

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ **Condiments**☐ Barbeque Sauce, GF Annie's®☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Horseradish Sauce, Gluten-free☐ Hummus☐ Ketchup (Organicville)☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Veganaise Soy-free (Follow Your☐ Sriracha Sauce Organicville☐ Tabasco Sauce☐ Dressing, Primal Kitchen Honey☐ Mayonnaise, Primal Kitchen☐ BodyPro Almond Mayo Grade B☐ BodyPro Almond Mayo with Yacon☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF Annie's®☐ Cheese, Cream☐ Cheese, Soy (Organic) (see Soy)☐ Chewing Gum (has gluten and corn)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)

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|--|--|---|
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Hake | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Halibut | |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Herring | |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Mackerel | |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Mahi Mahi | |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mussel | |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Orange Roughy | |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Oyster | |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Perch | |
| <input type="checkbox"/> Sriracha Sauce Organicville | <input type="checkbox"/> Red Snapper | |

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| <input type="checkbox"/> | <input type="checkbox"/> Salmon, wild (fresh) | |
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☐ Fish & Shellfish

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|---|---|--|
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Sardines | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Scallop | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Squid | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Swai | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Trout | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Tuna | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Cranberry |
| | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Cranberry Juice |
| | | <input type="checkbox"/> Currant |
| | | <input type="checkbox"/> Date(s) |
| | | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| | | <input type="checkbox"/> Dried Fruit |
| | | <input type="checkbox"/> Elderberry |
| | | <input type="checkbox"/> Fig |
| | | <input type="checkbox"/> Golden Berry |
| | | <input type="checkbox"/> Gooseberry |
| | | <input type="checkbox"/> Grapefruit |

<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Papaya	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Guava	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Bran
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Peach	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pear	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lemon	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Plum	<input type="checkbox"/> Couscous
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Lime	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Farro
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Prune	<input type="checkbox"/> Gluten
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Quince	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Kamut
<input type="checkbox"/> Loquat	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Mango	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Oats
<input type="checkbox"/> Maqui	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Orzo
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Panko
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Rye
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Apricot	<input type="checkbox"/> Semolina
<input type="checkbox"/> Noni	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Spelt

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|---|---|---|
| <input type="checkbox"/> Triticale | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond |
| <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Tomato & Basil Almond |
| | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Millet | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Oats | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Oat Grass (Not For Gluten | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Simple Mills |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Red (gluten free) | |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, White (gluten free) | |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Wild (Lundberg® - not the | |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice Bran | |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Rice Flour (gluten free) | |

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

<input type="checkbox"/> Pepper, Black (see Garlic/Lemon	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Peppermint	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Paprika	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Soy Beans Oil (must be organic)

<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Marscapone
<input type="checkbox"/> White Beans	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Mozzarella (Raw)
	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Applegate® organic herb roasted		<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Applegate® organic sausage sweet	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Applegate® organic smoked	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Sheep

<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Latex
<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Whey	<input type="checkbox"/> Hops	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tragacanth Gum
	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Antimony	<input type="checkbox"/> Lycopene	
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Silver	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tomato Paste (gluten &	
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Tomato Sauce (gluten &	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Vegetable Oil	
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Xanthan Gum	

☐ Nuts, Seeds, Drupes & Oils☐ Almond☐ Almond Butter (Artisana®)☐ Almond Flavor natural, gluten free)☐ Almond Flour (gluten free)☐ Almond Meal (gluten free)☐ Almond, Marcona☐ Annatto Seed☐ Arrowroot Flour/powder☐ Brazil Nut☐ Canola/Rapeseed Oil☐ Caraway Seed☐ Cashews☐ Cashew Butter☐ Cashew Meal☐ Chestnut☐ Coconut Butter☐ Coconut Oil☐ Coconut, shredded (raw,☐ Cola Nut (aka Kola Nut)☐ Corn Oil☐ Cottonseed/Cottonseed Oil☐ Flax Meal☐ Flax Oil☐ Flax Seed☐ Grapeseed Oil, Organic☐ Hazelnut Flour☐ Hazelnut/Filbert☐ Hemp Meal☐ Hemp Protein (Powder)☐ Hemp Seed☐ Hydrogenated Oils☐ Macadamia Nut Oil☐ Macadamia Nuts☐ Olive Leaf Extract☐ Olive Oil, Virgin☐ Palm Kernel Oil☐ Pecan☐ Pecan Flour☐ Pepitas☐ Pili Nuts☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Psyllium Husk☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ Ramon Seeds☐ Rice, Wild (Lundberg® - not the☐ Sacha Inchi Seeds☐ Sesame Seed Oil☐ Sesame Seeds☐ Sesame Seeds, Black☐ Sunflower Seed Butter☐ Sunflower Seed Lecithin☐ Sunflower Seed Oil☐ Sunflower Seeds☐ Tahini☐ Tea, Ramon☐ Tiger Nuts☐ Vegetable Oil☐ Vegetable Shortening (Spectrum®)☐ Walnut (few)☐ Walnut Oil☐ Walnut, Black (few)

<input type="checkbox"/> Snacks	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean Sprout
	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Beet
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Burdock
<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Cabbage, Chinese (see also Bok
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Capers
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Molasses	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Celery

<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Nori	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Okra	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Parsley	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Radish
<input type="checkbox"/> Endive	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Scallions
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Spinach
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sugar Beet

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|---|--|
| <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Tomato, Yellow | |
| <input type="checkbox"/> Truffle | |
| <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Watercress | |
| <input type="checkbox"/> Yams, Garnett | |
| <input type="checkbox"/> Yams, Japanese | |