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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Bean Sprout | <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"/> 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 |

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|---|---|---|
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed |
| <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 |

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| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Carrot | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Green Bean | <input type="checkbox"/> Currant |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Olive, Green | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Potato | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Fruits | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Acai | <input type="checkbox"/> Fig |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |

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

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| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Hemp |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Edamame (must be organic) |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Fava Bean |

<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Miso	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Herring	<input type="checkbox"/> Codfish
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Lobster	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic baco
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> White Beans	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper sausage

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| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red Wine Vinegar) |
| <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Beef | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup |
| <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Cheese, Soy (Organic) (see Sov) | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |
| <input type="checkbox"/> Chicken Broth (Imagine® of/low sodium) | <input type="checkbox"/> Coconut Kefir (No Tapioca. Carageenan) | <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Egg | <input type="checkbox"/> Mustard, Brown (Eden® mustard) |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Condiments | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Balsamic Vinegar MiaBella No Caramel/Wine Vinegar | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) |

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| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Almond Flavor natural, (gluten free) |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Ashwaganda |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Molasses | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Splenda | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |

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| <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 |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds |

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| <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 |
| <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum) |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Romano | |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone | |

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| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten free) | |
| <input type="checkbox"/> Glucomannon Flour (koniacfoods.com) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran | |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder (gluten free) | |

☐ **Gluten-Containing Foods**☐ Barley☐ Barley Greens (Not for
Gluten Sensitive)☐ Barley Juice (Not for
Gluten Sensitive)☐ Beer☐ Bran☐ Bread☐ Brown Rice Syrup
(contains MSG/Gluten)☐ Caramel Coloring☐ Cheese, Bleu☐ Chewing Gum (has gluten
and corn)☐ Coffee, Instant (has
gluten)☐ Couscous☐ Durum Wheat☐ Farro☐ Gluten☐ Graham (wheat)☐ Kamut☐ Liquid Smoke (can have
gluten)☐ Malt☐ Maltodextrin (Can be
Wheat-derived)☐ Oats☐ 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)☐ Crab, Immitation☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF
Annie's® Sweet & Spicy☐ Cheese, Cream☐ Cheese, Daiya (Coconut, T
apioca yeast.Â....)☐ Cheese, Soy (Organic)
(see Sov)☐ Chewing Gum (has gluten
and corn)☐ Corn (Gluten-free &
Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)☐ Corn Oil☐ Corn Starch (gluten free)☐ Erythritol (non-GMO)☐ Fructose☐ GemWraps®®, Sandwich
Wrap (Carrot)☐ Maltodextrin (Corn-based
non-GMO)☐ Sriracha Sauce
Organicville gluten-free☐ Swerve® Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan
Gum)☐ **Beverarages & Protein**☐ Almond Milk,
unsweetened (no tapioca)☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No
Tapioca, Carageenan)

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| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Beef broth (ImagineÂ® low sodium/GF) |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Chewing Gum, XylicewÂ® |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Chicken Broth (ImagineÂ® df/low sodium) |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut AminosÂ® |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, unflavored/caffeine-free | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Carrot) |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Water | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Kale-Apple) |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Mango/Chi.) |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap (Tomato) |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com) |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Great Lake'sÂ® Beef Gelatin |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Antimony | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Paleo Wraps |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond Bread |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Baking Soda (Arm & HammerÂ®) | <input type="checkbox"/> Julian Bakery Coconut Bread |

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| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Liquid Aminos (Brands®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Silver | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tragacanth Gum | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | |