

- | | | |
|--|---|---|
| <input type="checkbox"/> Vegetables | <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) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see Green) | <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) | <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 uns) | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms |

- | | | |
|---|---|--|
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, Cremini/Cri | <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®) |
| <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 | <input type="checkbox"/> Pickles, Bubbies® | <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. |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |

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

- | | | |
|--|--|---|
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach | <input type="checkbox"/> Nuts, Seeds, & Oils |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Almond Flavor |
| <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 Lvchee) | <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/Rape seed Oil |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured) | <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) |
| <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 |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Cola Nut (aka Kola) |
| <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"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Hemp |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Grapeseed Oil. Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Hemp Protein | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds. Black | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Bean, Navy/Nina |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Bean, Pinto/Friele |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Bean, Red (see also |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Chickpea (see also |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Edamame (must be |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Fava Bean |

- | | | |
|--|---|--|
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Clam | <input type="checkbox"/> Sole |
| <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Corvina | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Crab | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Haddock | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Hake | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Peanut (Organic) | <input type="checkbox"/> Halibut | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Herring | <input type="checkbox"/> Codfish |
| <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Lobster | <input type="checkbox"/> Crab, Imitation |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic black |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic herb |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic hot |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic roast |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic chick |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Applegate® organic red pepper sausage |

<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar (Car
<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Barbeque Sauce, GF
<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Beef	<input type="checkbox"/> BodyPro Almond
<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Almond
<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Almond Milk, unsweetened	<input type="checkbox"/> BodyPro Almond Oil
<input type="checkbox"/> ApplegateÂ® organic	<input type="checkbox"/> Almond Yogurt.	<input type="checkbox"/> Carob
<input type="checkbox"/> Beef, Grass-fed	<input type="checkbox"/> BodyPro Avocado Oil	<input type="checkbox"/> Coconut Vinegar
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiva (Coco	<input type="checkbox"/> Dressing, Primal
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic)	<input type="checkbox"/> Dressing, Primal
<input type="checkbox"/> Chicken Broth	<input type="checkbox"/> Coconut Kefir (No	<input type="checkbox"/> Earth BalanceÂ®
<input type="checkbox"/> Chicken, free range	<input type="checkbox"/> Coconut Milk (Native)	<input type="checkbox"/> Earth BalanceÂ®
<input type="checkbox"/> Deer (see also	<input type="checkbox"/> Egg, Pasture raised (from	<input type="checkbox"/> Horseradish Sauce.
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital FarmsÂ® or	<input type="checkbox"/> Hummus (Annie's)
<input type="checkbox"/> Goat, Grass-fed	<input type="checkbox"/> Egg, Whites, Pasture-raise	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks P asture-raised	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Sriracha Sauce	<input type="checkbox"/> Mayonnaise, Primal
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Egg gluten-free	<input type="checkbox"/> Mustard, Brown
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Sauerkraut (BubbiesÂ®)
<input type="checkbox"/> Quail	<input type="checkbox"/> Apple Cider Vinegar	<input type="checkbox"/> Sriracha Sauce
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine) Vinegar)	<input type="checkbox"/> Veganise Soy-free (Follow Your HeartÂ®)

<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Allspice
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Honey, Wildflower	<input type="checkbox"/> Almond Flavor
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Just Like Sugar [®]	<input type="checkbox"/> Anise
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltodextrin (Can be Whe	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Corn-based.	<input type="checkbox"/> Basil
<input type="checkbox"/> Worcestershire Sauce	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Molasses (Organic)	<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	<input type="checkbox"/> Nutrasweet [®]	<input type="checkbox"/> Cardamom
<input type="checkbox"/> BodyPro Almond	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Brown Rice Syrup	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Chocolate, Dark (Gluten)	<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"/> Sweetleaf [®] Stevia	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve [®] Xylitol	<input type="checkbox"/> Cloves
<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood X	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup (Source)	<input type="checkbox"/> Cloves, Penang

Nanny Mai

25/08/2017

- | | | |
|--|--|--|
| <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) | <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 G) |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke | <input type="checkbox"/> Pepper/Peppercorns. |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root (natural) | <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 |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake (see) |
| <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 | <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"/> Sesame Seeds. Black | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cheddar | <input type="checkbox"/> Cream, Raw and Unpaste |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised) |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese |
| <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 (aluten and | <input type="checkbox"/> Cheese, Mchedo | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mascapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mozzarella | <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 Un |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and Pa | <input type="checkbox"/> Yogurt (See Xanthan |
| <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Butter, Raw and Pasture | <input type="checkbox"/> Cheese, Romano | |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone | |

<input type="checkbox"/> Gluten-Free	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Gluc omannon	<input type="checkbox"/> Grnd Sea
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats	<input type="checkbox"/> Rosemary &
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For	<input type="checkbox"/> Trout &
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch	<input type="checkbox"/> Sweet Potato Flour
<input type="checkbox"/> Coconut Flour (aluten	<input type="checkbox"/> Quinoa (aluten free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Coconut Meal (aluten	<input type="checkbox"/> Quinoa, Black (aluten	<input type="checkbox"/> Tapioca Flour (aluten
<input type="checkbox"/> Corn (Gluten-free	<input type="checkbox"/> Quinoa, Red (aluten free)	<input type="checkbox"/> Tapioca Starch
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati	<input type="checkbox"/> Teff
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (aluten free)	<input type="checkbox"/> Tolerant Green Lentil
<input type="checkbox"/> Corn Starch (aluten free)	<input type="checkbox"/> Rice, Brown (aluten free)	<input type="checkbox"/> Tolerant Red or Green
<input type="checkbox"/> Ener-G Brown Rice	<input type="checkbox"/> Rice, Japonica	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (aluten free)	<input type="checkbox"/> Tortilla, Siete Cassava &
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (aluten free)	<input type="checkbox"/> Tortilla, Siete Chia &
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (aluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Glucomanno n Flour (koni	<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> EvervthindSp
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran (aluten free)	<input type="checkbox"/> Corn Meal (aluten free)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (aluten free)	<input type="checkbox"/> Rice
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	

- | | | |
|---|--|---|
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Orzo | <input type="checkbox"/> Corn (Gluten-free) |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Panko | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Barley Greens (Not for Gluten) | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Barley Juice (Not for Gluten) | <input type="checkbox"/> Rye | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Teechino | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale | <input type="checkbox"/> GemWraps® . Sandwich |
| <input type="checkbox"/> Chewing Gum (has) | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Maltodextrin (Corn-based) |
| <input type="checkbox"/> Coffee, Instant (has) | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Sriracha Sauce |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Swerve® Xylitol-free |
| <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is Gluten-co) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Gluten | <input type="checkbox"/> Crab, Imitation | <input type="checkbox"/> Yogurt (See Xanthan) |
| <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Beverages & Protein |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Barbeque Sauce: GF | <input type="checkbox"/> Almond Milk, unsweetened |
| <input type="checkbox"/> Liquid Smoke (can) | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Cheese, Daiya (Coco) | <input type="checkbox"/> Beer |
| <input type="checkbox"/> Maltodextrin (Can be Whe) | <input type="checkbox"/> Cheese, Soy (Organic) | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |

- | | | |
|--|---|--|
| <input type="checkbox"/> Coconut Milk(Native | <input type="checkbox"/> Soy Milk/Soy Cheese | <input type="checkbox"/> Beef broth (ImagineÂ® |
| <input type="checkbox"/> Coconut Water/low | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water. | <input type="checkbox"/> Chewing Gum (has |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Chewing Gum. |
| <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Chicken Broth |
| <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Cocoa/Cacao (raw, pure. |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut AminosÂ® |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Hemp Protein | <input type="checkbox"/> Tea, unflavored/caffeine-fr | <input type="checkbox"/> Collagen Protein |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWrapsÂ® . Sandwich |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Water | <input type="checkbox"/> GemWrapsÂ® Sandwich |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWrapsÂ® Sandwich |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, White (Champagne | <input type="checkbox"/> GemWrapsÂ® Sandwich |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Yerba Matte Tea (Organic | <input type="checkbox"/> Glucomannan Flour/koni |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Great Lake'sÂ® Beef |
| <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 |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Baking Soda (Arm & HammerÂ®) | <input type="checkbox"/> Julian Bakery Coconut Bread |

- | | |
|--|--|
| <input type="checkbox"/> Konjac Gluc
omannon | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vegetable
Shortenina |
| <input type="checkbox"/> Liquid
Aminos (Bra | <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 Whe | <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 | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Red Tomato
Paste (gluten | <input type="checkbox"/> Ispaghula/Ps
yllium |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Formaldehyd
e |
| <input type="checkbox"/> Sherry
Vinegar | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Silver | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Skinny Crisp
sÂ®(Plain | |
| <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"/> Tragacanth
Gum | |
| <input type="checkbox"/> Vegetable
broth
(ImagineÂ®
Low Sodium) | |