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|--|---|---|
| <input type="checkbox"/> Vegetables            | <input type="checkbox"/> Carrot, White        | <input type="checkbox"/> Hearts of Palm           |
| <input type="checkbox"/> Aloe Vera             | <input type="checkbox"/> Carrot, Yellow       | <input type="checkbox"/> Horseradish              |
| <input type="checkbox"/> Bamboo Shoot          | <input type="checkbox"/> Cassava (see Tapioca | <input type="checkbox"/> Jicama                   |
| <input type="checkbox"/> Beet                  | <input type="checkbox"/> Cauliflower          | <input type="checkbox"/> Kale, all types          |
| <input type="checkbox"/> Beet Greens           | <input type="checkbox"/> Cauliflower, Purple  | <input type="checkbox"/> Kelp/Dulse               |
| <input type="checkbox"/> Bell Pepper           | <input type="checkbox"/> Celery               | <input type="checkbox"/> Kohlrabi                 |
| <input type="checkbox"/> Bell Pepper, Green    | <input type="checkbox"/> Chard                | <input type="checkbox"/> Kombu                    |
| <input type="checkbox"/> Bell Pepper, Orange   | <input type="checkbox"/> Chayote              | <input type="checkbox"/> Leeks                    |
| <input type="checkbox"/> Bell Pepper, Red      | <input type="checkbox"/> Chives               | <input type="checkbox"/> Mushrooms                |
| <input type="checkbox"/> Bell Pepper, Yellow   | <input type="checkbox"/> Coconut (raw and     | <input type="checkbox"/> Mushrooms, Button        |
| <input type="checkbox"/> Bok Choy              | <input type="checkbox"/> Coconut Concentrate  | <input type="checkbox"/> Mushrooms,               |
| <input type="checkbox"/> Brussels Sprout       | <input type="checkbox"/> Collard Greens       | <input type="checkbox"/> Mushrooms, Maitake       |
| <input type="checkbox"/> Burdock               | <input type="checkbox"/> Corn (Gluten-free &  | <input type="checkbox"/> Mushrooms, Shiitake      |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue           | <input type="checkbox"/> Mustard Greens           |
| <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Corn, White          | <input type="checkbox"/> Nori                     |
| <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Okra                     |
| <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Daikon Radish        | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Capers                | <input type="checkbox"/> Dandelion Greens     | <input type="checkbox"/> Onion, Green             |
| <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Dandelion Root       | <input type="checkbox"/> Onion, Maui              |
| <input type="checkbox"/> Carrot Juice          | <input type="checkbox"/> Endive               | <input type="checkbox"/> Onion, Red               |
| <input type="checkbox"/> Carrot, Orange        | <input type="checkbox"/> Fennel               | <input type="checkbox"/> Onion, Sweet             |
| <input type="checkbox"/> Carrot, Purple        | <input type="checkbox"/> Garlic               | <input type="checkbox"/> Onion, Yellow            |

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|---|--|---|
| <input type="checkbox"/> Parsley            | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Squash, Summer         |
| <input type="checkbox"/> Parsnip            | <input type="checkbox"/> Potato, Yukon Gold    | <input type="checkbox"/> Squash, Winter         |
| <input type="checkbox"/> Pea, Black-Eyed    | <input type="checkbox"/> Prickly Pear          | <input type="checkbox"/> Squash, Yellow         |
| <input type="checkbox"/> Pea, Green         | <input type="checkbox"/> Psyllium Husk         | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Pea, Snap          | <input type="checkbox"/> Pumpkin               | <input type="checkbox"/> Swiss Chard            |
| <input type="checkbox"/> Pea, Snow          | <input type="checkbox"/> Pumpkin Powder        | <input type="checkbox"/> Tomatillo              |
| <input type="checkbox"/> Pea, Split         | <input type="checkbox"/> Radicchio             | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pea Protein        | <input type="checkbox"/> Radish                | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Anaheim    | <input type="checkbox"/> Rainbow Chard         | <input type="checkbox"/> Tomato                 |
