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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  | <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"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Onion, Yellow              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Summer                   |
| <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Winter                   |
| <input type="checkbox"/> Pea, Green                 | <input type="checkbox"/> Prickly Pear                 | <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"/> Sweet Potato, Red                |
| <input type="checkbox"/> Pea, Split                 | <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Sweet Potatoes, White            |
| <input type="checkbox"/> Pea Protein                | <input type="checkbox"/> Radish                       | <input type="checkbox"/> Swiss Chard                      |
| <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Rainbow Chard                | <input type="checkbox"/> Tomatillo                        |

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

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

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

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| <input type="checkbox"/> Miso                            | <input type="checkbox"/> Crab                 | <input type="checkbox"/> Swordfish                         |
| <input type="checkbox"/> Pea, Snap                       | <input type="checkbox"/> Crayfish             | <input type="checkbox"/> Tilapia (Non-farmed)              |
| <input type="checkbox"/> Pea, Snow                       | <input type="checkbox"/> Flounder             | <input type="checkbox"/> Trout                             |
| <input type="checkbox"/> Pea, Split                      | <input type="checkbox"/> Haddock              | <input type="checkbox"/> Tuna                              |
| <input type="checkbox"/> Peanut (Organic, Valencia)      | <input type="checkbox"/> Hake                 | <input type="checkbox"/> Walleye Pike                      |
| <input type="checkbox"/> Peanut Butter (Organic,         | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Whitefish/Turbot                  |
| <input type="checkbox"/> Peanut Oil (Organic)            | <input type="checkbox"/> Herring              | <input type="checkbox"/> Crab, Immitation                  |
| <input type="checkbox"/> Red Bean Paste                  | <input type="checkbox"/> Lobster              |  |
| <input type="checkbox"/> Soy Beans (must be organic)     | <input type="checkbox"/> Mackerel             | <input type="checkbox"/> <b>Meat &amp; Poultry</b>         |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Applegate® organic bacon          |
| <input type="checkbox"/> Vanilla Bean                    | <input type="checkbox"/> Mussel               | <input type="checkbox"/> Applegate® organic black forest   |
| <input type="checkbox"/> Vanilla Powder                  | <input type="checkbox"/> Orange Roughy        | <input type="checkbox"/> Applegate® organic chicken        |
| <input type="checkbox"/> White Beans                     | <input type="checkbox"/> Oyster               | <input type="checkbox"/> Applegate® organic ham            |
|  | <input type="checkbox"/> Perch                | <input type="checkbox"/> Applegate® organic herb roasted   |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b>     | <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      |
| <input type="checkbox"/> Catfish                         | <input type="checkbox"/> Scallop              | <input type="checkbox"/> Applegate® organic chicken/apple  |
| <input type="checkbox"/> Chilean Sea Bass                | <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Applegate® organic red pepper     |
| <input type="checkbox"/> Clam                            | <input type="checkbox"/> Sole                 | <input type="checkbox"/> Applegate® organic spinach & feta |
| <input type="checkbox"/> Cod/ Cod Liver Oil              | <input type="checkbox"/> Squid                | <input type="checkbox"/> Applegate® organic sausage sweet  |
| <input type="checkbox"/> Corvina                         | <input type="checkbox"/> Swai                 | <input type="checkbox"/> Applegate® organic smoked         |

