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

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| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Worcestershire Sauce (The | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Sriracha Sauce Organicville | <input type="checkbox"/> Fructose | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Mussel |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Orange Roughy |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Sriracha Sauce Organicville | <input type="checkbox"/> Oyster |
| | | <input type="checkbox"/> Perch |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Red Snapper |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® | <input type="checkbox"/> Anchovy | <input type="checkbox"/> Salmon, wild (fresh) |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Bass | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Cheese, Daiya | <input type="checkbox"/> Catfish | <input type="checkbox"/> Scallop |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Clam | <input type="checkbox"/> Sole |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Corvina | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Crab | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout |

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| <input type="checkbox"/> Tuna | <input type="checkbox"/> Grape | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Crab, Imitation | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Orange, Blood |
| | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Lime | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Loquat | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Mango | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Maqui | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Banana |

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| <input type="checkbox"/> Apricot | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Malt | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Oats | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Orzo | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Barley Greens (Not for | <input type="checkbox"/> Panko | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Barley Juice (Not for | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Rye | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Semolina | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Brown Rice Syrup (contains | <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teechino | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Triticale | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Glucomannon Flour |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Gluten | <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Kamut | | <input type="checkbox"/> Hemp Seed |
| | | <input type="checkbox"/> Konjac Glucomannon Flour |

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| <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & Basil Almond | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free) | <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Oat Grass (Not For Gluten) | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Teff | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Simple Mills | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the | | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |

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| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mint | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Valerian |

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| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Navy/Ninja | <input type="checkbox"/> White Beans |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) | |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Applegate® organic bacon |
| <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Applegate® organic chicken |
| <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Applegate® organic herb roasted |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Applegate® organic hot dogs |
| | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Applegate® organic roast beef |
| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Miso | <input type="checkbox"/> Applegate® organic andouille |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Applegate® organic chicken/apple |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Applegate® organic red pepper |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Applegate® organic spinach & feta |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Applegate® organic sausage sweet |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Peanut Butter (Organic, | <input type="checkbox"/> Applegate® organic smoked |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Applegate® organic smoked turkey |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Applegate® organic turkey |
| <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Applegate® organic turkey bacon |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Soy Beans Oil (must be organic) | |
| <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| | | <input type="checkbox"/> Bison (see also Buffalo) |

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| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String (Mozzarella) |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Venison (see also Deer) | <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 |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Romano | |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone | |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep | |

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| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Hops | <input type="checkbox"/> Vegetable broth (ImagineÂ® Low |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vegetable Shortening (SpectrumÂ®) |
| <input type="checkbox"/> Baking Soda (Arm & HammerÂ®) | <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Beef broth (ImagineÂ® low | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Liquid Aminos (BraggsÂ®)(has Soy) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Chewing Gum, XylitewÂ® | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Malt | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Coconut AminosÂ® | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Chili Paste Thai KitchenÂ® | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Blue Food Dye |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap | <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Skinny CrispsÂ®(Plain Jane) |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap | <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap | <input type="checkbox"/> Silver | <input type="checkbox"/> Cocoa Butter |
| <input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Great Lake'sÂ® Beef Gelatin | <input type="checkbox"/> Tomato Paste (gluten & | |

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| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Cheese, Daiya | <input type="checkbox"/> Cashews | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Coconut, shredded (raw, | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Egg | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Psyllium Husk |
| | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - not the |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sesame Seed Oil |

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| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Brown Rice Syrup (contains | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Artichoke (not pickled) |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Arugula |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Fructose | <input type="checkbox"/> Bamboo Shoot |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Bean Sprout |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Beet |
| <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Beet Greens |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Molasses | <input type="checkbox"/> Bell Pepper, Green |
| <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bell Pepper, Red |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Bok Choy |
| <input type="checkbox"/> Simple Mills Chocolate Chip | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Broccoli Rabe |
| | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Broccoli Sprouts |
| | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Broccolini |
| | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Brussels Sprout |
| | | <input type="checkbox"/> Burdock |
| | | <input type="checkbox"/> Cabbage, Chinese (see also Bok |

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| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Endive | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Fennel | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Garlic | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pepper, Green |
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Leeks | <input type="checkbox"/> Pepper, Habanero |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pepper, Jalapeño |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pepper, Poblano |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Serrano |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pickles, Bubbies® brand only |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pimento |

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|---|---|--|
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato Sauce (gluten & | |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Tomato | |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomatoes, Big Beef | |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato, Cherry | |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato, Heirloom | |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato, Orange | |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Red | |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Roma | |
| <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Sun-dried | |
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Yellow | |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Spirulina | <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Watercress | |