| <input type="checkbox"/> Pepper, Chili      | <input type="checkbox"/> Rhubarb               | <input type="checkbox"/> Tomatoes, Big Beef     |
| <input type="checkbox"/> Pepper, Green      | <input type="checkbox"/> Rutabaga              | <input type="checkbox"/> Tomato, Cherry         |
| <input type="checkbox"/> Pepper, Habanero   | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Tomato, Heirloom       |
| <input type="checkbox"/> Pepper, Jalapeño   | <input type="checkbox"/> Scallions             | <input type="checkbox"/> Tomato, Orange         |
| <input type="checkbox"/> Pepper, Poblano    | <input type="checkbox"/> Sea Vegetables        | <input type="checkbox"/> Tomato, Red            |
| <input type="checkbox"/> Pepper, Red        | <input type="checkbox"/> Seaweed               | <input type="checkbox"/> Tomato, Roma           |
| <input type="checkbox"/> Pepper, Serrano    | <input type="checkbox"/> Shallots              | <input type="checkbox"/> Tomato, Sun-dried      |
| <input type="checkbox"/> Pickles, Bubbies®  | <input type="checkbox"/> Spirulina             | <input type="checkbox"/> Tomato, Yellow         |
| <input type="checkbox"/> Pimento            | <input type="checkbox"/> Squash                | <input type="checkbox"/> Truffle                |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Acorn         | <input type="checkbox"/> Turnip Greens          |
| <input type="checkbox"/> Potato, Purple     | <input type="checkbox"/> Squash, Butternut     | <input type="checkbox"/> Turnips                |
| <input type="checkbox"/> Potato, Red        | <input type="checkbox"/> Squash, Green         | <input type="checkbox"/> Water Chestnut         |
| <input type="checkbox"/> Potato, Russet     | <input type="checkbox"/> Squash, Spaghetti     | <input type="checkbox"/> Watercress             |

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| <input type="checkbox"/> Yams, Garnett     | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Yams, Japanese    | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> Yucca             | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> Agar Gum          | <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"/> Apple Cider       | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Apple Juice       | <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Mulberry            |
| <input type="checkbox"/> Apple Sauce       | <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Nectarines          |
| <input type="checkbox"/> Bilberry          | <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Noni                |
| <input type="checkbox"/> Blackberry        | <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         |

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|---|--|--|
| <input type="checkbox"/> Persimmons             | <input type="checkbox"/> Almond, Marcona         | <input type="checkbox"/> Hemp Meal               |
| <input type="checkbox"/> Pineapple              | <input type="checkbox"/> Annatto Seed            | <input type="checkbox"/> Hemp Protein (Powder)   |
| <input type="checkbox"/> Plum                   | <input type="checkbox"/> Brazil Nut              | <input type="checkbox"/> Hemp Seed               |
| <input type="checkbox"/> Pomegranate            | <input type="checkbox"/> Canola/Rapeseed Oil     | <input type="checkbox"/> Hydrogenated Oils       |
| <input type="checkbox"/> Pomelo                 | <input type="checkbox"/> Caraway Seed            | <input type="checkbox"/> Macadamia Nut Oil       |
| <input type="checkbox"/> Prune                  | <input type="checkbox"/> Cashews                 | <input type="checkbox"/> Macadamia Nuts          |
| <input type="checkbox"/> Quince                 | <input type="checkbox"/> Cashew Butter           | <input type="checkbox"/> Olive Leaf Extract      |
| <input type="checkbox"/> Raisin (unsulfured,    | <input type="checkbox"/> Cashew Meal             | <input type="checkbox"/> Olive Oil, Virgin       |
| <input type="checkbox"/> Raspberry              | <input type="checkbox"/> Chestnut                | <input type="checkbox"/> Palm Kernel Oil         |
