritol (non-GMO)                          |
| <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker | <input type="checkbox"/> Rye                                  | <input type="checkbox"/> Fructose                                      |
| <input type="checkbox"/> Corn Meal (gluten free)                       | <input type="checkbox"/> Semolina                             | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)            |
| <input type="checkbox"/> Rice  | <input type="checkbox"/> Soy Sauce                            | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)            |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>                | <input type="checkbox"/> Spelt                                | <input type="checkbox"/> Sriracha Sauce                                |
| <input type="checkbox"/> Bran  | <input type="checkbox"/> Teriyaki Sauce                       | <input type="checkbox"/> Organicville gluten-free Swerve® Xylitol      |
| <input type="checkbox"/> Bread   | <input type="checkbox"/> Triticale                            | <input type="checkbox"/> Vegetable Oil                                 |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)        | <input type="checkbox"/> Vinegar, White                       | <input type="checkbox"/> Xanthan Gum                                   |
| <input type="checkbox"/> Caramel Coloring                              | <input type="checkbox"/> Wheat (All Types)                    | <input type="checkbox"/> Yogurt (See Xanthan Gum)                      |
| <input type="checkbox"/> Cheese, Bleu                                  | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) | <input type="checkbox"/> <b>Beverages &amp; Protein Powder</b>         |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)             | <input type="checkbox"/> Crab, Imitation                      | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         |
| <input type="checkbox"/> Coffee, Instant (has gluten)                  | <input type="checkbox"/> <b>Corn-Derived Foods</b>            | <input type="checkbox"/> Apple Juice                                   |
| <input type="checkbox"/> Couscous                                      | <input type="checkbox"/> Cheese, Cream                        | <input type="checkbox"/> Carrot Juice                                  |
| <input type="checkbox"/> Durum Wheat                                   | <input type="checkbox"/> Cheese, Soy (Organic) (see Sov)      | <input type="checkbox"/> Coconut Kefir (No Tapioca. Carageenan)        |
| <input type="checkbox"/> Farro   | <input type="checkbox"/> Chewing Gum (has gluten and corn)    | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Gluten  | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)         | <input type="checkbox"/> Coconut Water (low sugar)                     |
| <input type="checkbox"/> Graham (wheat)                                | <input type="checkbox"/> Corn, Blue                           | <input type="checkbox"/> Coffee Bean, Organic                          |
| <input type="checkbox"/> Kamut   | <input type="checkbox"/> Corn, White                          | <input type="checkbox"/> Coffee  |
| <input type="checkbox"/> Liquid Smoke (can have gluten)                | <input type="checkbox"/> Corn Gluten                          | <input type="checkbox"/> Coffee, Instant (has gluten)                  |

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| <input type="checkbox"/> Collagen Protein (Powder)         | <input type="checkbox"/> Tea, Green                                     | <input type="checkbox"/> Collagen Protein (Powder)                    |
| <input type="checkbox"/> Echinacea Tea                     | <input type="checkbox"/> Tea, Oolong                                    | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)           |
| <input type="checkbox"/> Grapefruit Juice                  | <input type="checkbox"/> Tea, Ramon                                     | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)       |
| <input type="checkbox"/> Green Tea                         | <input type="checkbox"/> Tea, Roobios                                   | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chi.)       |
| <input type="checkbox"/> Hemp Protein (Powder)             | <input type="checkbox"/> Tea, unflavored/caffeine-free                  | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)           |
| <input type="checkbox"/> Komboucha Tea                     | <input type="checkbox"/> Tea, White                                     | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com)          |
| <input type="checkbox"/> Lemon Juice                       | <input type="checkbox"/> Water  | <input type="checkbox"/> Great Lake's®® Beef Gelatin                  |
| <input type="checkbox"/> Licorice Tea                      | <input type="checkbox"/> Wine, Red                                      | <input type="checkbox"/> Guar Gum                                     |
| <input type="checkbox"/> Lime Juice                        | <input type="checkbox"/> Wine, White (Champagne)                        | <input type="checkbox"/> Hops   |
| <input type="checkbox"/> Milk, Cow                         | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)                 | <input type="checkbox"/> Julian Bakery Paleo Wraps                    |
| <input type="checkbox"/> Milk, Goat                        | <input type="checkbox"/> <b>Miscellaneous</b>                           | <input type="checkbox"/> Julian Bakery Coconut Bread                  |
| <input type="checkbox"/> Milk, Sheep                       | <input type="checkbox"/> Agar Gum                                       | <input type="checkbox"/> Konjac Glucomannon Flour                     |
| <input type="checkbox"/> Milk, Soy (Organic)               | <input type="checkbox"/> Antimony                                       | <input type="checkbox"/> Lard (pork)                                  |
| <input type="checkbox"/> Mineral Water                     | <input type="checkbox"/> Beef broth (Imagine®® low sodium/GF)           | <input type="checkbox"/> Liquid Aminos (Braaa®®)(has Sov)             |
| <input type="checkbox"/> Orange Juice                      | <input type="checkbox"/> Carrageenan Gum                                | <input type="checkbox"/> Locust Bean Gum                              |
| <input type="checkbox"/> Pea Protein                       | <input type="checkbox"/> Chewing Gum (has gluten and corn)              | <input type="checkbox"/> Lycopene                                     |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Chewing Gum, Xylichew®®                        | <input type="checkbox"/> Palm Wax                                     |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)     | <input type="checkbox"/> <b>Chicken Broth (Imagine®® af/low sodium)</b> | <input type="checkbox"/> Pycnogenol                                   |
| <input type="checkbox"/> Soy Protein (Organic)             | <input type="checkbox"/> Chicory Root                                   | <input type="checkbox"/> Red Chili Paste Thai Kitchen®® (gluten free) |
| <input type="checkbox"/> Sparkling Water, unflavored       | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)         | <input type="checkbox"/> Red Tomato Paste (gluten free)               |
| <input type="checkbox"/> Tea, Black                        | <input type="checkbox"/> Coconut Aminos®®                               | <input type="checkbox"/> Resveratrol                                  |
| <input type="checkbox"/> Tea, Chamomile                    | <input type="checkbox"/> Coconut Cream                                  | <input type="checkbox"/> Sherry Vinegar                               |

- ☐ Silver
- ☐ Acacia Gum
- ☐ Skinny Crisps®(Plain Jane)
- ☐ Tagacanth Gum
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Ispaghula/Psyllium
- ☐ Formaldehyde
- ☐ Carmine Red