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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo |

<input type="checkbox"/> Prune	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Quince	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecans
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios
	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil

<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capers
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber

<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Endive	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pimento
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Jicama	<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Red Pepper Flake

<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bass
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Catfish
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Clam
<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Corvina
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Crab
<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle	<input type="checkbox"/> Flounder
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Haddock
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips	<input type="checkbox"/> Hake
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Halibut
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Herring
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Watercress	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Octopus
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Yucca	<input type="checkbox"/> Oyster
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Perch

<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Quail
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Trout	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Tuna	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
	<input type="checkbox"/> Ostrich	

☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)☐ Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)☐ Barbeque Sauce, GF Annie's® Sweet & Spicy☐ BodyPro Almond Mayo Grade A Maple Syrup☐ BodyPro Almond Mayo with Yacon Syrup☐ BodyPro Avocado Oil Mayonnaise☐ Carob☐ Cocoa Butter☐ Coconut Aminos®☐ Coconut Cream☐ Coconut Vinegar (Coconut Secret)☐ Dressing, Primal Kitchen Honey Mustard☐ Earth Balance® Avocado Oil Butter Spread☐ Earth Balance® Coconut Spread☐ Harissa☐ Hummus☐ Ketchup (Organicville)☐ Liquid Aminos (Bragg's®)(has Soy)☐ Liquid Smoke (can have gluten)☐ Liquid Smoke gluten free (natural)☐ Mayonnaise☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil☐ Olives (without vinegar)☐ Red Bean Paste☐ Red Chili Paste Thai Kitchen® (gluten free)☐ Red Tomato Paste (gluten free)☐ Sauerkraut (Bubbies® Brand only)☐ Sherry Vinegar☐ Soy Sauce☐ Sriracha Sauce Organicville gluten-free☐ Tabasco Sauce☐ Tamari (Wheat Free)☐ Teriyaki Sauce☐ Tomato Paste (gluten & Vinegar-free)☐ Tomato Sauce (gluten & Vinegar-free)☐ Ume Plum Vinegar☐ Vegetable Shortening (Spectrum®)☐ Vinegar☐ Vinegar, Beet☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White☐ Vinegar, White Wine☐ White/Distilled Vinegar☐ Worcestershire Sauce (The Wizard's® GF)☐ **Sweeteners**☐ Agave Nectar☐ Aspartame☐ BodyPro Almond Mayo Grade A Maple Syrup☐ Brown Rice Syrup (contains MSG/Gluten)☐ Cane Syrup☐ Chocolate, Dark☐ Chocolate, Milk☐ Chocolate, White☐ Coconut Palm Sugar☐ Coconut Sugar☐ Date Sugar☐ Erythritol (non-GMO)☐ Fructose☐ Fruit Pectin

<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Maltodextrin (Barley-derived)		<input type="checkbox"/> Cloves
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Anise	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Molasses	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Cumin
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Basil	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Dill
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Splenda	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic

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| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Mint | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Onion | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Oregano | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Parsley | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Wintergreen |

<input type="checkbox"/> Wormwood	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Beans	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue
	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White
	<input type="checkbox"/> Peanut Oil (Organic)	

<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Black (gluten free)	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Corn, White
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Fructose
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)

- ☐ Modified Food Starch
- ☐ Sriracha Sauce Organicville gluten-free
- ☐ Swerve® Sweetener
- ☐ Vegetable Oil
- ☐ Xanthan Gum
- ☐ Yogurt (See Xanthan Gum)

- ☐ **Gluten-Containing Foods**
- ☐ Barley
- ☐ Barley Grass (can have gluten)
- ☐ Barley Greens (may contain gluten)
- ☐ Barley Juice (may contain gluten)
- ☐ Beer
- ☐ Bran
- ☐ Bread
- ☐ Brown Rice Syrup (contains MSG/Gluten)
- ☐ Caramel Coloring
- ☐ Chewing Gum (has gluten and corn)
- ☐ Coffee, Instant (has gluten)
- ☐ Couscous
- ☐ Crab, Immitation
- ☐ Durum Wheat

- ☐ Farro
- ☐ Gluten
- ☐ Graham (wheat)
- ☐ Kamut
- ☐ Liquid Smoke (can have gluten)
- ☐ Malt
- ☐ Maltitol
- ☐ Maltodextrin (Barley-derived)
- ☐ Modified Food Starch
- ☐ Oat Grass (Not For Gluten Sensitive)
- ☐ Oats
- ☐ Oats, GF (not Certified) can have gluten
- ☐ Orzo
- ☐ Panko
- ☐ Polish Wheat
- ☐ Rye
- ☐ Semolina
- ☐ Soy Sauce
- ☐ Spelt
- ☐ Teechino
- ☐ Teriyaki Sauce
- ☐ Triticale

- ☐ Vinegar
- ☐ Vinegar, Malt
- ☐ Vinegar, White
- ☐ Wheat (All Types)
- ☐ Wheat Grass (Is Gluten-contaminated)
- ☐ **Beverages & Protein Powders**
- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Cider
- ☐ Apple Juice
- ☐ Beer
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee Bean, Organic
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice

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

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