| <input type="checkbox"/> Star Fruit             | <input type="checkbox"/> Chia Seed (1/4 cup,     | <input type="checkbox"/> Pecan                   |
| <input type="checkbox"/> Strawberry             | <input type="checkbox"/> Coconut Butter          | <input type="checkbox"/> Pecan Flour             |
| <input type="checkbox"/> Tamarind               | <input type="checkbox"/> Coconut Oil             | <input type="checkbox"/> Pepitas                 |
| <input type="checkbox"/> Tangelo                | <input type="checkbox"/> Coconut, shredded       | <input type="checkbox"/> Pili Nuts               |
| <input type="checkbox"/> Tangerine              | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut                |
| <input type="checkbox"/> Watermelon             | <input type="checkbox"/> Corn Oil                | <input type="checkbox"/> Pistachios              |
| <input type="checkbox"/> Wolfberry              | <input type="checkbox"/> Cottonseed/Cottonseed   | <input type="checkbox"/> Poppy seeds             |
| <input type="checkbox"/> Youngberry             | <input type="checkbox"/> Flax Meal               | <input type="checkbox"/> Psyllium Husk           |
| <input type="checkbox"/> Nuts, Seeds, & Oils    | <input type="checkbox"/> Flax Oil                | <input type="checkbox"/> Pumpkin Oil             |
| <input type="checkbox"/> Almond Butter          | <input type="checkbox"/> Flax Seed               | <input type="checkbox"/> Pumpkin Seed Oil        |
| <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Grapeseed Oil, Organic  | <input type="checkbox"/> Pumpkin Seeds           |
| <input type="checkbox"/> Almond Flour (gluten   | <input type="checkbox"/> Hazelnut Flour          | <input type="checkbox"/> Ramon Seeds             |
| <input type="checkbox"/> Almond Meal (gluten    | <input type="checkbox"/> Hazelnut/Filbert        | <input type="checkbox"/> Rice, Wild (Lundberg® - |

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

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|---|--|---|
| <input type="checkbox"/> Swai                     | <input type="checkbox"/> Chicken, free range     | <input type="checkbox"/> Condiments             |
| <input type="checkbox"/> Swordfish                | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Apple Cider Vinegar    |
| <input type="checkbox"/> Tilapia (Non-farmed)     | <input type="checkbox"/> Duck                    | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Trout                    | <input type="checkbox"/> Goat, Grass-fed only    | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Tuna                     | <input type="checkbox"/> Lamb (organic)          | <input type="checkbox"/> Carob                  |
| <input type="checkbox"/> Walleye Pike             | <input type="checkbox"/> Lard (pork)             | <input type="checkbox"/> Coconut Vinegar        |
| <input type="checkbox"/> Whitefish/Turbot         | <input type="checkbox"/> Ostrich                 | <input type="checkbox"/> Earth Balance®         |
| <input type="checkbox"/> Crab, Immitation         | <input type="checkbox"/> Pheasant                | <input type="checkbox"/> Hummus                 |
| <input type="checkbox"/> Meat & Poultry           | <input type="checkbox"/> Pork, (organic)         | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Quail                   | <input type="checkbox"/> Sauerkraut (Bubbies®)  |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Rabbit                  | <input type="checkbox"/> Sriracha Sauce         |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Turkey (organic)        | <input type="checkbox"/> Ume Plum Vinegar       |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Vinegar, Distilled     |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Non-Dairy & Eggs        | <input type="checkbox"/> Vinegar, Red Wine      |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Almond Milk,            | <input type="checkbox"/> Vinegar, Rice          |
