

Beverages & Protein Powders

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|---|---|---|
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar) |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Teechino | <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Water | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Vinegar, Red Wine |
| | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Vinegar, Rice |

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| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Fructose | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Mussel |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Orange Roughy |
| | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Oyster |

Corn-Derived Foods

- ☐ Barbeque Sauce, GF Annie's® Sweet & Spicy
- ☐ Cheese, Cream
- ☐ Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Chewing Gum (has gluten and corn)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White

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

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|---|--|--|
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| Fruits | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |

<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Persimmons		<input type="checkbox"/> Oats
<input type="checkbox"/> Pineapple	Gluten-Containing Foods	
<input type="checkbox"/> Plantain	<input type="checkbox"/> Barley	<input type="checkbox"/> Orzo
<input type="checkbox"/> Plum	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Panko
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Beer	<input type="checkbox"/> Rye
<input type="checkbox"/> Prune	<input type="checkbox"/> Bran	<input type="checkbox"/> Semolina
<input type="checkbox"/> Quince	<input type="checkbox"/> Bread	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teechino
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Gluten	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Crab, Imitation
<input type="checkbox"/> Banana	<input type="checkbox"/> Kamut	
<input type="checkbox"/> Apricot	<input type="checkbox"/> Liquid Smoke (can have gluten)	
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Malt	

Gluten-Free Grains

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|--|---|--|
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Coconut 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 Bread | <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 Everything Sprouted Seed Cracker |
| <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"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Bran | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Flour (gluten free) | |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Rice Protein Powder (gluten free) | |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | |
| | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | |

Herbs & Spices

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

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|--|---|--|
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Thyme | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Valerian | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Onion | <input type="checkbox"/> Edamame (must be organic) |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Shallots | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Paprika | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> St. John's Wort | | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Taco Seasoning | | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Tamari (Wheat Free) | | <input type="checkbox"/> Miso |

Legumes & Pulses

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|--|--|--|
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Applegate® organic andouille sausage | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Applegate® organic red pepper sausage | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Applegate® organic smoked chicken breast | |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Applegate® organic smoked turkey breast | |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Applegate® organic turkey | |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Applegate® organic turkey bacon | |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Beef, Grass-fed only (organic) | |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bison (see also Buffalo) | |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Buffalo (see also Bison) | |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | |
| | <input type="checkbox"/> Chicken, free range (organic) | |
| | <input type="checkbox"/> Deer (see also Venison) | |
| | <input type="checkbox"/> Duck | |
| | <input type="checkbox"/> Goat, Grass-fed only (organic) | |
| | <input type="checkbox"/> Lamb (organic) | |
| | <input type="checkbox"/> Lard (pork) | |
| | <input type="checkbox"/> Ostrich | |
| | <input type="checkbox"/> Pheasant | |
| | <input type="checkbox"/> Pork, (organic) | |

Milk-Containing Foods

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| <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Butter, Raw and Pasture-raised |
| <input type="checkbox"/> Buttermilk |
| <input type="checkbox"/> Casein |
| <input type="checkbox"/> Cheese, American |
| <input type="checkbox"/> Cheese, Asiago |
| <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Cheese, Brie |
| <input type="checkbox"/> Cheese, Cheddar (Raw) |
| <input type="checkbox"/> Cheese, Cottage |
| <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Cheese, Gorgonzola |
| <input type="checkbox"/> Cheese, Gouda |
| <input type="checkbox"/> Cheese, Havarti |

Meat & Poultry

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|---|
| <input type="checkbox"/> Applegate® organic bacon |
| <input type="checkbox"/> Applegate® organic black forest ham |
| <input type="checkbox"/> Applegate® organic chicken |
| <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Applegate® organic herb roasted turkey |
| <input type="checkbox"/> Applegate® organic hot dogs |
| <input type="checkbox"/> Applegate® organic roast beef |

<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Cheese, Provolone	Miscellaneous	
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Hops
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Malt
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
		<input type="checkbox"/> Palm Wax

<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Silver	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Tofu (Organic)		<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	Non-Dairy & Eggs	
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Latex	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Formaldehyde		<input type="checkbox"/> Cottonseed/Cottonseed Oil
		<input type="checkbox"/> Flax Meal

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|---|---|--|
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) | |

Sweeteners

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|---|
| <input type="checkbox"/> Aspartame/Nutrasweet |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Date Sugar |
| <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Fruit Pectin |
| <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> Just Like Sugar® |
| <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |

<input type="checkbox"/> Maple Sugar	Vegetables		<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple	
<input type="checkbox"/> Molasses	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)	
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice	
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange	
<input type="checkbox"/> Splenda	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple	
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White	
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow	
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower	
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple	
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery	
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)	
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate	
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens	
	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	
	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue	
	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, White	

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| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Potato, Fingerling |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Nori | <input type="checkbox"/> Potato, Purple |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra | <input type="checkbox"/> Potato, Red |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Potato, Russet |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Potato, Yukon Gold |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Kombu | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash |

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|---|--|
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |