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|--|---|---|
| <input type="checkbox"/> <b>Vegetables</b>       | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens               |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                   |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                  |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                     |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                |
| <input type="checkbox"/> Avocado Oil             | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Greens             |
| <input type="checkbox"/> Bamboo Shoot            | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Dandelion Root               |
| <input type="checkbox"/> Bean, Green             | <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Eggplant                     |
| <input type="checkbox"/> Bean Sprout             | <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Endive                       |
| <input type="checkbox"/> Beet                    | <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Fennel                       |
| <input type="checkbox"/> Beet Greens             | <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Garlic                       |
| <input type="checkbox"/> Bell Pepper             | <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Hearts of Palm               |
| <input type="checkbox"/> Bell Pepper, Green      | <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Horseradish                  |
| <input type="checkbox"/> Bell Pepper, Orange     | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Jicama                       |
| <input type="checkbox"/> Bell Pepper, Red        | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Kale, all types              |
| <input type="checkbox"/> Bell Pepper, Yellow     | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Kelp/Dulse                   |
| <input type="checkbox"/> Bok Choy                | <input type="checkbox"/> Chard                                | <input type="checkbox"/> Kohlrabi                     |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Chayote                              | <input type="checkbox"/> Kombu                        |
| <input type="checkbox"/> Broccoli Rabe           | <input type="checkbox"/> Chives                               | <input type="checkbox"/> Leeks                        |
| <input type="checkbox"/> Broccoli Sprouts        | <input type="checkbox"/> Coconut (raw and unsweetened)        | <input type="checkbox"/> Lettuce, all types           |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Coconut Concentrate                  | <input type="checkbox"/> Mushrooms                    |

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

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

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

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

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| <input type="checkbox"/> Peanut (Organic, Valencia)          | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Whitefish/Turbot                          |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Herring              | <input type="checkbox"/> Crab, Immitation                          |
| <input type="checkbox"/> Peanut Oil (Organic)                | <input type="checkbox"/> Lobster              | <input type="checkbox"/> <b>Meat &amp; Poultry</b>                 |
| <input type="checkbox"/> Red Bean Paste                      | <input type="checkbox"/> Mackerel             | <input type="checkbox"/> Applegate® organic baco                   |
| <input type="checkbox"/> Soy Beans (must be organic)         | <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Applegate® organic black forest ham       |
| <input type="checkbox"/> Soy Beans Oil (must be organic)     | <input type="checkbox"/> Mussel               | <input type="checkbox"/> Applegate® organic chicken                |
| <input type="checkbox"/> Vanilla Bean                        | <input type="checkbox"/> Orange Roughy        | <input type="checkbox"/> Applegate® organic ham                    |
| <input type="checkbox"/> Vanilla Powder                      | <input type="checkbox"/> Oyster               | <input type="checkbox"/> Applegate® organic herb roasted turkey    |
| <input type="checkbox"/> White Beans                         | <input type="checkbox"/> Perch                | <input type="checkbox"/> Applegate® organic hot dogs               |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b>         | <input type="checkbox"/> Red Snapper          | <input type="checkbox"/> Applegate® organic roast beef             |
| <input type="checkbox"/> Anchovy                             | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic andouille sausage      |
| <input type="checkbox"/> Bass                                | <input type="checkbox"/> Sardines             | <input type="checkbox"/> Applegate® organic chicken/apple sausage  |
| <input type="checkbox"/> Catfish                             | <input type="checkbox"/> Scallop              | <input type="checkbox"/> Applegate® organic red pepper sausage     |
| <input type="checkbox"/> Chilean Sea Bass                    | <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Clam                                | <input type="checkbox"/> Sole                 | <input type="checkbox"/> Applegate® organic sausage sweet italian  |
| <input type="checkbox"/> Cod/ Cod Liver Oil                  | <input type="checkbox"/> Squid                | <input type="checkbox"/> Applegate® organic smoked chicken breast  |
| <input type="checkbox"/> Corvina                             | <input type="checkbox"/> Swai                 | <input type="checkbox"/> Applegate® organic smoked turkey breast   |
| <input type="checkbox"/> Crab                                | <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Applegate® organic turkey                 |
| <input type="checkbox"/> Crayfish                            | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Applegate® organic turkey bacon           |
| <input type="checkbox"/> Flounder                            | <input type="checkbox"/> Trout                | <input type="checkbox"/> Beef, Grass-fed only (organic)            |
| <input type="checkbox"/> Haddock                             | <input type="checkbox"/> Tuna                 | <input type="checkbox"/> Bison (see also Buffalo)                  |
| <input type="checkbox"/> Hake                                | <input type="checkbox"/> Walleye Pike         | <input type="checkbox"/> Buffalo (see also Bison)                  |

