

<input type="checkbox"/> Vegetables	<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"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu

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| <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pimento | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |

<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Swiss Chard		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Turnips	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Watercress	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)

<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashews
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Oil
<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"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bass
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Catfish
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Clam
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Corvina
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Crab
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Flounder
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Hake
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Herring
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Mackerel
<input type="checkbox"/> Pumpkin Seed Oil		<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/> Mussel
<input type="checkbox"/> Ramon Seeds		<input type="checkbox"/> Octopus
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)		<input type="checkbox"/> Orange Roughy

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| <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic hot dogs | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic red pepper sausage | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic roast beef | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Applegate® organic smoked turkey breast | |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....) |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| | <input type="checkbox"/> Duck | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Egg, Whites, Pasture-raised |
| <input type="checkbox"/> Applegate® organic andouille sausage | <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Egg, Yolks Pasture-raised |
| <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Applegate® organic chicken | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Modified Food Starch |
| <input type="checkbox"/> Applegate® organic ham | <input type="checkbox"/> Pheasant | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |

<input type="checkbox"/> Condiments	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Cane Syrup
<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Fructose
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Harissa	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Hummus		<input type="checkbox"/> Maltitol
<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)

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| <input type="checkbox"/> Molasses | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry |

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| <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Butter, Raw and Pasture-raised |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Shallots | <input type="checkbox"/> Buttermilk |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Casein |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, American |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Sumac | <input type="checkbox"/> Cheese, Asiago |

<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Cheese, Raw and Pasture-raised		<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Cheese, Ricotta		<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Sheep		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Cheese, String (Mozzarella)		<input type="checkbox"/> Garbanzo Flour

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| <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Potato Starch (gluten free) |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> ProGranola (Julian Bakery) |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Quinoa (gluten free) |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa, Black (gluten free) |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Quinoa, Red (gluten free) |
| <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice Bran |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice Flour (gluten free) |
| <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Basmati (gluten free) |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Brown (gluten free) |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, Japonica (gluten free) |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Purple (gluten free) |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, Red (gluten free) |
| | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, White (gluten free) |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers |
| <input type="checkbox"/> Basmati Rice (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"/> Buckwheat | <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |

<input type="checkbox"/> Tapioca	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Teff	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Gluten	
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Kamut	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)
	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oats (Can be contaminated with gluten)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Barley	<input type="checkbox"/> Orzo	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Panko	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Beer	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Bran	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teechino	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fructose
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Triticale	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free

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| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Water |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, Red |
| | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Wine, White (Champagne) |
| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Zevia Drinks |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Mineral Water | |
| <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Arabic Gum |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Baking Soda (Arm & Hammer®) |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Beef broth (Imagine® low sodium/GF) |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Blue Food Dye |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Bone Broth, Beef |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Chewing Gum, XylicheW® |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) |

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| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Malt | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.) | <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Rice Starch (if certified gluten free) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Tragacanth Gum | |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vegetable Oil | |