

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Comfrey
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Endive
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Fennel
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Ginger
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chives	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Button

<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Swede
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Nori	<input type="checkbox"/> <input type="text" value="Potato, Fingerling"/>	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> <input type="text" value="Potato, Purple"/>	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Okra	<input type="checkbox"/> <input type="text" value="Potato, Red"/>	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> <input type="text" value="Potato, Russet"/>	<input type="checkbox"/> Taro
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> <input type="text" value="Tomatillo"/>
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> <input type="text" value="Potato, White"/>	<input type="checkbox"/> <input type="text" value="Tomato"/>
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> <input type="text" value="Potato, Yukon Gold"/>	<input type="checkbox"/> <input type="text" value="Tomato, Cherry"/>
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> <input type="text" value="Tomato, Heirloom"/>
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> <input type="text" value="Tomato, Orange"/>
<input type="checkbox"/> Paprika	<input type="checkbox"/> Radish	<input type="checkbox"/> <input type="text" value="Tomato, Red"/>
<input type="checkbox"/> Parsley	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> <input type="text" value="Tomato, Roma"/>
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> <input type="text" value="Tomato, Sun-dried"/>
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> <input type="text" value="Tomato, Yellow"/>
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> <input type="text" value="Tomatoes, Big Beef"/>
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> <input type="text" value="Tomato Paste (gluten & Vinegar-free)"/>
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Scallions	<input type="checkbox"/> <input type="text" value="Tomato Sauce (gluten & Vinegar-free)"/>
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Shallots	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Spinach	<input type="checkbox"/> Wasabi Root

<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Longan Fruit
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Lychee
<input type="checkbox"/> Yucca	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Fruits	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Noni
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Ground Cherries	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Carambola	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cherry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Oranges, Mandarin
<input type="checkbox"/> Clementine	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Papaya
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Peach
<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear
<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Persimmons
	<input type="checkbox"/> Lime	<input type="checkbox"/> Pineapple

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| <input type="checkbox"/> Plum | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Walnuts, Black |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Almond | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Ashwaganda |
| <input type="checkbox"/> Rambutan | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Borage Seed Oil | <input type="checkbox"/> Bell Pepper, Red |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Capsicum |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Duck Fat | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Fenugreek Seed | <input type="checkbox"/> Catnip |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Krill Oil | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Legumes, Pods, & Pulses | <input type="checkbox"/> Lard/Tallow (pork) | <input type="checkbox"/> Celery Seed |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> MCT Oil | <input type="checkbox"/> Chaparral |
| <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Chervil |
| <input type="checkbox"/> Soybean oil(must be organic) | <input type="checkbox"/> Rice Bran Oil | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Chipotle Seasoning |
| | <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Cilantro/Coriander |
| | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Cinnamon |
| | <input type="checkbox"/> Walnuts | |

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| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Guarana | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Pau D'arco |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Clover |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Ginger Powder | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sassafras |

<input type="checkbox"/> Savory	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Sumac	<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> Thyme	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Valerian	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Krill	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic andouille sausage
	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon
	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Orange Roughy	

- ☐ Applegate® organic herb roasted turkey
- ☐ Applegate® organic hot dogs
- ☐ Applegate® organic red pepper sausage
- ☐ Applegate® organic roast beef
- ☐ Applegate® organic sausage sweet italian
- ☐ Applegate® organic smoked chicken breast
- ☐ Applegate® organic smoked turkey breast
- ☐ Applegate® organic turkey
- ☐ Applegate® organic turkey bacon
- ☐ Beef, Grass-fed only (organic)
- ☐ Bison (see also Buffalo)
- ☐ Buffalo (see also Bison)
- ☐ Chicken, free range (organic)
- ☐ Chicken Broth (Imagine® gf/low sodium)
- ☐ Collagen Protein (Powder)
- ☐ Deer (see also Venison)
- ☐ Duck
- ☐ Goat, Grass-fed only (organic)
- ☐ Great Lake's® Beef Gelatin
- ☐ Lamb
- ☐ Ostrich
- ☐ Pheasant
- ☐ Pork, (organic)
- ☐ Quail

- ☐ Rabbit
- ☐ Turkey (organic)
- ☐ Veal (organic)
- ☐ Venison (see also Deer)

☐ Milk-Containing Foods

No foods in this Category

☐ Non-Dairy & Eggs

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Almond Yogurt, unsweetened
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk (Native Forest or Natural Value)
- ☐ Egg, Pasture-raised (from a farmer)
- ☐ Egg, Vital Farms® or Pasture Verde®
- ☐ Egg Whites, Pasture-raised
- ☐ Egg Yolks, Pasture-raised

☐ Milk, Soy (Organic)

☐ Gluten-Free Grains

- ☐ Almond Flour (gluten free)
- ☐ Amaranth
- ☐ Avenin (Gluten-free)
- ☐ Basmati Rice (gluten free)
- ☐ Brown Rice Flour
- ☐ Buckwheat
- ☐ Buckwheat Flour
- ☐ Coconut Flour (gluten free)
- ☐ Coconut Meal (gluten free)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ Corn Meal (gluten free)
- ☐ Corn Starch (gluten free)
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Konjac Glucomannon Flour
- ☐ Mikey's Original English Muffin
- ☐ Mikey's Pizza crust
- ☐ Millet
- ☐ Oats (Bob's Red Mill Gluten Free Version)
- ☐ Oats (Certified GF)
- ☐ Potato Flour (gluten free)
- ☐ Potato Starch (gluten free)

<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Allulose	<input type="checkbox"/> Panko
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Avenin	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Rye
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Teechino
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Bran	<input type="checkbox"/> Triticale
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Vodka, Rye or Grain
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Wheat Germ
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Couscous	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Egyptian Wheat	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Farro	<input type="checkbox"/> Citric Acid (can be corn-derived)
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Gliadin	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Teff	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Teff Flour	<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Corn Starch (gluten free)
	<input type="checkbox"/> Oats	<input type="checkbox"/> Corn Syrup
	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	

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| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> Lactic Acid (corn-derived) | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> Maize | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Jerusalem Artichoke Syrup |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Just Like Sugar® |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Vodka, Corn | <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Maltodextrin (Tapioca-based) |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Distilled White Vinegar | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®) | <input type="checkbox"/> Corn Syrup | <input type="checkbox"/> Swerve® Sweetener |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Tapioca Syrup |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Xylitol |
| | | <input type="checkbox"/> Yacon Syrup |

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Antimony
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Hops
<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Latex
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Vodka, Corn	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Vodka, Potato	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vodka, Rye or Grain	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Silver
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Lime Juice		<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Milk, Rice		
<input type="checkbox"/> Milk, Soy (Organic)		
<input type="checkbox"/> Mineral Water		
<input type="checkbox"/> Orange Juice		

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| <input type="checkbox"/> Snacks | <input type="checkbox"/> Potato Protein |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Sodium Alginate |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Food Additives | <input type="checkbox"/> Tricalcium Phosphate |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Vegan Enzyme |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Vegan Natural Flavors (no MSG) |
| <input type="checkbox"/> alf | <input type="checkbox"/> Vegan Natural Flavors (with MSG) |
| <input type="checkbox"/> alfr | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> alfredo | |
| <input type="checkbox"/> Arabic Gum | |
| <input type="checkbox"/> Asafoetida Powder | |
| <input type="checkbox"/> Carrageenan Gum | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Citric Acid (can be corn-derived) | |
| <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Lactic Acid (beet-derived) | |
| <input type="checkbox"/> Lactic Acid (corn-derived) | |
| <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> MSG/MonosodiumGlutamate | |
| <input type="checkbox"/> Palm Wax | |