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| <input type="checkbox"/> Chicken Broth (Imagine®<br>af/low sodium)       | <input type="checkbox"/> Coconut Milk(Native<br>Forest or Natural Value)     | <input type="checkbox"/> Earth Balance® Avocado<br>Oil Butter Spread    |
| <input type="checkbox"/> Chicken, free range<br>(organic)                | <input type="checkbox"/> Egg, Pasture-raised (from<br>a farmer)              | <input type="checkbox"/> Horseradish Sauce,<br>Gluten-free (Annie's®)   |
| <input type="checkbox"/> Deer (see also Venison)                         | <input type="checkbox"/> Egg, Vital Farms® or<br>Pasture Verde®              | <input type="checkbox"/> Hummus   |
| <input type="checkbox"/> Duck  | <input type="checkbox"/> Egg, Whites,<br>Pasture-raised                      | <input type="checkbox"/> Ketchup (Organicville)                         |
| <input type="checkbox"/> Goat, Grass-fed only<br>(organic)               | <input type="checkbox"/> Egg, Yolks Pasture-raised                           | <input type="checkbox"/> Mayonnaise                                     |
| <input type="checkbox"/> Lamb (organic)                                  | <input type="checkbox"/> Milk, Soy (Organic)                                 | <input type="checkbox"/> Mayonnaise, Primal<br>Kitchen Avocado Oil      |
| <input type="checkbox"/> Lard (pork)                                     | <input type="checkbox"/> Sriracha Sauce<br>Organicville gluten-free          | <input type="checkbox"/> Mayonnaise, Primal<br>Kitchen Chipotle Avocado |
| <input type="checkbox"/> Ostrich   | <input type="checkbox"/> Egg   | <input type="checkbox"/> Mustard, Brown (Eden®<br>mustard)              |
| <input type="checkbox"/> Pheasant  | <input type="checkbox"/> <b>Condiments</b>                                   | <input type="checkbox"/> Sauerkraut (Bubbies®<br>Brand only)            |
| <input type="checkbox"/> Pork, (organic)                                 | <input type="checkbox"/> Apple Cider Vinegar<br>(Braad's®)                   | <input type="checkbox"/> Sriracha Sauce<br>Organicville gluten-free     |
| <input type="checkbox"/> Quail   | <input type="checkbox"/> Balsamic Vinegar MiaBella<br>NoCaramel/WineVinegar) | <input type="checkbox"/> Ume Plum Vinegar                               |
| <input type="checkbox"/> Rabbit  | <input type="checkbox"/> Balsamic Vinegar (with<br>Red Wine Vinegar)         | <input type="checkbox"/> Veganaise Soy-free<br>(Follow Your Heart®)     |
| <input type="checkbox"/> Turkey (organic)                                | <input type="checkbox"/> Balsamic Vinegar<br>(Caramel/Red W. Vinegar)        | <input type="checkbox"/> Vinegar  |
| <input type="checkbox"/> Veal (organic)                                  | <input type="checkbox"/> Barbeque Sauce, GF<br>Annie's® Sweet & Spicy        | <input type="checkbox"/> Vinegar, Distilled                             |
| <input type="checkbox"/> Venison (see also Deer)                         | <input type="checkbox"/> BodyPro Almond Mayo<br>Grade B Maple Syrup          | <input type="checkbox"/> Vinegar, Malt                                  |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                     | <input type="checkbox"/> BodyPro Almond Mayo<br>with Yacon Syrup             | <input type="checkbox"/> Vinegar, Red Wine                              |
| <input type="checkbox"/> Almond Milk,<br>unsweetened (no tapioca)        | <input type="checkbox"/> BodyPro Avocado Oil                                 | <input type="checkbox"/> Vinegar, Rice                                  |
| <input type="checkbox"/> Almond Yogurt,<br>unsweetened                   | <input type="checkbox"/> Mayonnaise  | <input type="checkbox"/> Vinegar, White                                 |
| <input type="checkbox"/> BodyPro Avocado Oil                             | <input type="checkbox"/> Carob   | <input type="checkbox"/> Vinegar, White Wine                            |
| <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> Coconut Vinegar (Coconut<br>Secret)                 | <input type="checkbox"/> Worcestershire Sauce<br>(The Wizard's® GF)     |
| <input type="checkbox"/> Cheese, Daiya (Coconut,T<br>apioca.veast.®....) | <input type="checkbox"/> Dressing, Primal Kitchen<br>Greek Avocado Oil       |   |
| <input type="checkbox"/> Cheese, Soy (Organic)<br>(see Soy)              | <input type="checkbox"/> Dressing, Primal Kitchen<br>Honey Mustard           |   |
| <input type="checkbox"/> Coconut Kefir (No<br>Tapioca, Carageenan)       | <input type="checkbox"/> Earth Balance® Coconut<br>Spread                    |   |

