

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

<input type="checkbox"/>	Yams, Japanese	je
<input type="checkbox"/>	Yucca	
<input type="checkbox"/>	Zucchini))
<input type="checkbox"/>	Alfalfa Sprouts	
<input type="checkbox"/>	Psyllium Husk	:)
<input type="checkbox"/>	Onion, Green	3)
<input type="checkbox"/>	Onion, Maui	
<input type="checkbox"/>	Onion, Red	
<input type="checkbox"/>	Onion, Sweet	do Oil
<input type="checkbox"/>	Onion, Yellow	ip
<input type="checkbox"/>	Chives	ip
<input type="checkbox"/>	Shallots	er
<input type="checkbox"/>	Bell Pepper	
<input type="checkbox"/>	Bell Pepper, Yellow	
<input type="checkbox"/>	Bell Pepper, Orange	picy
<input type="checkbox"/>	Tomato, Yellow	
<input type="checkbox"/>	Truffle	9
<input type="checkbox"/>	Turnip Greens	
<input type="checkbox"/>	Turnips	je
<input type="checkbox"/>	Water Chestnut	9
<input type="checkbox"/>	Watercress	is)
<input type="checkbox"/>	Yams, Garnett	irs
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☐ Gluten-Free Grains☐ Sweeteners☐ Milk-Containing Foods