

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Arugula	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Barley Greens (may contain gluten)	<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

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| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Kombu | <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Psyllium Husk |
| <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"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnips	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel

<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Cashews
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Peach		<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Pear		<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Pear, Asian		<input type="checkbox"/> Corn Oil

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| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnuts, Black |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Bass |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tahini | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Mahi Mahi |

<input type="checkbox"/> Mussel	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Quail
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Trout	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Tuna	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Almond Yogurt, unsweetened
	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &...)
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)

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| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Harissa | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Hummus | |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Aspartame |
| | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Cane Syrup |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine 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 (No Caramel No Wine Vinegar) | <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 A 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 |

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| <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Maltitol | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | | <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"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Caramel Coloring | <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"/> Sucralose | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |

<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage
<input type="checkbox"/> Guarana	<input type="checkbox"/> Onion	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Shallots
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Paprika	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Sumac
<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

☐ White Willow Bark Extract☐ Wintergreen☐ Wormwood☐ **Milk-Containing Foods**☐ Applegate® organic spinach & feta sausage☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Feta☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Marscapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Provolone☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Mozzarella Cheese☐ Sour Cream, Raw and Unpasteurized☐ Whey☐ Yogurt (See Xanthan Gum)☐ **Legumes & Pulses**☐ Bean, Azuki☐ Bean, Black☐ Bean, Butter☐ Bean, Cannellini☐ Bean, Chana Dahl☐ Bean, Chili☐ Bean, Green☐ Bean, Italian☐ Bean, Kidney☐ Bean, Lima☐ Bean, Mung☐ Bean, Navy☐ Bean, Ninja☐ Bean, Pinto/Frijole

<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Beans		<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)

<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Oats
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Beer	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Bran	<input type="checkbox"/> Orzo
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Bread	<input type="checkbox"/> Panko
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Rye
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Semolina
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Teff	<input type="checkbox"/> Couscous	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Gluten	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Vinegar, White
	<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat (All Types)
	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
	<input type="checkbox"/> Malt	

<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Cheese, Cream		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Fructose	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Oolong

<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chewing Gum, Xylitol®	<input type="checkbox"/> Konjac Glucomannan Flour
<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Water	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Whey	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Malt
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Antimony	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Glucomannan Flour (konjacfoods.com)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Banana	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Hops	<input type="checkbox"/> Sherry Vinegar
	<input type="checkbox"/> Inulin	<input type="checkbox"/> Silver

- ☐ Skinny Crisps® (Plain Jane)
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ Snacks

- ☐ Apple Sauce
- ☐ Dates
- ☐ Simple Mills Chocolate Chip Cookies