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| <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Black Cohosh       |
| <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Molasses                                 | <input type="checkbox"/> Caramel Coloring   |
| <input type="checkbox"/> Aspartame/Nutrasweet                    | <input type="checkbox"/> Monk Fruit                               | <input type="checkbox"/> Caraway Seed       |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Svrup | <input type="checkbox"/> NutrasweetÂ®                             | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Svrup    | <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Celery Powder      |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Sorbitol                                 | <input type="checkbox"/> Chicory Root       |
| <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Splenda                                  | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Sucanat                                  | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Sugar Beet                               | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Coconut Palm Sugar                      | <input type="checkbox"/> Sugar Cane                               | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Date Sugar                              | <input type="checkbox"/> SweetleafÂ® Stevia                       | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Erythritol (non-GMO)                    | <input type="checkbox"/> SwerveÂ® Xylitol                         | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Fructose                                | <input type="checkbox"/> Xyla (Birchwood Xvlitol/non-corn source) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin                            | <input type="checkbox"/> Yacon Syrup                              | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Honey, (Organic)                        | <input type="checkbox"/> <b>Herbs &amp; Spices</b>                | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka                           | <input type="checkbox"/> Allspice                                 | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Honey, Wildflower from MahavaÂ®         | <input type="checkbox"/> Almond Flavor natural, (gluten free)     | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Just Like SugarÂ®                       | <input type="checkbox"/> Anise                                    | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Lo Han                                  | <input type="checkbox"/> Ashwaganda                               | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)     | <input type="checkbox"/> Astragalus                               | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)      | <input type="checkbox"/> Basil                                    | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Maple Sugar                             | <input type="checkbox"/> Bay Leaf                                 | <input type="checkbox"/> Dong Quai          |



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| <input type="checkbox"/> Echinacea                        | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)     |
| <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® (gluten free) |
| <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 Palmetto                                |
| <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Sesame Seeds                                |
| <input type="checkbox"/> Herbs De Provence                | <input type="checkbox"/> Onion                              | <input type="checkbox"/> Sesame Seeds, Black                         |
| <input type="checkbox"/> Hickory                          | <input type="checkbox"/> Onion Powder                       | <input type="checkbox"/> Shallots                                    |
| <input type="checkbox"/> Himalayan Salt                   | <input type="checkbox"/> Orange Peel/Rind                   | <input type="checkbox"/> Spearmint                                   |
| <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Orange Salt                        | <input type="checkbox"/> St. John's Wort                             |
| <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Oregano                            | <input type="checkbox"/> Taco Seasoning                              |
| <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Paprika                            | <input type="checkbox"/> Tamari (Wheat Free)                         |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked)                   | <input type="checkbox"/> Tarragon                                    |
| <input type="checkbox"/> Lemon Pepper                     | <input type="checkbox"/> Parsley                            | <input type="checkbox"/> Thyme                                       |

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| <input type="checkbox"/> Tomatillo                                 | <input type="checkbox"/> Cheese, Goat                   | <input type="checkbox"/> Goat Kefir                        |
| <input type="checkbox"/> Turmeric                                  | <input type="checkbox"/> Cheese, Gorgonzola             | <input type="checkbox"/> Kefir, Raw                        |
| <input type="checkbox"/> Uva Ursi                                  | <input type="checkbox"/> Cheese, Gouda                  | <input type="checkbox"/> Lactoalbumin                      |
| <input type="checkbox"/> Valerian                                  | <input type="checkbox"/> Cheese, Havarti                | <input type="checkbox"/> Milk Chocolate                    |
| <input type="checkbox"/> Vanilla (gluten and corn-free)            | <input type="checkbox"/> Cheese, Machego                | <input type="checkbox"/> Milk, Cow                         |
| <input type="checkbox"/> Vanilla Bean                              | <input type="checkbox"/> Cheese, Marscapone             | <input type="checkbox"/> Milk, Goat                        |
| <input type="checkbox"/> Vanilla Powder                            | <input type="checkbox"/> Cheese, Mozzarella (Raw)       | <input type="checkbox"/> Milk, Sheep                       |
| <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Cheese, Muenster               | <input type="checkbox"/> Mozzarella Cheese                 |
| <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Cheese, Parmesan               | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Rose Hips                                 | <input type="checkbox"/> Cheese, Pecorino               | <input type="checkbox"/> Whey                              |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum)          |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <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"/> <b>Gluten-Free Grains</b>         |
| <input type="checkbox"/> Buttermilk                                | <input type="checkbox"/> Cheese, Provolone              | <input type="checkbox"/> Almond Flour (gluten free)        |
| <input type="checkbox"/> Casein                                    | <input type="checkbox"/> Cheese, Sheep                  | <input type="checkbox"/> Amaranth                          |
| <input type="checkbox"/> Cheese, American                          | <input type="checkbox"/> Cheese, String (Mozzarella)    | <input type="checkbox"/> Arrowroot Flour/powder            |
| <input type="checkbox"/> Cheese, Asiago                            | <input type="checkbox"/> Cheese, Swiss                  | <input type="checkbox"/> Basmati Rice (gluten free)        |
| <input type="checkbox"/> Cheese, Bleu                              | <input type="checkbox"/> Chocolate, Milk                | <input type="checkbox"/> Buckwheat                         |
| <input type="checkbox"/> Cheese, Brie                              | <input type="checkbox"/> Chocolate, White               | <input type="checkbox"/> Buckwheat Flour                   |
| <input type="checkbox"/> Cheese, Cheddar (Raw)                     | <input type="checkbox"/> Cream, Raw and Unpasteurized   | <input type="checkbox"/> Chicory Root                      |
| <input type="checkbox"/> Cheese, Cottage                           | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Coconut Flour (gluten free)       |
| <input type="checkbox"/> Cheese, Cream                             | <input type="checkbox"/> Goat Cheese                    | <input type="checkbox"/> Coconut Meal (gluten free)        |

