

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

<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Squash
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Sun-dried

<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Watercress	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Yucca	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Fruits	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange
	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Juice

<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<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"/> Peach	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Plum	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Prune	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Quince	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecans
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas

<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Trout
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Fish & Shellfish	
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Haddock	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Hake	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Halibut	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Herring	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Tahini	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Swai	<input type="checkbox"/> Bison (see also Buffalo)

<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Duck		<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lamb	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/> Quail	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	
<input type="checkbox"/> Rabbit	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Carob	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Aspartame
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Cane Syrup
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Harissa	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Coconut Palm Sugar
	<input type="checkbox"/> Hummus	<input type="checkbox"/> Coconut Sugar

- | | | |
|---|---|---|
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Lo Han | | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Basil | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |

<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Ginger	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mint	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Saffron
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sage
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saw Palmetto
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Guarana	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Oregano	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Hickory	<input type="checkbox"/> Paprika	<input type="checkbox"/> Sumac
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Thyme
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Valerian
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Bean

<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Powder
	<input type="checkbox"/> Bean, White	
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Arrowroot Flour/powder
	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Basmati Rice (gluten free)
	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Bean, Mung		

<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Å....)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Corn, White
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Fructose
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Rice, Black (gluten free)		

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ 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☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, Unflavored☐ Tea, White☐ Water☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ **Miscellaneous**☐ Acacia Gum☐ Agar Gum☐ Antimony☐ Apricot☐ Arabic Gum☐ Baking Powder☐ Baking Soda (Arm & Hammer®)☐ Banana☐ Beef broth (Imagine® low sodium/GF)☐ Carrageenan Gum☐ Chewing Gum, Xylicew®☐ Chicken Broth (Imagine® gf/low sodium)☐ Chicory Root☐ Cocoa Butter☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Formaldehyde☐ Garam Masala☐ GemWraps®, Sandwich Wrap (Carrot)

- | | |
|--|--|
| <input type="checkbox"/> GemWraps® (Kale-Apple) | <input type="checkbox"/> Skinny Crisps® (Plain Jane) |
| <input type="checkbox"/> GemWraps® (Mango/Chipotle) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <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"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | |
| <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 | |