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

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| <input type="checkbox"/> Vinegar, Malt                  | <input type="checkbox"/> Honey, Manuka                    | <input type="checkbox"/> <b>Herbs &amp; Spices</b>           |
| <input type="checkbox"/> Vinegar, Red Wine              | <input type="checkbox"/> Honey, Wildflower from Mahava®   | <input type="checkbox"/> Allspice                            |
| <input type="checkbox"/> Vinegar, Rice                  | <input type="checkbox"/> Just Like Sugar®                 | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Vinegar, White                 | <input type="checkbox"/> Lo Han                           | <input type="checkbox"/> Anise                               |
| <input type="checkbox"/> Vinegar, White Wine            | <input type="checkbox"/> Maltodextrin (Can be             | <input type="checkbox"/> Ashwaganda                          |
| <input type="checkbox"/> Worcestershire Sauce (The      | <input type="checkbox"/> Maltodextrin (Corn-based,        | <input type="checkbox"/> Astragalus                          |
|   | <input type="checkbox"/> Maple Sugar                      | <input type="checkbox"/> Basil                               |
| <input type="checkbox"/> <b>Sweeteners</b>              | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber  | <input type="checkbox"/> Bay Leaf                            |
| <input type="checkbox"/> Agave Nectar                   | <input type="checkbox"/> Molasses                         | <input type="checkbox"/> Black Cohosh                        |
| <input type="checkbox"/> Aspartame/Nutrasweet           | <input type="checkbox"/> Monk Fruit                       | <input type="checkbox"/> Caramel Coloring                    |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B    | <input type="checkbox"/> Nutrasweet®                      | <input type="checkbox"/> Caraway Seed                        |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon | <input type="checkbox"/> Rebiana Leaf (Stevia)            | <input type="checkbox"/> Cardamom                            |
| <input type="checkbox"/> Brown Rice Syrup (contains     | <input type="checkbox"/> Sorbitol                         | <input type="checkbox"/> Celery Powder                       |
| <input type="checkbox"/> Chocolate, Dark                | <input type="checkbox"/> Splenda                          | <input type="checkbox"/> Chicory Root                        |
| <input type="checkbox"/> Chocolate, Milk                | <input type="checkbox"/> Sucanat                          | <input type="checkbox"/> Chili Powder                        |
| <input type="checkbox"/> Chocolate, White               | <input type="checkbox"/> Sugar Beet                       | <input type="checkbox"/> Chipotle Seasoning                  |
| <input type="checkbox"/> Coconut Palm Sugar             | <input type="checkbox"/> Sugar Cane                       | <input type="checkbox"/> Cilantro/Coriander                  |
| <input type="checkbox"/> Date Sugar                     | <input type="checkbox"/> Sweetleaf® Stevia                | <input type="checkbox"/> Cinnamon                            |
| <input type="checkbox"/> Erythritol (non-GMO)           | <input type="checkbox"/> Swerve® Xylitol                  | <input type="checkbox"/> Cinnamon, Ceylon                    |
| <input type="checkbox"/> Fructose                       | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn | <input type="checkbox"/> Cloves                              |
| <input type="checkbox"/> Fruit Pectin                   | <input type="checkbox"/> Yacon Syrup                      | <input type="checkbox"/> Cloves, Madagascar                  |
| <input type="checkbox"/> Honey, (Organic)               |   | <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 |
| <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®   |
| <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"/> Milk-Containing Foods             | <input type="checkbox"/> Cheese, Raw and Pasture-raised |
| <input type="checkbox"/> Shallots                       | <input type="checkbox"/> Applegate® organic spinach & feta | <input type="checkbox"/> Cheese, Ricotta                |
| <input type="checkbox"/> Spearmint                      | <input type="checkbox"/> Butter, Raw and Pasture-raised    | <input type="checkbox"/> Cheese, Romano                 |
| <input type="checkbox"/> St. John's Wort                | <input type="checkbox"/> Buttermilk                        | <input type="checkbox"/> Cheese, Provolone              |
| <input type="checkbox"/> Taco Seasoning                 | <input type="checkbox"/> Casein                            | <input type="checkbox"/> Cheese, Sheep                  |
| <input type="checkbox"/> Tamari (Wheat Free)            | <input type="checkbox"/> Cheese, American                  | <input type="checkbox"/> Cheese, String (Mozzarella)    |
| <input type="checkbox"/> Tarragon                       | <input type="checkbox"/> Cheese, Asiago                    | <input type="checkbox"/> Cheese, Swiss                  |
| <input type="checkbox"/> Thyme                          | <input type="checkbox"/> Cheese, Bleu                      | <input type="checkbox"/> Chocolate, Milk                |
| <input type="checkbox"/> Tomatillo                      | <input type="checkbox"/> Cheese, Brie                      | <input type="checkbox"/> Chocolate, White               |
| <input type="checkbox"/> Turmeric                       | <input type="checkbox"/> Cheese, Cheddar (Raw)             | <input type="checkbox"/> Cream, Raw and Unpasteurized   |
| <input type="checkbox"/> Uva Ursi                       | <input type="checkbox"/> Cheese, Cottage                   | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Valerian                       | <input type="checkbox"/> Cheese, Cream                     | <input type="checkbox"/> Goat Cheese                    |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Goat                      | <input type="checkbox"/> Goat Kefir                     |
| <input type="checkbox"/> Vanilla Bean                   | <input type="checkbox"/> Cheese, Gorgonzola                | <input type="checkbox"/> Kefir, Raw                     |
| <input type="checkbox"/> Vanilla Powder                 | <input type="checkbox"/> Cheese, Gouda                     | <input type="checkbox"/> Lactoalbumin                   |
| <input type="checkbox"/> White Willow Bark Extract      | <input type="checkbox"/> Cheese, Havarti                   | <input type="checkbox"/> Milk Chocolate                 |
| <input type="checkbox"/> Wintergreen                    | <input type="checkbox"/> Cheese, Machego                   | <input type="checkbox"/> Milk, Cow                      |
| <input type="checkbox"/> Rose Hips                      | <input type="checkbox"/> Cheese, Marscapone                | <input type="checkbox"/> Milk, Goat                     |
|   | <input type="checkbox"/> Cheese, Mozzarella (Raw)          | <input type="checkbox"/> Milk, Sheep                    |
|   | <input type="checkbox"/> Cheese, Muenster                  | <input type="checkbox"/> Mozzarella Cheese              |
|   | <input type="checkbox"/> Cheese, Parmesan                  | <input type="checkbox"/> Sour Cream, Raw and            |
|   | <input type="checkbox"/> Cheese, Pecorino                  | <input type="checkbox"/> Whey                           |