| <input type="checkbox"/> Applegate® organic red   | <input type="checkbox"/> Almond Yogurt,          | <input type="checkbox"/> Vinegar, White         |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Cheese, Soy (Organic)   | <input type="checkbox"/> Vinegar, White Wine    |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Coconut Kefir (No       | <input type="checkbox"/> Worcestershire Sauce   |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Coconut Milk(Native     |   |
| <input type="checkbox"/> Applegate® organic       | <input type="checkbox"/> Egg, Whites,            |   |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Milk, Soy (Organic)     |   |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Sriracha Sauce          |   |
| <input type="checkbox"/> Chicken Broth            |  |   |

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|---|---|--|
| <input type="checkbox"/> Sweeteners             | <input type="checkbox"/> Sucanat                | <input type="checkbox"/> Cinnamon, Ceylon    |
| <input type="checkbox"/> Agave Nectar           | <input type="checkbox"/> Sugar Beet             | <input type="checkbox"/> Cloves              |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Sugar Cane             | <input type="checkbox"/> Cloves, Madagascar  |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Sweetleaf® Stevia      | <input type="checkbox"/> Cloves, Penang      |
| <input type="checkbox"/> Coconut Palm Sugar     | <input type="checkbox"/> Swerve® Xylitol        | <input type="checkbox"/> Cramp Bark Extract  |
| <input type="checkbox"/> Date Sugar             | <input type="checkbox"/> Xyla (Birchwood        | <input type="checkbox"/> Cream of Tartar     |
| <input type="checkbox"/> Erythritol (non-GMO)   | <input type="checkbox"/> Yacon Syrup            | <input type="checkbox"/> Cumin               |
| <input type="checkbox"/> Fructose               | <input type="checkbox"/> Herbs & Spices         | <input type="checkbox"/> Curcumin            |
| <input type="checkbox"/> Fruit Pectin           | <input type="checkbox"/> Allspice               | <input type="checkbox"/> Curry (must be GF)  |
| <input type="checkbox"/> Honey, (Organic)       | <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Dandelion Root      |
| <input type="checkbox"/> Honey, Manuka          | <input type="checkbox"/> Anise                  | <input type="checkbox"/> Dill                |
| <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Basil                  | <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           | <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   | <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"/> Monk Fruit             | <input type="checkbox"/> Chili Powder           | <input type="checkbox"/> Ginger              |
| <input type="checkbox"/> Rebiana Leaf (Stevia)  | <input type="checkbox"/> Chipotle Seasoning     | <input type="checkbox"/> Ginkgo Biloba       |
| <input type="checkbox"/> Sorbitol               | <input type="checkbox"/> Cilantro/Coriander     | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Splenda                | <input type="checkbox"/> Cinnamon               | <input type="checkbox"/> Goldenseal          |

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| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard Seeds (gluten | <input type="checkbox"/> Sage                |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Nutmeg                | <input type="checkbox"/> Saw Plametto        |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Olive Leaf Extract    | <input type="checkbox"/> Sesame Seeds        |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Onion                 | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion Powder          | <input type="checkbox"/> Shallots            |
| <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Orange Peel/Rind      | <input type="checkbox"/> Spearmint           |
| <input type="checkbox"/> Himalayan Salt          | <input type="checkbox"/> Orange Salt           | <input type="checkbox"/> St. John's Wort     |
| <input type="checkbox"/> Jamaican Jerk           | <input type="checkbox"/> Oregano               | <input type="checkbox"/> Taco Seasoning      |
| <input type="checkbox"/> Juniper Berry           | <input type="checkbox"/> Paprika               | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lavender                | <input type="checkbox"/> Paprika (smoked)      | <input type="checkbox"/> Tarragon            |
