

☐ Beverages & Protein Powders

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|---|---|
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water, unflavored |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Black |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Hibiscus |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Tea, unflavored/caffeine-free only |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Water |
| | <input type="checkbox"/> Wine, Red |

☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Condiments

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|---|
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar) |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) |
| <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar) |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Carob |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |
| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Harissa |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Hummus |

<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Bass
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Catfish
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Clam
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Corvina
<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Crab
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Flounder
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Haddock
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Hake
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Fructose	<input type="checkbox"/> Halibut
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Herring
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Mahi Mahi
	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mussel
	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Octopus
	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy

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|---|--|--|
| <input type="checkbox"/> Oyster | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Perch | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |

<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Couscous
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Farro
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Gluten
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Kamut
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Malt
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Peach	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oats (Can be contaminated with gluten)
<input type="checkbox"/> Pear	<input type="checkbox"/> Barley	<input type="checkbox"/> Orzo
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Panko
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Beer	<input type="checkbox"/> Rye
<input type="checkbox"/> Plantain	<input type="checkbox"/> Bran	<input type="checkbox"/> Semolina
<input type="checkbox"/> Plum	<input type="checkbox"/> Bread	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teechino
<input type="checkbox"/> Prune	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Quince	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Triticale

<input type="checkbox"/> Vinegar	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Purple (gluten free)
	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut

<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory
<input type="checkbox"/> Anise	<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Basil	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)
	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)

<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"/> Legumes & Pulses
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Oregano	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Paprika	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Parsley	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean Flour

<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic smoked turkey breast	
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Asiago
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Feta

<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Chewing Gum, Xylichew®
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Cheese, Raw and Pasture-raised		<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Antimony	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Hops
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Inulin
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Almond Bread

<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Latex	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Malt	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Vinegar, Rice	
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Almond
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Red Food Dye		<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Rice Starch (if certified gluten free)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Silver	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashew Butter

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|---|---|--|
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sacha Inchi Seeds | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Safflower/Safflower Seed Oil | |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | |

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Molasses	<input type="checkbox"/> Arugula
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Avocado
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> NutrasweetÂ®	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> SweetleafÂ® Stevia	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Honey, Wildflower from MahavaÂ®	<input type="checkbox"/> SwerveÂ® Xylitol	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Just Like SugarÂ®	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Maltitol		<input type="checkbox"/> Broccoli Rabe

<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Chives	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Snow

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



Zucchini