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| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)              | <input type="checkbox"/> Quinoa, Red (gluten free)                   | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta            |
| <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice, Basmati (gluten free)                 | <input type="checkbox"/> Tortilla, Siete Almond                        |
| <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice, Black (gluten free)                   | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut             |
| <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice, Brown (gluten free)                   | <input type="checkbox"/> Tortilla, Siete Chia & Cassava                |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice, Japonica (gluten free)                | <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, Purple (gluten free)                  | <input type="checkbox"/> Corn Meal (gluten free)                       |
| <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Red (gluten free)                     | <input type="checkbox"/> <b>Gluten-Containing Foods</b>                |
| <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice, White (gluten free)                   | <input type="checkbox"/> Barley  |
| <input type="checkbox"/> Glucomannon Flour (koniacfoods.com)       | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)      | <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)      |
| <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice Bran                                   | <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)       |
| <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Rice Flour (gluten free)                    | <input type="checkbox"/> Beer  |
| <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice Protein Powder (gluten free)           | <input type="checkbox"/> Bran  |
| <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers  | <input type="checkbox"/> Bread   |
| <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers   | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)        |
| <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Caramel Coloring                              |
| <input type="checkbox"/> Oats                                      | <input type="checkbox"/> Sorghum                                     | <input type="checkbox"/> Cheese, Bleu                                  |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sweet Potato Flour (gluten free)            | <input type="checkbox"/> Chewing Gum (has gluten and corn)             |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)      | <input type="checkbox"/> Tapioca                                     | <input type="checkbox"/> Coffee, Instant (has gluten)                  |
| <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Tapioca Flour (gluten free)                 | <input type="checkbox"/> Couscous                                      |
| <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Tapioca Starch (gluten free)                | <input type="checkbox"/> Durum Wheat                                   |
| <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Teff  | <input type="checkbox"/> Farro   |
| <input type="checkbox"/> Quinoa, Black (gluten free)               | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta           | <input type="checkbox"/> Gluten  |

☐ Graham (wheat)☐ Kamut☐ Liquid Smoke (can have gluten)☐ Malt☐ Maltodextrin (Can be Wheat-derived)☐ Oats☐ Orzo☐ Panko☐ Polish Wheat☐ Rye☐ Semolina☐ Soy Sauce☐ Spelt☐ Teechino☐ Teriyaki Sauce☐ Triticale☐ Vinegar☐ Vinegar, Malt☐ Vinegar, White☐ Wheat (All Types)☐ Wheat Grass (Is Gluten-contaminated)☐ Crab, Immitation☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF  
Annie's® Sweet & Spicy  
Cheese, Cream☐ Cheese, Daiya (Coconut, Tapioca, yeast, etc.)☐ Cheese, Soy (Organic) (see Soy)☐ Chewing Gum (has gluten and corn)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)☐ Corn Oil☐ Corn Starch (gluten free)☐ Erythritol (non-GMO)☐ Fructose☐ GemWraps®, Sandwich Wrap (Carrot)☐ Maltodextrin (Corn-based, non-GMO)☐ Sriracha Sauce  
Organicville gluten-free☐ Swerve® Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan Gum)☐ **Beverages & Protein Products**☐ 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 Bean, Organic☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Kombucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat

<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® of/low sodium)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, unflavored/caffeine-free	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tagacanth Gum

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (ImagineÂ® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (SpectrumÂ®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Ispaghula/Psyllium
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Acacia Gum