| <input type="checkbox"/> Lemon Balm (Melissa     | <input type="checkbox"/> Parsley               | <input type="checkbox"/> Thyme               |
| <input type="checkbox"/> Lemon Pepper            | <input type="checkbox"/> Pepper, Black (see    | <input type="checkbox"/> Tomatillo           |
| <input type="checkbox"/> Lemongrass              | <input type="checkbox"/> Pepper, Cayenne       | <input type="checkbox"/> Turmeric            |
| <input type="checkbox"/> Licorice Root           | <input type="checkbox"/> Pepper/Peppercorns    | <input type="checkbox"/> Uva Ursi            |
| <input type="checkbox"/> Liquid Smoke (can       | <input type="checkbox"/> Pepper/Peppercorns,   | <input type="checkbox"/> Valerian            |
| <input type="checkbox"/> Liquid Smoke gluten     | <input type="checkbox"/> Pepper, Red           | <input type="checkbox"/> Vanilla (gluten and |
| <input type="checkbox"/> Maca Root               | <input type="checkbox"/> Peppermint            | <input type="checkbox"/> Vanilla Bean        |
| <input type="checkbox"/> Mace Spice              | <input type="checkbox"/> Pine Bark Extract     | <input type="checkbox"/> Vanilla Powder      |
| <input type="checkbox"/> Marjoram                | <input type="checkbox"/> Red Chili Paste Thai  | <input type="checkbox"/> White Willow Bark   |
| <input type="checkbox"/> Mesquite                | <input type="checkbox"/> Red Pepper Flake      | <input type="checkbox"/> Wintergreen         |
| <input type="checkbox"/> Milk Thistle            | <input type="checkbox"/> Rosemary              | <input type="checkbox"/> Rose Hips           |
| <input type="checkbox"/> Mint                    | <input type="checkbox"/> Saffron               |  |



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|---|--|--|
| <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Cheese, Ricotta           | <input type="checkbox"/> Amaranth              |
| <input type="checkbox"/> Butter, Raw and              | <input type="checkbox"/> Cheese, Romano            | <input type="checkbox"/> Buckwheat             |
| <input type="checkbox"/> Buttermilk                   | <input type="checkbox"/> Cheese, Provolone         | <input type="checkbox"/> Buckwheat Flour       |
| <input type="checkbox"/> Casein                       | <input type="checkbox"/> Cheese, Sheep             | <input type="checkbox"/> Chicory Root          |
| <input type="checkbox"/> Cheese, American             | <input type="checkbox"/> Cheese, String            | <input type="checkbox"/> Coconut Flour (gluten |
| <input type="checkbox"/> Cheese, Asiago               | <input type="checkbox"/> Cheese, Swiss             | <input type="checkbox"/> Coconut Meal (gluten  |
| <input type="checkbox"/> Cheese, Bleu                 | <input type="checkbox"/> Cream, Raw and            | <input type="checkbox"/> Corn (Gluten-free &   |
| <input type="checkbox"/> Cheese, Brie                 | <input type="checkbox"/> Ghee (Pasture-Raised,     | <input type="checkbox"/> Corn, Blue            |
| <input type="checkbox"/> Cheese, Cheddar              | <input type="checkbox"/> Goat Cheese               | <input type="checkbox"/> Corn, White           |
| <input type="checkbox"/> Cheese, Cottage              | <input type="checkbox"/> Goat Kefir                | <input type="checkbox"/> Corn Starch (gluten   |
| <input type="checkbox"/> Cheese, Cream                | <input type="checkbox"/> Kefir, Raw                | <input type="checkbox"/> Ener-G Brown Rice     |
| <input type="checkbox"/> Cheese, Goat                 | <input type="checkbox"/> Lactalbumin               | <input type="checkbox"/> Fava Bean Flour       |
| <input type="checkbox"/> Cheese, Gorgonzola           | <input type="checkbox"/> Milk, Cow                 | <input type="checkbox"/> Flax Meal             |
| <input type="checkbox"/> Cheese, Gouda                | <input type="checkbox"/> Milk, Goat                | <input type="checkbox"/> Garbanzo Flour        |
| <input type="checkbox"/> Cheese, Havarti              | <input type="checkbox"/> Milk, Sheep               | <input type="checkbox"/> Glucomannon Flour     |
| <input type="checkbox"/> Cheese, Machego              | <input type="checkbox"/> Mozzarella Cheese         | <input type="checkbox"/> Hazelnut Flour        |
