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|--|--|--|
| <input type="checkbox"/> Fruits                | <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Mangosteen        |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Grape               | <input type="checkbox"/> Maqui             |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Grape, Green        | <input type="checkbox"/> Melon, Honeydew   |
| <input type="checkbox"/> Apricot               | <input type="checkbox"/> Grape, Purple       | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Banana                | <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 Juice      |
| <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Orange Peel/Rind  |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          | <input type="checkbox"/> Orange, Blood     |
| <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"/> Dates                 | <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"/> Plantain          |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum              |
| <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate       |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo            |

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| <input type="checkbox"/> Prune                                 | <input type="checkbox"/> Avocado Oil                          | <input type="checkbox"/> Macadamia Nut Oil                      |
| <input type="checkbox"/> Quince                                | <input type="checkbox"/> Brazil Nut                           | <input type="checkbox"/> Macadamia Nuts                         |
| <input type="checkbox"/> Raisin (unsulfured, organic)          | <input type="checkbox"/> Canola/Rapeseed Oil                  | <input type="checkbox"/> Olive Leaf Extract                     |
| <input type="checkbox"/> Raspberry                             | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Olive Oil, Virgin                      |
| <input type="checkbox"/> Star Fruit                            | <input type="checkbox"/> Cashew Butter                        | <input type="checkbox"/> Palm Kernel Oil                        |
| <input type="checkbox"/> Strawberry                            | <input type="checkbox"/> Cashew Meal                          | <input type="checkbox"/> Pecan Flour                            |
| <input type="checkbox"/> Tamarind                              | <input type="checkbox"/> Cashews                              | <input type="checkbox"/> Pecans                                 |
| <input type="checkbox"/> Tangelo                               | <input type="checkbox"/> Chestnut                             | <input type="checkbox"/> Pepitas                                |
| <input type="checkbox"/> Tangerine                             | <input type="checkbox"/> Coconut Butter                       | <input type="checkbox"/> Pili Nuts                              |
| <input type="checkbox"/> Vinegar, Red Wine                     | <input type="checkbox"/> Coconut Oil                          | <input type="checkbox"/> Pine Nut                               |
| <input type="checkbox"/> Watermelon                            | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pistachios                             |
| <input type="checkbox"/> Wolfberry                             | <input type="checkbox"/> Cola Nut (aka Kola Nut)              | <input type="checkbox"/> Poppy seeds                            |
| <input type="checkbox"/> Youngberry                            | <input type="checkbox"/> Cottonseed/Cottonseed Oil            | <input type="checkbox"/> Psyllium Husk                          |
|  | <input type="checkbox"/> Flax Meal                            | <input type="checkbox"/> Pumpkin Oil                            |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Flax Oil                             | <input type="checkbox"/> Pumpkin Seed Oil                       |
| <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Seed                            | <input type="checkbox"/> Pumpkin Seeds                          |
| <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Grapeseed Oil, Organic               | <input type="checkbox"/> Ramon Seeds                            |
| <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Hazelnut Flour                       | <input type="checkbox"/> Rice Bran Oil                          |
| <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Hazelnut/Filbert                     | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hemp Meal                            | <input type="checkbox"/> Sacha Inchi Seeds                      |
| <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Hemp Protein (Powder)                | <input type="checkbox"/> Safflower/Safflower Seed Oil           |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Seed                            | <input type="checkbox"/> Sunflower Seed Butter                  |

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|---|---|--|
| <input type="checkbox"/> Sunflower Seed Lecithin            | <input type="checkbox"/> Bamboo Shoot                         | <input type="checkbox"/> Capers                          |
| <input type="checkbox"/> Sunflower Seed Oil                 | <input type="checkbox"/> Barley Grass (can have gluten)       | <input type="checkbox"/> Capsicum                        |
| <input type="checkbox"/> Sunflower Seeds                    | <input type="checkbox"/> Barley Greens (may contain gluten)   | <input type="checkbox"/> Carrot Juice                    |
| <input type="checkbox"/> Tahini                             | <input type="checkbox"/> Bean Sprout                          | <input type="checkbox"/> Carrot, Orange                  |
| <input type="checkbox"/> Tea, Ramon                         | <input type="checkbox"/> Beet                                 | <input type="checkbox"/> Carrot, Purple                  |
| <input type="checkbox"/> Tiger Nuts                         | <input type="checkbox"/> Beet Greens                          | <input type="checkbox"/> Carrot, White                   |
| <input type="checkbox"/> Truffle Oil                        | <input type="checkbox"/> Bell Pepper                          | <input type="checkbox"/> Carrot, Yellow                  |
| <input type="checkbox"/> Truffle Oil, Black                 | <input type="checkbox"/> Bell Pepper, Green                   | <input type="checkbox"/> Cassava (see Tapioca and Yucca) |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)   | <input type="checkbox"/> Bell Pepper, Orange                  | <input type="checkbox"/> Cauliflower                     |
| <input type="checkbox"/> Walnut Oil                         | <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Cauliflower, Purple             |
| <input type="checkbox"/> Walnuts                            | <input type="checkbox"/> Bell Pepper, Yellow                  | <input type="checkbox"/> Celery                          |
| <input type="checkbox"/> Walnuts, Black                     | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chard                           |
|   | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                         |
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                          |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Coconut (raw and unsweetened)   |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate             |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens                  |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Cucumber                        |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Daikon Radish                   |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Dandelion Greens                |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Dandelion Root                  |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Eggplant                        |

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|---|---|---|
| <input type="checkbox"/> Endive                               | <input type="checkbox"/> Onion, Green     | <input type="checkbox"/> Pickles, Bubbies® brand only     |
| <input type="checkbox"/> Fennel                               | <input type="checkbox"/> Onion, Maui      | <input type="checkbox"/> Pimento                          |
| <input type="checkbox"/> Garlic                               | <input type="checkbox"/> Onion, Red       | <input type="checkbox"/> Potato, Fingerling               |
| <input type="checkbox"/> Hearts of Palm                       | <input type="checkbox"/> Onion, Sweet     | <input type="checkbox"/> Potato, Purple                   |
| <input type="checkbox"/> Horseradish                          | <input type="checkbox"/> Onion, Yellow    | <input type="checkbox"/> Potato, Red                      |
| <input type="checkbox"/> Jicama                               | <input type="checkbox"/> Paprika          | <input type="checkbox"/> Potato, Russet                   |
| <input type="checkbox"/> Kale, all types                      | <input type="checkbox"/> Parsley          | <input type="checkbox"/> Potato, Sweet                    |
| <input type="checkbox"/> Kelp/Dulse                           | <input type="checkbox"/> Parsnip          | <input type="checkbox"/> Potato, White                    |
| <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Pea Protein      | <input type="checkbox"/> Potato, Yukon Gold               |
| <input type="checkbox"/> Kombu                                | <input type="checkbox"/> Pea, Green       | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Leeks                                | <input type="checkbox"/> Pea, Snap        | <input type="checkbox"/> Psyllium Husk                    |
| <input type="checkbox"/> Lettuce, all types                   | <input type="checkbox"/> Pea, Snow        | <input type="checkbox"/> Pumpkin                          |
| <input type="checkbox"/> Mushrooms                            | <input type="checkbox"/> Pea, Split       | <input type="checkbox"/> Pumpkin Powder                   |
| <input type="checkbox"/> Mushrooms, Button                    | <input type="checkbox"/> Pepper, Anaheim  | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini           | <input type="checkbox"/> Pepper, Cayenne  | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Mushrooms, Maitake                   | <input type="checkbox"/> Pepper, Chili    | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Mushrooms, Shiitake                  | <input type="checkbox"/> Pepper, Green    | <input type="checkbox"/> Red Pepper Flake                 |
| <input type="checkbox"/> Mustard Greens                       | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Nori                                 | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Poblano  | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Okra                                 | <input type="checkbox"/> Pepper, Red      | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Pepper, Serrano  | <input type="checkbox"/> Sea Vegetables                   |

<input type="checkbox"/> Seaweed	<input type="checkbox"/> Turnips	<input type="checkbox"/> Hake
<input type="checkbox"/> Shallots	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Halibut
<input type="checkbox"/> Spinach	<input type="checkbox"/> Watercress	<input type="checkbox"/> Herring
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Octopus
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Oyster
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Perch
<input type="checkbox"/> Tomato	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Trout
<input type="checkbox"/> Truffle	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tuna
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Haddock	<input type="checkbox"/> Walleye Pike

☐ Whitefish/Turbot☐ Chicken, free range (organic)☐ Coconut Milk(Native Forest or Natural Value)☐ **Meat & Poultry**☐ Collagen Protein (Powder)☐ Egg, Pasture-raised (from a farmer)☐ Applegate® organic andouille sausage☐ Deer (see also Venison)☐ Egg, Vital Farms® or Pasture Verde®☐ Applegate® organic bacon☐ Duck☐ Egg, Yolks Pasture-raised☐ Applegate® organic black forest ham☐ Goat, Grass-fed only (organic)☐ Milk, Soy (Organic)☐ Applegate® organic chicken☐ Great Lake's® Beef Gelatin☐ Paleo Cheese  
(Julianbakery.com or☐ Applegate® organic chicken/apple sausage☐ Lamb☐ Lard (pork)☐ **Condiments, Spreads & Sauces**☐ Applegate® organic ham☐ Ostrich☐ Apple Cider Vinegar (Bragg's®)☐ Applegate® organic herb roasted turkey☐ Pheasant☐ Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)☐ Applegate® organic hot dogs☐ Pork, (organic)☐ Balsamic Vinegar (with Red Wine Vinegar)☐ Applegate® organic red pepper sausage☐ Quail☐ Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)☐ Applegate® organic sausage sweet italian☐ Rabbit☐ BodyPro Almond Mayo Grade A Maple Syrup☐ Applegate® organic smoked chicken breast☐ Turkey (organic)☐ BodyPro Almond Mayo with Yacon Syrup☐ Applegate® organic smoked turkey breast☐ Veal (organic)☐ BodyPro Avocado Oil Mayonnaise☐ Applegate® organic spinach & feta sausage☐ Venison (see also Deer)☐ Carob☐ Applegate® organic turkey☐ Cocoa Butter☐ Applegate® organic turkey bacon☐ **Non-Dairy & Eggs**☐ Coconut Aminos®☐ Beef, Grass-fed only (organic)☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Cream☐ Bison (see also Buffalo)☐ Almond Yogurt, unsweetened☐ Coconut Vinegar (Coconut Secret)☐ Buffalo (see also Bison)☐ BodyPro Avocado Oil Mayonnaise☐ Dressing, Primal Kitchen Greek Avocado Oil☐ Chicken Broth (Imagine® gf/low sodium)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Dressing, Primal Kitchen Honey Mustard

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| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread        | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    | <input type="checkbox"/> Coconut Palm Sugar                       |
| <input type="checkbox"/> Earth Balance® Coconut Spread                   | <input type="checkbox"/> Ume Plum Vinegar                        | <input type="checkbox"/> Coconut Sugar                            |
| <input type="checkbox"/> Harissa   | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        | <input type="checkbox"/> Date Sugar                               |
| <input type="checkbox"/> Hummus  | <input type="checkbox"/> Vinegar                                 | <input type="checkbox"/> Fruit Pectin                             |
| <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> Vinegar, Beet                           | <input type="checkbox"/> Honey, (Organic)                         |
| <input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)                | <input type="checkbox"/> Vinegar, Distilled                      | <input type="checkbox"/> Honey, Manuka                            |
| <input type="checkbox"/> Liquid Smoke (can have gluten)                  | <input type="checkbox"/> Vinegar, Malt                           | <input type="checkbox"/> Honey, Wildflower from Mahava®           |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)              | <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Jerusalem Artichoke Syrup                |
| <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Vinegar, White                          | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Maltodextrin (Barley-derived)            |
| <input type="checkbox"/> Olives (without vinegar)                        | <input type="checkbox"/> White/Distilled Vinegar                 | <input type="checkbox"/> Maltodextrin (Tapioca-based)             |
| <input type="checkbox"/> Red Bean Paste                                  |  | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)     | <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Red Tomato Paste (gluten free)                  | <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Aspartame                               | <input type="checkbox"/> Monk Fruit (Pure)                        |
| <input type="checkbox"/> Sherry Vinegar                                  | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Monk Fruit Extract                       |
| <input type="checkbox"/> Soy Sauce                                       | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Nutrasweet®                              |
| <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Cane Syrup                              | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Tamari (Wheat Free)                             | <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> Teriyaki Sauce                                  | <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Splenda                                  |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)            | <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Sucanat                                  |

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|---|---|---|
| <input type="checkbox"/> Sucralose                            | <input type="checkbox"/> Celery Powder      | <input type="checkbox"/> Garlic Powder                    |
| <input type="checkbox"/> Sugar Beet                           | <input type="checkbox"/> Chicory Root       | <input type="checkbox"/> Garlic Salt                      |
| <input type="checkbox"/> Sugar Cane                           | <input type="checkbox"/> Chili Powder       | <input type="checkbox"/> Ginger                           |
| <input type="checkbox"/> Sweetleaf® Stevia                    | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba                    |
| <input type="checkbox"/> Tapioca Dextrose                     | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> Xyla (Birchwood Xylitol)             | <input type="checkbox"/> Cinnamon           | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Yacon Syrup                          | <input type="checkbox"/> Cinnamon, Ceylon   | <input type="checkbox"/> Grapefruit Seed Extract          |
|   | <input type="checkbox"/> Cloves             | <input type="checkbox"/> Grapeseed Extract                |
| <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana                          |
| <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cloves, Penang     | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Anise                                | <input type="checkbox"/> Cream of Tartar    | <input type="checkbox"/> Hickory                          |
| <input type="checkbox"/> Ashwaganda                           | <input type="checkbox"/> Cumin              | <input type="checkbox"/> Himalayan Salt                   |
| <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Curcumin           | <input type="checkbox"/> Jamaican Jerk                    |
| <input type="checkbox"/> Basil                                | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry                    |
| <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dandelion Root     | <input type="checkbox"/> Lavender                         |
| <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Dill               | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Dong Quai          | <input type="checkbox"/> Lemongrass                       |
| <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Licorice Root                    |
| <input type="checkbox"/> Caramel Coloring                     | <input type="checkbox"/> Fennel             | <input type="checkbox"/> Maca Root                        |
| <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garam Masala       | <input type="checkbox"/> Mace Spice                       |
| <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> Garlic             | <input type="checkbox"/> Marjoram                         |



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| <input type="checkbox"/> Mesquite                                    | <input type="checkbox"/> Rose Hips                      | <input type="checkbox"/> Wormwood                                  |
| <input type="checkbox"/> Milk Thistle                                | <input type="checkbox"/> Rosemary                       |  |
| <input type="checkbox"/> Mint  | <input type="checkbox"/> Saffron                        | <input type="checkbox"/> <b>Milk-Containing Foods</b>              |
| <input type="checkbox"/> Mustard Seeds (gluten free)                 | <input type="checkbox"/> Sage                           | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Nutmeg                                      | <input type="checkbox"/> Saw Plametto                   | <input type="checkbox"/> Chocolate, Milk                           |
| <input type="checkbox"/> Olive Leaf Extract                          | <input type="checkbox"/> Shallots                       | <input type="checkbox"/> Chocolate, White                          |
| <input type="checkbox"/> Onion                                       | <input type="checkbox"/> Spearmint                      | <input type="checkbox"/> Milk Chocolate                            |
| <input type="checkbox"/> Onion Powder                                | <input type="checkbox"/> St. John's Wort                |  |
| <input type="checkbox"/> Orange Peel/Rind                            | <input type="checkbox"/> Sumac                          | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>               |
| <input type="checkbox"/> Orange Salt                                 | <input type="checkbox"/> Taco Seasoning                 | <input type="checkbox"/> Bean, Azuki                               |
| <input type="checkbox"/> Oregano                                     | <input type="checkbox"/> Tamari (Wheat Free)            | <input type="checkbox"/> Bean, Black                               |
| <input type="checkbox"/> Paprika                                     | <input type="checkbox"/> Tarragon                       | <input type="checkbox"/> Bean, Butter                              |
| <input type="checkbox"/> Paprika (smoked)                            | <input type="checkbox"/> Thyme                          | <input type="checkbox"/> Bean, Cannellini                          |
| <input type="checkbox"/> Parsley                                     | <input type="checkbox"/> Tomatillo                      | <input type="checkbox"/> Bean, Chana Dahl                          |
| <input type="checkbox"/> Pepper, Cayenne                             | <input type="checkbox"/> Turmeric                       | <input type="checkbox"/> Bean, Chili                               |
| <input type="checkbox"/> Pepper, Red                                 | <input type="checkbox"/> Uva Ursi                       | <input type="checkbox"/> Bean, Italian                             |
| <input type="checkbox"/> Pepper, Sichuan                             | <input type="checkbox"/> Valerian                       | <input type="checkbox"/> Bean, Kidney                              |
| <input type="checkbox"/> Pepper, Szechuan                            | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Bean, Lima                                |
| <input type="checkbox"/> Peppermint                                  | <input type="checkbox"/> Vanilla Bean                   | <input type="checkbox"/> Bean, Mung                                |
| <input type="checkbox"/> Pine Bark Extract                           | <input type="checkbox"/> Vanilla Powder                 | <input type="checkbox"/> Bean, Navy                                |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> White Willow Bark Extract      | <input type="checkbox"/> Bean, Ninja                               |
| <input type="checkbox"/> Red Pepper Flake                            | <input type="checkbox"/> Wintergreen                    | <input type="checkbox"/> Bean, Pinto/Frijole                       |

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| <input type="checkbox"/> Bean, Red                           | <input type="checkbox"/> Vanilla Bean                        | <input type="checkbox"/> Konjac Glucomannon Flour                        |
| <input type="checkbox"/> Bean, White                         | <input type="checkbox"/> Vanilla Powder                      | <input type="checkbox"/> Millet  |
| <input type="checkbox"/> Beans                               |  | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)       |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean)   | <input type="checkbox"/> <b>Gluten-Free Grains</b>           | <input type="checkbox"/> Oats (Certified GF)                             |
| <input type="checkbox"/> Coffee Bean, Organic                | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Potato Flour (gluten free)                      |
| <input type="checkbox"/> Edamame (must be organic)           | <input type="checkbox"/> Amaranth                            | <input type="checkbox"/> Potato Starch (gluten free)                     |
| <input type="checkbox"/> Fava Bean                           | <input type="checkbox"/> Arrowroot Flour/powder              | <input type="checkbox"/> ProGranola (Julian Bakery)                      |
| <input type="checkbox"/> Fava Bean Flour                     | <input type="checkbox"/> Basmati Rice (gluten free)          | <input type="checkbox"/> Quinoa (gluten free)                            |
| <input type="checkbox"/> Garbanzo Bean                       | <input type="checkbox"/> Buckwheat                           | <input type="checkbox"/> Quinoa, Black (gluten free)                     |
| <input type="checkbox"/> Garbanzo Flour                      | <input type="checkbox"/> Buckwheat Flour                     | <input type="checkbox"/> Quinoa, Red (gluten free)                       |
| <input type="checkbox"/> Kidney Bean                         | <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Rice Bran                                       |
| <input type="checkbox"/> Lentil(s)                           | <input type="checkbox"/> Coconut Flour (gluten free)         | <input type="checkbox"/> Rice Flour (gluten free)                        |
| <input type="checkbox"/> Miso                                | <input type="checkbox"/> Coconut Meal (gluten free)          | <input type="checkbox"/> Rice Protein Powder (gluten free)               |
| <input type="checkbox"/> Pea, Snap                           | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread  | <input type="checkbox"/> Rice, Basmati (gluten free)                     |
| <input type="checkbox"/> Pea, Snow                           | <input type="checkbox"/> Fava Bean Flour                     | <input type="checkbox"/> Rice, Black (gluten free)                       |
| <input type="checkbox"/> Pea, Split                          | <input type="checkbox"/> Flax Meal                           | <input type="checkbox"/> Rice, Brown (gluten free)                       |
| <input type="checkbox"/> Peanut (Organic, Valencia)          | <input type="checkbox"/> Garbanzo Flour                      | <input type="checkbox"/> Rice, Japonica (gluten free)                    |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Purple (gluten free)                      |
| <input type="checkbox"/> Peanut Oil (Organic)                | <input type="checkbox"/> Hazelnut Flour                      | <input type="checkbox"/> Rice, Red (gluten free)                         |
| <input type="checkbox"/> Red Bean Paste                      | <input type="checkbox"/> Hemp Meal                           | <input type="checkbox"/> Rice, White (gluten free)                       |
| <input type="checkbox"/> Soy Beans (must be organic)         | <input type="checkbox"/> Hemp Protein (Powder)               | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)          |
| <input type="checkbox"/> Soybean oil(must be organic)        | <input type="checkbox"/> Hemp Seed                           | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker |

☐ Simple Mills Ground Sea Salt Almond Crackers

☐ Simple Mills Rosemary & Sea Salt Crackers

☐ Simple Mills Tomato & Basil Almond Crackers

☐ Sorghum

☐ Sweet Potato Flour (gluten free)

☐ Tapioca

☐ Tapioca Flour (gluten free)

☐ Tapioca Starch (gluten free)

☐ Teff

☐ Tolerant Green Lentil & Pea Pasta

☐ Tolerant Red or Green Lentil Pasta

☐ **Corn-Derived Foods**
☐ **Gluten-Containing Foods**
☐ Barley

☐ Barley Grass (can have gluten)

☐ Barley Greens (may contain gluten)

☐ Barley Juice (may contain gluten)

☐ Beer

☐ Bran

☐ Bread

☐ Brown Rice Syrup (contains MSG/Gluten)

☐ Caramel Coloring

☐ Coffee, Instant (has gluten)

☐ Couscous

☐ Crab, Immitation

☐ Durum Wheat

☐ Farro

☐ Gluten

☐ Graham (wheat)

☐ Kamut

☐ Liquid Smoke (can have gluten)

☐ Malt

☐ Maltodextrin (Barley-derived)

☐ Oat Grass (Not For Gluten Sensitive)

☐ Oats

☐ Oats, GF (not Certified) can have gluten

☐ 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)

☐ **Beverages & Protein Powders**
☐ Almond Milk, unsweetened (no tapioca)

☐ Apple Cider

☐ Apple Juice

☐ Beer

☐ Bone Broth Protein, Beef

☐ Carrot Juice

☐ Coconut Kefir (No Tapioca, Carageenan)

☐ Coconut Milk(Native Forest or Natural Value)

☐ Coconut Water (low sugar)

☐ Coffee

☐ Coffee Bean, Organic

<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chewing Gum, Xylichew®
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Teechino	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Pea Protein		<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Hops
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Inulin
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Antimony	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Lard (pork)

- |   |  |
|---|--|
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> Snacks                              |
| <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Apple Sauce                         |
| <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Dates                               |
| <input type="checkbox"/> Malt                                   | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Maltodextrin (Barley-derived)          |  |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)   |  |
| <input type="checkbox"/> Palm Wax                               |  |
| <input type="checkbox"/> Pycnogenol                             |  |
| <input type="checkbox"/> Red Food Dye                           |  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)         |  |
| <input type="checkbox"/> Resveratrol                            |  |
| <input type="checkbox"/> Rice Starch (if certified gluten free) |  |
| <input type="checkbox"/> Silver                                 |  |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |  |
| <input type="checkbox"/> Tofu (Organic)                         |  |
| <input type="checkbox"/> Tragacanth Gum                         |  |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)  |  |
| <input type="checkbox"/> Vinegar, Red Wine                      |  |
| <input type="checkbox"/> Yeast, Baker's                         |  |
| <input type="checkbox"/> Yeast, Brewer's                        |  |
| <input type="checkbox"/> Yeast, Nutritional                     |  |