

	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<b>Vegetables</b>	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Aloe Vera	<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
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra

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

<input type="checkbox"/>	Zucchini	<input type="checkbox"/>	Goji Berry	<input type="checkbox"/>	Loquat
<input type="checkbox"/>	Alfalfa Sprouts	<input type="checkbox"/>	Golden Berry	<input type="checkbox"/>	Mango
<input type="checkbox"/>	Psyllium Husk	<input type="checkbox"/>	Gooseberry	<input type="checkbox"/>	Mangosteen
		<input type="checkbox"/>	Grape	<input type="checkbox"/>	Maqui
	Fruits	<input type="checkbox"/>	Grape, Green	<input type="checkbox"/>	Melon, Honeydew
<input type="checkbox"/>	Acai	<input type="checkbox"/>	Grape, Purple	<input type="checkbox"/>	Monk Fruit
<input type="checkbox"/>	Agar Gum	<input type="checkbox"/>	Grape, Red	<input type="checkbox"/>	Mulberry
<input type="checkbox"/>	Bilberry	<input type="checkbox"/>	Grape, White	<input type="checkbox"/>	Nectarines
<input type="checkbox"/>	Blackberry	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>	Noni
<input type="checkbox"/>	Blueberry	<input type="checkbox"/>	Grapefruit Juice	<input type="checkbox"/>	Orange
<input type="checkbox"/>	Boysenberry	<input type="checkbox"/>	Guava	<input type="checkbox"/>	Orange, Blood
<input type="checkbox"/>	Cantaloupe	<input type="checkbox"/>	Huckleberry	<input type="checkbox"/>	Orange Juice
<input type="checkbox"/>	Cherry	<input type="checkbox"/>	Jack fruit	<input type="checkbox"/>	Orange Peel/Rind
<input type="checkbox"/>	Clementine	<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Cranberry	<input type="checkbox"/>	Kumquat	<input type="checkbox"/>	Passion Fruit
<input type="checkbox"/>	Cranberry Juice	<input type="checkbox"/>	Lemon	<input type="checkbox"/>	Peach
<input type="checkbox"/>	Currant	<input type="checkbox"/>	Lemon Juice	<input type="checkbox"/>	Pear
<input type="checkbox"/>	Date(s)	<input type="checkbox"/>	Lemon Rind/Peel	<input type="checkbox"/>	Pear, Asian
<input type="checkbox"/>	Dragon Fruit (Pitaya)	<input type="checkbox"/>	Lime	<input type="checkbox"/>	Persimmons
<input type="checkbox"/>	Dried Fruit	<input type="checkbox"/>	Lime Juice	<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Elderberry	<input type="checkbox"/>	Litchi (aka Lychee)	<input type="checkbox"/>	Plum
<input type="checkbox"/>	Fig	<input type="checkbox"/>	Loganberry	<input type="checkbox"/>	Pomegranate

<input type="checkbox"/> Pomelo	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Prune	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Quince	<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pecan
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Pumpkin Seeds
	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Ramon Seeds
	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the
	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Brazil Nut		

## Nuts, Seeds, &amp; Oils

<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Haddock
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Hake
<input type="checkbox"/> Tahini	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Halibut
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Herring
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Lobster
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mussel
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Oyster
<input type="checkbox"/> Almond	<input type="checkbox"/> White Beans	<input type="checkbox"/> Perch
<input type="checkbox"/> Psyllium Husk		<input type="checkbox"/> Red Snapper
	<b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Salmon, wild (fresh)
<b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Sardines
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Miso	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout

☐ Tuna

☐ Goat, Grass-fed only (organic)

☐ Walleye Pike

☐ Lamb (organic)

☐ Whitefish/Turbot

☐ Ostrich

☐ Crab, Immitation

☐ Pheasant

☐ Quail

☐ Rabbit

☐ Turkey (organic)

☐ Veal (organic)

☐ Venison (see also Deer)

### Meat & Poultry

☐ Applegate® organic chicken

☐ Applegate® organic hot dogs

☐ Applegate® organic roast beef

☐ Applegate® organic andouille

☐ Applegate® organic red pepper

☐ Applegate® organic spinach & feta

☐ Applegate® organic sausage sweet

☐ Applegate® organic smoked

☐ Applegate® organic smoked turkey

☐ Beef, Grass-fed only (organic)

☐ Bison (see also Buffalo)

☐ Buffalo (see also Bison)

☐ Chicken Broth (Imagine® gf/low

☐ Chicken, free range (organic)

☐ Deer (see also Venison)

☐ Duck

### Non-Dairy & Eggs

☐ Almond Milk, unsweetened (no

☐ Almond Yogurt, unsweetened

☐ Cheese, Soy (Organic) (see Soy)

☐ Coconut Kefir (No Tapioca,

☐ Coconut Milk(Native Forest or

☐ Egg, Pasture-raised (from a farmer)

☐ Egg, Vital Farms® or Pasture

☐ Egg, Whites, Pasture-raised

☐ Egg, Yolks Pasture-raised

☐ Milk, Soy (Organic)

☐ Sriracha Sauce Organicville

### Condiments

☐ BodyPro Almond Mayo Grade B

☐ BodyPro Almond Mayo with Yacon

☐ Carob

☐ Coconut Vinegar (Coconut Secret)

☐ Earth Balance® Coconut Spread

☐ Horseradish Sauce, Gluten-free

☐ Hummus

☐ Mayonnaise

☐ Mustard, Brown (Eden® gf mustard)

☐ Sauerkraut (Bubbies® Brand only)

☐ Sriracha Sauce Organicville

☐ Ume Plum Vinegar

☐ Veganaise Soy-free (Follow Your

☐ Vinegar, Distilled

☐ Vinegar, Red Wine

☐ Vinegar, Rice

☐ Vinegar, White

☐ Vinegar, White Wine

☐ Worcestershire Sauce (The

**Sweeteners**

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

<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Red Chili Paste Thai Kitchen®
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Saffron
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sage
<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> 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
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Valerian
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Pepper/Peppercorns, Szechuan	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder



☐ White Willow Bark Extract☐ Wintergreen☐ Rose Hips**Milk-Containing Foods**☐ Applegate® organic spinach & feta☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Mascapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Provolone☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and☐ Whey☐ Yogurt (See Xanthan Gum)☐ Cheese, Feta**Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Amaranth☐ Buckwheat☐ Buckwheat Flour☐ Chicory Root☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Starch (gluten free)☐ Ener-G Brown Rice Yeast-Free☐ Fava Bean Flour☐ Garbanzo Flour

<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Farro
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Gluten
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Oats	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Kamut
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Oat Grass (Not For Gluten	<input type="checkbox"/> Teff	<input type="checkbox"/> Oats
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Orzo
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Panko
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Rye
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Basmati (gluten free)	<b>Gluten-Containing Foods</b>	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Rice, Black (gluten free)		<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Bran	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Bread	<input type="checkbox"/> Triticale
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Wheat Grass (Is

☐ Crab, Immitation☐ Milk, Soy (Organic)**Beverages & Protein Powders**☐ Mineral Water**Corn-Derived Foods**☐ Almond Milk, unsweetened (no☐ Orange Juice☐ Cheese, Cream☐ Carrot Juice☐ Pea Protein☐ Cheese, Soy (Organic) (see Soy)☐ Coconut Kefir (No Tapioca,☐ Rice Protein Powder (gluten free)☐ Chewing Gum (has gluten and corn)☐ Coconut Milk(Native Forest or☐ Soy Milk/Soy Cheese (Organic)☐ Corn (Gluten-free & Non-GMO)☐ Coconut Water (low sugar)☐ Soy Protein (Organic)☐ Corn, Blue☐ Coffee Bean, Organic☐ Sparkling Water, unflavored☐ Corn, White☐ Coffee☐ Tea, Black☐ Corn Gluten☐ Coffee, Instant (has gluten)☐ Tea, Chamomile☐ Corn Meal (gluten free)☐ Collagen Protein (Powder)☐ Tea, Green☐ Corn Oil☐ Echinacea Tea☐ Tea, Oolong☐ Corn Starch (gluten free)☐ Grapefruit Juice☐ Tea, Ramon☐ Erythritol (non-GMO)☐ Green Tea☐ Tea, Roobios☐ Fructose☐ Hemp Protein (Powder)☐ Tea, unflavored/caffeine-free only☐ Maltodextrin (Corn-based,☐ Komboucha Tea☐ Tea, White☐ Sriracha Sauce Organicville☐ Lemon Juice☐ Water☐ Swerve® Xylitol☐ Licorice Tea☐ Wine, Red☐ Vegetable Oil☐ Lime Juice☐ Wine, White (Champagne)☐ Xanthan Gum☐ Milk, Cow☐ Yerba Matte Tea (Organic/Pure)☐ Yogurt (See Xanthan Gum)☐ Milk, Goat☐ Milk, Sheep

Miscellaneous		
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Red Dye
<input type="checkbox"/> Antimony	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Ispaghula/Psyllium
<input type="checkbox"/> Beef broth (Imagine® low)	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Pycnogenol	
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Red Chili Paste Thai Kitchen®	
<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Resveratrol	
<input type="checkbox"/> Chicken Broth (Imagine® gf/low)	<input type="checkbox"/> Sherry Vinegar	
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Silver	
<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Tagacanth Gum	
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tamari (Wheat Free)	
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Tofu (Organic)	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Vegetable Oil	
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Vinegar, Red Wine	
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vinegar, Rice	
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vinegar, White Wine	
<input type="checkbox"/> Hops	<input type="checkbox"/> Xanthan Gum	
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Yeast, Baker's	
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Yeast, Brewer's	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Nutritional	
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Latex	
	<input type="checkbox"/> Formaldehyde	