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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 & |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see | <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 | <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 | <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, | <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®) |
| <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® | <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"/> Fruits | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Acai | <input type="checkbox"/> Fig |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |

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| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Chia Seed (1/4 cup, |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Coconut, shredded |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Cottonseed/Cottonseed |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Cashews | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Oil, Virgin |

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| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Bean, Red (see also |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Chickpea (see also |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Edamame (must be |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Peanut (Organic, |
| <input type="checkbox"/> Safflower/Safflower | <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Peanut Butter (Organic, |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Peanut Oil (Organic) |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Red Bean Paste |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Soy Beans (must be |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Soy Beans Oil (must be |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Sunflower Seed | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Bean, Navy/Ninja | <input type="checkbox"/> White Beans |

☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Crab, Immitation☐ Meat & Poultry☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ BodyPro Avocado Oil☐ Cheese, Daiya (Coconu☐ Cheese, Soy (Organic)☐ Coconut Kefir (No☐ Coconut Milk(Native☐ Egg, Pasture-raised

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|---|---|--|
| <input type="checkbox"/> Egg, Vital Farms® or | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Egg, Whites, | <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Maltodextrin |
| <input type="checkbox"/> Egg, Yolks | <input type="checkbox"/> Mayonnaise, Primal | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Maple Syrup (Grade A |
| <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Egg | <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Veganaise Soy-free | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Worcestershire Sauce | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> BodyPro Avocado Oil | <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Coconut Vinegar | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Dressing, Primal | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Xyla (Birchwood |
| <input type="checkbox"/> Dressing, Primal | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Earth Balance® | <input type="checkbox"/> Erythritol (non-GMO) | |
| <input type="checkbox"/> Earth Balance® | <input type="checkbox"/> Fructose | |
| <input type="checkbox"/> Horseradish Sauce, | <input type="checkbox"/> Fruit Pectin | |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Just Like Sugar® | |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Lo Han | |

☐ Herbs & Spices☐ Allspice☐ Anise☐ Ashwaganda☐ Astragalus☐ Basil☐ Bay Leaf☐ Black Cohosh☐ Caramel Coloring☐ Caraway Seed☐ Cardamom☐ Celery Powder☐ Chicory Root☐ Chili Powder☐ Chipotle Seasoning☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Cloves☐ Cloves, Madagascar☐ Cloves, Penang☐ Cramp Bark Extract☐ Cream of Tartar☐ Cumin☐ Curcumin☐ Curry (must be GF)☐ Dandelion Root☐ Dill☐ Dong Quai☐ Echinacea☐ Fennel☐ Garlic☐ Garlic Pepper☐ Garlic Powder☐ Garlic Salt☐ Ginger☐ Ginkgo Biloba☐ Ginseng (All Types)☐ Goldenseal☐ Grapefruit Seed Extract☐ Grapeseed Extract☐ Guarana☐ Gymnema Silvestre☐ Herbs De Provence☐ Hickory☐ Himalayan Salt☐ Jamaican Jerk☐ Juniper Berry☐ Lavender☐ Lemon Balm (Melissa)☐ Lemon Pepper☐ Lemongrass☐ Licorice Root☐ Liquid Smoke (can☐ Liquid Smoke gluten☐ Maca Root☐ Mace Spice☐ Marjoram☐ Mesquite☐ Milk Thistle☐ Mint☐ Mustard (as a Powder)☐ Mustard Seeds (gluten☐ Nutmeg☐ Olive Leaf Extract☐ Onion

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|---|--|---|
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Basmati Rice (gluten |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Coconut Flour (gluten |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme | <input type="checkbox"/> Coconut Meal (gluten |
| <input type="checkbox"/> Pepper, Black (see | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Pepper/Peppercorns, | <input type="checkbox"/> Valerian | <input type="checkbox"/> Corn Starch (gluten |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla (gluten and | <input type="checkbox"/> Ener-G Brown Rice |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Red Chili Paste Thai | <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Glucomannon Flour |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Casein | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Konjac Glucomannon |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet |

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|--|---|--|
| <input type="checkbox"/> Oats | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Oats (Bob's Red Mill) | <input type="checkbox"/> Tapioca Flour (gluten | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Oat Grass (Not For | <input type="checkbox"/> Tapioca Starch (gluten | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Potato Flour (gluten | <input type="checkbox"/> Teff | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tolerant Green Lentil & | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tolerant Red or Green | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Quinoa, Red (gluten | <input type="checkbox"/> Tortilla, Siete Cassava | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Rice, Basmati (gluten | <input type="checkbox"/> Tortilla, Siete Chia & | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Rice, Brown (gluten | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Rice, Japonica (gluten | <input type="checkbox"/> Barley | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Rice, Purple (gluten | <input type="checkbox"/> Barley Greens (Not for | <input type="checkbox"/> Barbeque Sauce, GF |
| <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Barley Juice (Not for | <input type="checkbox"/> Cheese, Daiya (Coconu |
| <input type="checkbox"/> Rice, White (gluten | <input type="checkbox"/> Beer | <input type="checkbox"/> Cheese, Soy (Organic) |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Chewing Gum (has |
| <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Simple Mills Tomato & | <input type="checkbox"/> Gluten | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> Kamut | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Sweet Potato Flour | <input type="checkbox"/> Liquid Smoke (can | <input type="checkbox"/> Corn Oil |

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|---|--|---|
| <input type="checkbox"/> Corn Starch (gluten | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Water |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Yerba Matte Tea |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> GemWraps®®, Sandwich | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Maltodextrin | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Arabic Gum |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Baking Soda (Arm & |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Beverages & Protein | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Chewing Gum (has |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Soy Milk/Soy Cheese | <input type="checkbox"/> Chewing Gum, |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Sparkling Water, | <input type="checkbox"/> Cocoa/Cacao (raw, |
| <input type="checkbox"/> Coconut Kefir (No | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Coconut Aminos® |
| <input type="checkbox"/> Coconut Milk(Native | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Coconut Water (low | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Collagen Protein |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> GemWraps®®, Sandwich |
| <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> GemWraps®®, Sandwich |
| <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Tea, | <input type="checkbox"/> GemWraps®®, Sandwich |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> GemWraps®®, Sandwich |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Teechino | <input type="checkbox"/> Glucomannon Flour |

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|--|---|
| <input type="checkbox"/> Great Lake's® Beef | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Julian Bakery Paleo | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Julian Bakery Almond | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Liquid Aminos | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Malt | |
| <input type="checkbox"/> Maltodextrin (Can be | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Chili Paste Thai | |
| <input type="checkbox"/> Red Tomato Paste | |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |