

test patient

11/01/2017

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|--|--|---|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> alpha | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> bravo | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach |
| <input type="checkbox"/> charlie | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lime | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Mango | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Raspberry |

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| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Rice Bran Oil |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Truffle Oil |
| <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Truffle Oil, Black |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil |
| | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnuts |

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<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Oyster	<input type="checkbox"/> Arugula
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Avocado
<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid	<input type="checkbox"/> Beet
<input type="checkbox"/> Crab	<input type="checkbox"/> Swai	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Herring	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Lobster	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Mussel	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Octopus	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Burdock
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
		<input type="checkbox"/> Cabbage, Green

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| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Endive | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Fennel | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Garlic | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Jicama | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Green |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Habanero |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Jalapeño |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Poblano |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Red |

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| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Applegate® organic andouille sausage |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato | <input type="checkbox"/> Applegate® organic bacon |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Applegate® organic black forest ham |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Applegate® organic chicken |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Applegate® organic chicken/apple sausage |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Applegate® organic herb roasted turkey |
| <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Applegate® organic hot dogs |
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Yellow | |

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| <input type="checkbox"/> Applegate® organic red pepper sausage | <input type="checkbox"/> Rabbit | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> Applegate® organic roast beef | <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Applegate® organic sausage sweet italian | <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Cocoa Butter |
| <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Coconut Aminos® |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Harissa |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Liquid Smoke (can have gluten) |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) |
| <input type="checkbox"/> Quail | | <input type="checkbox"/> Olives (without vinegar) |

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| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> White/Distilled Vinegar | <input type="checkbox"/> Maltodextrin (Barley-derived) |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maltodextrin (Tapioca-based) |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Aspartame | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Fructose | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Swerve® Sweetener |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Xylitol |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Maltitol | |
| <input type="checkbox"/> Vinegar, White Wine | | |

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| <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"/> Hydrogenated Oils |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa
Officinalis) |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Orange Peel/Rind |
| <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"/> Oregano |

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<input type="checkbox"/> Paprika	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Parsley	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Saffron	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sage	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Sumac		<input type="checkbox"/> Cream, Raw and Unpasteurized

test patient

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☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk, Buffalo☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk Chocolate☐ 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☐ Bean, Red☐ Bean, White☐ Beans☐ Chickpea (see also Garbanzo Bean)☐ Coffee Bean, Organic☐ Edamame (must be organic)☐ Fava Bean☐ Fava Bean Flour☐ Garbanzo Bean☐ Garbanzo Flour☐ Hydrogenated Oils☐ Kidney Bean☐ Lentil(s)☐ Miso☐ Pea, Snap☐ Pea, Snow☐ Pea, Split☐ Peanut (Organic, Valencia)☐ Peanut Butter (Organic, Maranatha®)☐ Peanut Oil (Organic)☐ Red Bean Paste☐ Soybean oil(must be organic)☐ Soy Beans (must be organic)☐ Vanilla Bean☐ Vanilla Powder☐ Vegetable Oil☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF Annie's® Sweet & Spicy☐ Cheese, Cream☐ Cheese, Daiya (Coconut,Tapioca,yeast,...)☐ 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)☐ Corn Oil☐ Corn Starch (gluten free)☐ Erythritol (non-GMO)☐ Fructose

- | | | |
|--|---|---|
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Maltitol | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Gluten | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Kamut | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Malt | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Maltitol | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Barley Grass (can have gluten) | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Barley Greens (may contain gluten) | <input type="checkbox"/> Oats | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Barley Juice (may contain gluten) | <input type="checkbox"/> Oats, GF (not Certified) can have gluten | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Orzo | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Panko | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Rye | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Semolina | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Spelt | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |
| | <input type="checkbox"/> Triticale | |

<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Coffee
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Teff	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Casein	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Rice Bran		<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)

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

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- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vinegar, Red Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Snacks
- ☐ Apple Sauce
- ☐ new category
- ☐ alpha
- ☐ bravo
- ☐ charlie