

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

<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potato, Red

<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Swiss Chard		<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Snacks	<input type="checkbox"/> Currant
<input type="checkbox"/> Tomato	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Tomato, Cherry		<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Fruits	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Acai	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Truffle	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Turnips	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Yucca	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi

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

<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean Flour

<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Miso	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> White Beans	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic red pepper sausage

<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Condiments
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)
<input type="checkbox"/> Applegate® organic smoked turkey breast		<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Carob
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Harissa
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Hummus
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Pork, (organic)		<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Quail		<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Rabbit		<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil

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| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> hahahahah |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Juniper Berry |

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|---|--|---|
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Saw Plametto | |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Sesame Seeds, Black | |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Shallots | |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Spearmint | |

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised	
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Garbanzo Flour

<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Beer
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bran
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Bread
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Farro
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Gluten
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Kamut
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Rice, Black (gluten free)		<input type="checkbox"/> Malt
<input type="checkbox"/> Rice, Brown (gluten free)		<input type="checkbox"/> Maltodextrin (Barley-derived)

<input type="checkbox"/> Oats (Can be contaminated with gluten)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Orzo	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Panko	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Hops
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Inulin
<input type="checkbox"/> Rye	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Semolina	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Spelt	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Triticale	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Malt
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Antimony	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Red Food Dye
	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Red Tomato Paste (gluten free)

<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Rice Starch (if certified gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Silver	<input type="checkbox"/> Beer	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Coffee	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Kombucha Tea	<input type="checkbox"/> Tea, unflavored/cafeine-free only
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Teechino
	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Water
	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, Red

<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Just Like Sugar®
	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Corn-Derived Foods		<input type="checkbox"/> Maltitol
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Å....)	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Molasses
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Fructose	<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sweetleaf® Stevia

- ☐ Swerve® Xylitol
- ☐ Tapioca Dextrose
- ☐ Xyla (Birchwood Xylitol/non-corn source)
- ☐ Yacon Syrup