| <input type="checkbox"/> Cheese, Marscapone           | <input type="checkbox"/> Sour Cream, Raw and       | <input type="checkbox"/> Hemp Meal             |
| <input type="checkbox"/> Cheese, Mozzarella           | <input type="checkbox"/> Whey                      | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Cheese, Muenster             | <input type="checkbox"/> Yogurt (See Xanthan       | <input type="checkbox"/> Hemp Seed             |
| <input type="checkbox"/> Cheese, Parmesan             | <input type="checkbox"/> Cheese, Feta              | <input type="checkbox"/> Konjac Glucomannon    |
| <input type="checkbox"/> Cheese, Pecorino             | <input type="checkbox"/> <b>Gluten-Free Grains</b> | <input type="checkbox"/> Millet                |
| <input type="checkbox"/> Cheese, Raw and              | <input type="checkbox"/> Almond Flour (gluten      | <input type="checkbox"/> Oats                  |

<input type="checkbox"/> Oats (Bob's Red Mill	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Kamut
<input type="checkbox"/> Oat Grass (Not For	<input type="checkbox"/> Tapioca Flour (gluten	<input type="checkbox"/> Liquid Smoke (can
<input type="checkbox"/> Potato Flour (gluten	<input type="checkbox"/> Tapioca Starch (gluten	<input type="checkbox"/> Oats
<input type="checkbox"/> Potato Starch (gluten	<input type="checkbox"/> Teff	<input type="checkbox"/> Orzo
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil &	<input type="checkbox"/> Panko
<input type="checkbox"/> Quinoa, Black (gluten	<input type="checkbox"/> Tolerant Red or Green	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Quinoa, Red (gluten	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Rye
<input type="checkbox"/> Rice, Basmati (gluten	<input type="checkbox"/> Tortilla, Siete Cassava	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Simple Mills Everything	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Rice, Brown (gluten	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice, Japonica (gluten	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Rice, Purple (gluten	<input type="checkbox"/> Bran	<input type="checkbox"/> Triticale
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Bread	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Rice, White (gluten	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Wheat Grass (Is
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Chewing Gum (has	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Rice Protein Powder	<input type="checkbox"/> Couscous	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Simple Mills Grnd Sea	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Cheese, Soy (Organic)
<input type="checkbox"/> Simple Mills Rosemary	<input type="checkbox"/> Farro	<input type="checkbox"/> Chewing Gum (has
<input type="checkbox"/> Simple Mills Tomato &	<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn (Gluten-free &
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn, Blue

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| <input type="checkbox"/> Corn, White             | <input type="checkbox"/> Coffee                | <input type="checkbox"/> Tea, Black            |
| <input type="checkbox"/> Corn Gluten             | <input type="checkbox"/> Coffee, Instant (has  | <input type="checkbox"/> Tea, Chamomile        |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Tea, Green            |
| <input type="checkbox"/> Corn Oil                | <input type="checkbox"/> Echinacea Tea         | <input type="checkbox"/> Tea, Oolong           |
| <input type="checkbox"/> Corn Starch (gluten     | <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Tea, Ramon            |
| <input type="checkbox"/> Erythritol (non-GMO)    | <input type="checkbox"/> Green Tea             | <input type="checkbox"/> Tea, Roobios          |
| <input type="checkbox"/> Fructose                | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea,                  |
| <input type="checkbox"/> GemWraps®®, Sandwich    | <input type="checkbox"/> Komboucha Tea         | <input type="checkbox"/> Tea, White            |
| <input type="checkbox"/> Maltodextrin            | <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Water                 |
| <input type="checkbox"/> Sriracha Sauce          | <input type="checkbox"/> Licorice Tea          | <input type="checkbox"/> Wine, Red             |
| <input type="checkbox"/> Swerve®® Xylitol        | <input type="checkbox"/> Lime Juice            | <input type="checkbox"/> Wine, White           |
| <input type="checkbox"/> Vegetable Oil           | <input type="checkbox"/> Milk, Cow             | <input type="checkbox"/> Yerba Matte Tea       |
| <input type="checkbox"/> Xanthan Gum             | <input type="checkbox"/> Milk, Goat            | <input type="checkbox"/> Miscellaneous         |
| <input type="checkbox"/> Yogurt (See Xanthan     | <input type="checkbox"/> Milk, Sheep           | <input type="checkbox"/> Agar Gum              |
| <input type="checkbox"/> Beverages & Protein     | <input type="checkbox"/> Milk, Soy (Organic)   | <input type="checkbox"/> Antimony              |
| <input type="checkbox"/> Almond Milk,            | <input type="checkbox"/> Mineral Water         | <input type="checkbox"/> Beef broth (Imagine®® |
| <input type="checkbox"/> Apple Juice             | <input type="checkbox"/> Orange Juice          | <input type="checkbox"/> Carrageenan Gum       |
| <input type="checkbox"/> Carrot Juice            | <input type="checkbox"/> Pea Protein           | <input type="checkbox"/> Chewing Gum (has      |
| <input type="checkbox"/> Coconut Kefir (No       | <input type="checkbox"/> Rice Protein Powder   | <input type="checkbox"/> Chewing Gum,          |
| <input type="checkbox"/> Coconut Milk(Native     | <input type="checkbox"/> Soy Milk/Soy Cheese   | <input type="checkbox"/> Chicken Broth         |
| <input type="checkbox"/> Coconut Water (low      | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root          |
| <input type="checkbox"/> Coffee Bean, Organic    | <input type="checkbox"/> Sparkling Water,      | <input type="checkbox"/> Coconut Aminos®®      |

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| <input type="checkbox"/> Coconut Cream         | <input type="checkbox"/> Sherry Vinegar         | <input type="checkbox"/> Acacia Gum         |
| <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Silver                 | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> GemWraps® , Sandwich  | <input type="checkbox"/> Skinny Crisps®(Plain   |   |
| <input type="checkbox"/> GemWraps® , Sandwich  | <input type="checkbox"/> Tagacanth Gum          |   |
| <input type="checkbox"/> GemWraps® , Sandwich  | <input type="checkbox"/> Tamari (Wheat Free)    |   |
| <input type="checkbox"/> GemWraps® , Sandwich  | <input type="checkbox"/> Tofu (Organic)         |   |
| <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Tomato Paste (gluten & |   |
| <input type="checkbox"/> Great Lake's® Beef    | <input type="checkbox"/> Tomato Sauce (gluten & |   |
| <input type="checkbox"/> Guar Gum              | <input type="checkbox"/> Tragacanth Gum         |   |
| <input type="checkbox"/> Hops                  | <input type="checkbox"/> Vegetable broth        |   |
| <input type="checkbox"/> Julian Bakery Paleo   | <input type="checkbox"/> Vegetable Oil          |   |
| <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Vegetable Shortening   |   |
| <input type="checkbox"/> Konjac Glucomannon    | <input type="checkbox"/> Vinegar, Red Wine      |   |
| <input type="checkbox"/> Lard (pork)           | <input type="checkbox"/> Vinegar, Rice          |   |
| <input type="checkbox"/> Liquid Aminos         | <input type="checkbox"/> Vinegar, White Wine    |   |
| <input type="checkbox"/> Locust Bean Gum       | <input type="checkbox"/> Xanthan Gum            |   |
| <input type="checkbox"/> Lycopene              | <input type="checkbox"/> Yeast, Baker's         |   |
| <input type="checkbox"/> Palm Wax              | <input type="checkbox"/> Yeast, Brewer's        |   |
| <input type="checkbox"/> Pycnogenol            | <input type="checkbox"/> Yeast, Nutritional     |   |
| <input type="checkbox"/> Red Chili Paste Thai  | <input type="checkbox"/> Latex                  |   |
| <input type="checkbox"/> Red Tomato Paste      | <input type="checkbox"/> Formaldehyde           |   |
| <input type="checkbox"/> Resveratrol           | <input type="checkbox"/> Red Dye                |   |