

<input type="checkbox"/>	Vegetables	<input type="checkbox"/>	Broccolini	<input type="checkbox"/>	Coconut Concentrate
<input type="checkbox"/>	Aloe Vera	<input type="checkbox"/>	Brussels Sprout	<input type="checkbox"/>	Collard Greens
<input type="checkbox"/>	Artichoke (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	<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"/>	Avocado Oil	<input type="checkbox"/>	Cactus (Nopales)	<input type="checkbox"/>	Daikon Radish
<input type="checkbox"/>	Bamboo Shoot	<input type="checkbox"/>	Capers	<input type="checkbox"/>	Dandelion Greens
<input type="checkbox"/>	Bean, Green	<input type="checkbox"/>	Capsicum	<input type="checkbox"/>	Dandelion Root
<input type="checkbox"/>	Bean Sprout	<input type="checkbox"/>	Carrot Juice	<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Beet	<input type="checkbox"/>	Carrot, Orange	<input type="checkbox"/>	Endive
<input type="checkbox"/>	Beet Greens	<input type="checkbox"/>	Carrot, Purple	<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Bell Pepper	<input type="checkbox"/>	Carrot, White	<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Bell Pepper, Green	<input type="checkbox"/>	Carrot, Yellow	<input type="checkbox"/>	Hearts of Palm
<input type="checkbox"/>	Bell Pepper, Orange	<input type="checkbox"/>	Cassava (see Tapioca and Yucca)	<input type="checkbox"/>	Horseradish
<input type="checkbox"/>	Bell Pepper, Red	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Jicama
<input type="checkbox"/>	Bell Pepper, Yellow	<input type="checkbox"/>	Cauliflower, Purple	<input type="checkbox"/>	Kale, all types
<input type="checkbox"/>	Bok Choy	<input type="checkbox"/>	Celery	<input type="checkbox"/>	Kelp/Dulse
<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Chard	<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Broccoli Rabe	<input type="checkbox"/>	Chayote	<input type="checkbox"/>	Kombu
<input type="checkbox"/>	Broccoli Sprouts	<input type="checkbox"/>	Chives	<input type="checkbox"/>	Leeks
		<input type="checkbox"/>	Coconut (raw and unsweetened)	<input type="checkbox"/>	Lettuce, all types

Nanny Mai

08/29/2017

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

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

<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Peach		<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Pear		<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Pear, Asian		<input type="checkbox"/> Flax Seed

Nuts, Seeds, & Oils

☐ Almond Butter (Artisana®)

☐ Almond Flavor natural, gluten free)

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

Legumes & Pulses

<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Miso	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mackerel	
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mahi Mahi	
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mussel	
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Orange Roughy	
<input type="checkbox"/> White Beans	<input type="checkbox"/> Oyster	
	<input type="checkbox"/> Perch	
	<input type="checkbox"/> Red Snapper	
	<input type="checkbox"/> Salmon, wild (fresh)	
	<input type="checkbox"/> Sardines	
	<input type="checkbox"/> Scallop	
	<input type="checkbox"/> Shrimp	
	<input type="checkbox"/> Sole	
	<input type="checkbox"/> Squid	

Fish & Shellfish		Meat & Poultry
<input type="checkbox"/> Anchovy		<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Bass		<input type="checkbox"/> Applegate® organic black forest
<input type="checkbox"/> Catfish		<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Chilean Sea Bass		<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Clam		<input type="checkbox"/> Applegate® organic herb roasted
<input type="checkbox"/> Cod/ Cod Liver Oil		<input type="checkbox"/> Applegate® organic hot dogs
		<input type="checkbox"/> Applegate® organic roast beef
		<input type="checkbox"/> Applegate® organic andouille
		<input type="checkbox"/> Applegate® organic chicken/apple
		<input type="checkbox"/> Applegate® organic red pepper
		<input type="checkbox"/> Applegate® organic spinach & feta
		<input type="checkbox"/> Applegate® organic sausage sweet

- ☐ Applegate® organic smoked
- ☐ Applegate® organic smoked turkey
- ☐ Applegate® organic turkey
- ☐ Applegate® organic turkey bacon
- ☐ Beef, Grass-fed only (organic)
- ☐ Bison (see also Buffalo)
- ☐ Buffalo (see also Bison)
- ☐ Chicken Broth (Imagine® gf/low
- ☐ Chicken, free range (organic)
- ☐ Deer (see also Venison)
- ☐ Duck
- ☐ Goat, Grass-fed only (organic)
- ☐ Lamb (organic)
- ☐ Lard (pork)
- ☐ Ostrich
- ☐ Pheasant
- ☐ Pork, (organic)
- ☐ Quail
- ☐ Rabbit
- ☐ Turkey (organic)
- ☐ Veal (organic)
- ☐ Venison (see also Deer)

Non-Dairy & Eggs

- ☐ Almond Milk, unsweetened (no
- ☐ Almond Yogurt, unsweetened
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Cheese, Daiya
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Coconut Kefir (No Tapioca,
- ☐ Coconut Milk(Native Forest or
- ☐ Egg, Pasture-raised (from a farmer)
- ☐ Egg, Vital Farms® or Pasture
- ☐ Egg, Whites, Pasture-raised
- ☐ Egg, Yolks Pasture-raised
- ☐ Milk, Soy (Organic)
- ☐ Sriracha Sauce Organicville
- ☐ Egg

Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar MiaBella
- ☐ Balsamic Vinegar (with Red Wine
- ☐ Balsamic Vinegar (Caramel/Red W

- ☐ Barbeque Sauce, GF Annie's®
- ☐ BodyPro Almond Mayo Grade B
- ☐ BodyPro Almond Mayo with Yacon
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Dressing, Primal Kitchen Greek
- ☐ Dressing, Primal Kitchen Honey
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter
- ☐ Horseradish Sauce, Gluten-free
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mayonnaise, Primal Kitchen
- ☐ Mayonnaise, Primal Kitchen
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Sriracha Sauce Organicville
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free (Follow Your
- ☐ Vinegar

<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, (Organic)	
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Honey, Manuka	Herbs & Spices
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Allspice
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Anise
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Worcestershire Sauce (The	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Astragalus
	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Basil
Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Molasses	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Cloves
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar

- | | | |
|--|---|--|
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Chili Paste Thai Kitchen® |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |

<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Shallots	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta

- ☐ Simple Mills Grnd Sea Salt Almond
 - ☐ Simple Mills Rosemary & Sea Salt
 - ☐ Simple Mills Tomato & Basil Almond
 - ☐ Sorghum
 - ☐ Sweet Potato Flour (gluten free)
 - ☐ Tapioca
 - ☐ Tapioca Flour (gluten free)
 - ☐ Tapioca Starch (gluten free)
 - ☐ Teff
 - ☐ Tolerant Green Lentil & Pea Pasta
 - ☐ Tolerant Red or Green Lentil Pasta
 - ☐ Tortilla, Siete Almond
 - ☐ Tortilla, Siete Cassava & Coconut
 - ☐ Tortilla, Siete Chia & Cassava
 - ☐ Simple Mills
 - ☐ Corn Meal (gluten free)

Gluten-Containing Foods

 - ☐ Barley
 - ☐ Barley Greens (Not for
 - ☐ Barley Juice (Not for
 - ☐ Beer

<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Fructose
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Maltodextrin (Corn-based,
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Kamut	Corn-Derived Foods	
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	Beverages & Protein Powders
<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Beer
<input type="checkbox"/> Orzo	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Panko	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coffee Bean, Organic

<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chewing Gum, Xylitew®
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicken Broth (Imagine® gf/low)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, unflavored/cafeine-free only	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Teechino	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Sheep		<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Milk, Soy (Organic)	Miscellaneous	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Beef broth (Imagine® low)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)

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| <input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Silver | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & | |
| <input type="checkbox"/> Tomato Sauce (gluten & | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low | |
| <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | |