

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Fennel	<input type="checkbox"/> Squash
<input type="checkbox"/> Arugula	<input type="checkbox"/> Garlic	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Jicama	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kombu	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Cabbage, Chinese (see also Bok)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Nori	<input type="checkbox"/> Truffle
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Parsley	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Capers	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Yucca
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Pea Protein	
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Fruits
<input type="checkbox"/> Chard	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Acai
<input type="checkbox"/> Chayote	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Elderberry

<input type="checkbox"/> Fig	<input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Wild (Lundberg® - not the
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Cashews	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Maqui	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Noni	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Papaya	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Tahini
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Quince	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hazelnut Flour	
<input type="checkbox"/> Banana	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>
<input type="checkbox"/> Apricot	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Bean, Black
	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Bean, Butter
	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Bean, Cannellini
	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Bean, Chana Dahl
	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Bean, Green
	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Bean, Italian

<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Miso	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> White Beans	<input type="checkbox"/> Mussel	<input type="checkbox"/> Buffalo (see also Bison)
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Chicken, free range (organic)
	<input type="checkbox"/> Oyster	<input type="checkbox"/> Deer (see also Venison)
	<input type="checkbox"/> Perch	<input type="checkbox"/> Duck

<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> <b>Herbs &amp; Spices</b>
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Quail	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Cream of Tartar
	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Fennel
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Garlic
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Splenda	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Egg	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Ginkgo Biloba
	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Carob		<input type="checkbox"/> Guarana
		<input type="checkbox"/> Gymnema Silvestre
		<input type="checkbox"/> Herbs De Provence
		<input type="checkbox"/> Himalayan Salt
		<input type="checkbox"/> Jamaican Jerk

<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Lavender	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Parsley	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Saffron	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactalbumin
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Macheo	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Sour Cream, Raw and
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Whey
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Parmesan	
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Pecorino	
	<input type="checkbox"/> Cheese, Raw and Pasture-raised	
	<input type="checkbox"/> Cheese, Ricotta	
	<input type="checkbox"/> Cheese, Romano	

<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Greens (Not for
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley Juice (Not for
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Bread
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Farro
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Gluten
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Millet	<input type="checkbox"/> Teff	<input type="checkbox"/> Kamut
<input type="checkbox"/> Oats	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Malt
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Oats
<input type="checkbox"/> Oat Grass (Not For Gluten		<input type="checkbox"/> Orzo
<input type="checkbox"/> Quinoa (gluten free)		<input type="checkbox"/> Panko
<input type="checkbox"/> Quinoa, Black (gluten free)		<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Quinoa, Red (gluten free)		<input type="checkbox"/> Rye

<input type="checkbox"/> Semolina	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Spelt	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Malt
<input type="checkbox"/> Triticale	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Silver
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Tagacanth Gum
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Water	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Beer	<input type="checkbox"/> Antimony	<input type="checkbox"/> Latex
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Coffee	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Red Dye
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Ispaghula/Psyllium
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Glucomannon Flour	
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Great Lake's® Beef Gelatin	
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Guar Gum	
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Hops	
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Konjac Glucomannon Flour	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)	
	<input type="checkbox"/> Locust Bean Gum	