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

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|--|--|--|
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>    | <input type="checkbox"/> Orzo                            | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Barley                            | <input type="checkbox"/> Panko                           | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)      |
| <input type="checkbox"/> Barley Greens (Not for            | <input type="checkbox"/> Polish Wheat                    | <input type="checkbox"/> Corn, Blue                        |
| <input type="checkbox"/> Barley Juice (Not for             | <input type="checkbox"/> Rye                             | <input type="checkbox"/> Corn, White                       |
| <input type="checkbox"/> Beer                              | <input type="checkbox"/> Semolina                        | <input type="checkbox"/> Corn Gluten                       |
| <input type="checkbox"/> Bran                              | <input type="checkbox"/> Soy Sauce                       | <input type="checkbox"/> Corn Meal (gluten free)           |
| <input type="checkbox"/> Bread                             | <input type="checkbox"/> Spelt                           | <input type="checkbox"/> Corn Oil                          |
| <input type="checkbox"/> Brown Rice Syrup (contains        | <input type="checkbox"/> Teechino                        | <input type="checkbox"/> Corn Starch (gluten free)         |
| <input type="checkbox"/> Caramel Coloring                  | <input type="checkbox"/> Teriyaki Sauce                  | <input type="checkbox"/> Erythritol (non-GMO)              |
| <input type="checkbox"/> Cheese, Bleu                      | <input type="checkbox"/> Triticale                       | <input type="checkbox"/> Fructose                          |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Vinegar                         | <input type="checkbox"/> GemWraps®®, Sandwich Wrap         |
| <input type="checkbox"/> Coffee, Instant (has gluten)      | <input type="checkbox"/> Vinegar, Malt                   | <input type="checkbox"/> Maltodextrin (Corn-based,         |
| <input type="checkbox"/> Couscous                          | <input type="checkbox"/> Vinegar, White                  | <input type="checkbox"/> Sriracha Sauce Organicville       |
| <input type="checkbox"/> Durum Wheat                       | <input type="checkbox"/> Wheat (All Types)               | <input type="checkbox"/> Swerve® Xylitol                   |
| <input type="checkbox"/> Farro                             | <input type="checkbox"/> Wheat Grass (Is                 | <input type="checkbox"/> Vegetable Oil                     |
| <input type="checkbox"/> Gluten                            | <input type="checkbox"/> Crab, Immitation                | <input type="checkbox"/> Xanthan Gum                       |
| <input type="checkbox"/> Graham (wheat)                    |  | <input type="checkbox"/> Yogurt (See Xanthan Gum)          |
| <input type="checkbox"/> Kamut                             | <input type="checkbox"/> <b>Corn-Derived Foods</b>       |  |
| <input type="checkbox"/> Liquid Smoke (can have gluten)    | <input type="checkbox"/> Barbeque Sauce, GF Annie's®     |  |
| <input type="checkbox"/> Malt                              | <input type="checkbox"/> Cheese, Cream                   |  |
| <input type="checkbox"/> Maltodextrin (Can be              | <input type="checkbox"/> Cheese, Daiya                   |  |
| <input type="checkbox"/> Oats                              | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |  |

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/cafeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Miscellaneous☐ Agar Gum☐ Antimony☐ Arabic Gum☐ Baking Powder☐ Baking Soda (Arm & Hammer®)☐ Beef broth (Imagine® low☐ Carrageenan Gum☐ Chewing Gum (has gluten and corn)☐ Chewing Gum, Xylitew®☐ Chicken Broth (Imagine® gf/low☐ Chicory Root☐ Cocoa/Cacao (raw, pure, &☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Garam Masala☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ Glucomannon Flour

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|---|---|
| <input type="checkbox"/> Great Lake's® Beef Gelatin       | <input type="checkbox"/> Tamari (Wheat Free)              |
| <input type="checkbox"/> Guar Gum                         | <input type="checkbox"/> Tofu (Organic)                   |
| <input type="checkbox"/> Hops                             | <input type="checkbox"/> Tomato Paste (gluten &           |
| <input type="checkbox"/> Julian Bakery Paleo Wraps        | <input type="checkbox"/> Tomato Sauce (gluten &           |
| <input type="checkbox"/> Julian Bakery Almond Bread       | <input type="checkbox"/> Tagacanth Gum                    |
| <input type="checkbox"/> Julian Bakery Coconut Bread      | <input type="checkbox"/> Vegetable broth (Imagine® Low    |
| <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 (Braggs®)(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             | <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®    | <input type="checkbox"/> Latex                            |
| <input type="checkbox"/> Red Tomato Paste (gluten free)   | <input type="checkbox"/> Formaldehyde                     |
| <input type="checkbox"/> Resveratrol                      | <input type="checkbox"/> Red Dye                          |
| <input type="checkbox"/> Sherry Vinegar                   | <input type="checkbox"/> Acacia Gum                       |
| <input type="checkbox"/> Silver                           | <input type="checkbox"/> Ispaghula/Psyllium               |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane)       |   |
| <input type="checkbox"/> Tagacanth Gum                    |   |