

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Arugula	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Barley Greens (may contain gluten)	<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

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|---|---|---|
| <input type="checkbox"/> Kohlrabi                             | <input type="checkbox"/> Pea, Black-Eyed              | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Kombu                                | <input type="checkbox"/> Pea, Green                   | <input type="checkbox"/> Psyllium Husk                    |
| <input type="checkbox"/> Leeks                                | <input type="checkbox"/> Pea, Snap                    | <input type="checkbox"/> Pumpkin                          |
| <input type="checkbox"/> Lettuce, all types                   | <input type="checkbox"/> Pea, Snow                    | <input type="checkbox"/> Pumpkin Powder                   |
| <input type="checkbox"/> Mushrooms                            | <input type="checkbox"/> Pea, Split                   | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Mushrooms, Button                    | <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini           | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Mushrooms, Maitake                   | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Shiitake                  | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mustard Greens                       | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Nori                                 | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <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"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnips	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel

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

<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts, Black
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bass
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Catfish
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Clam
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Corvina
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Crab
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Flounder
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Haddock
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tahini	<input type="checkbox"/> Hake
<input type="checkbox"/> Pecans	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lobster
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Mahi Mahi

<input type="checkbox"/> Mussel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Quail
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Trout	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Tuna	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Almond Yogurt, unsweetened
	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &...)
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)

<input type="checkbox"/>	Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/>	Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/>	Vinegar, Rice
<input type="checkbox"/>	Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/>	Earth Balance® Coconut Spread	<input type="checkbox"/>	Vinegar, White
<input type="checkbox"/>	Egg, Pasture-raised (from a farmer)	<input type="checkbox"/>	Harissa	<input type="checkbox"/>	Vinegar, White Wine
<input type="checkbox"/>	Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/>	Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/>	Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/>	Egg, Whites, Pasture-raised	<input type="checkbox"/>	Hummus		
<input type="checkbox"/>	Egg, Yolks Pasture-raised	<input type="checkbox"/>	Ketchup (Organicville)	<input type="checkbox"/>	<b>Sweeteners</b>
<input type="checkbox"/>	Milk, Soy (Organic)	<input type="checkbox"/>	Liquid Smoke (can have gluten)	<input type="checkbox"/>	Agave Nectar
<input type="checkbox"/>	Paleo Cheese (Julianbakery.com or	<input type="checkbox"/>	Liquid Smoke gluten free (natural)	<input type="checkbox"/>	Aspartame
<input type="checkbox"/>		<input type="checkbox"/>	Mayonnaise	<input type="checkbox"/>	BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/>	<b>Condiments</b>	<input type="checkbox"/>	Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/>	Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/>	Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/>	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/>	Cane Syrup
<input type="checkbox"/>	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/>	Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/>	Chocolate, Dark
<input type="checkbox"/>	Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/>	Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/>	Chocolate, Milk
<input type="checkbox"/>	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/>	Sriracha Sauce Organicville gluten-free	<input type="checkbox"/>	Chocolate, White
<input type="checkbox"/>	Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/>	Tabasco Sauce	<input type="checkbox"/>	Coconut Palm Sugar
<input type="checkbox"/>	BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/>	Ume Plum Vinegar	<input type="checkbox"/>	Coconut Sugar
<input type="checkbox"/>	BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/>	Veganise Soy-free (Follow Your Heart®)	<input type="checkbox"/>	Date Sugar
<input type="checkbox"/>	BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/>	Vinegar	<input type="checkbox"/>	Erythritol (non-GMO)
<input type="checkbox"/>	Carob	<input type="checkbox"/>	Vinegar, Beet	<input type="checkbox"/>	Fructose
<input type="checkbox"/>	Coconut Vinegar (Coconut Secret)	<input type="checkbox"/>	Vinegar, Distilled	<input type="checkbox"/>	Fruit Pectin
<input type="checkbox"/>	Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/>	Vinegar, Malt	<input type="checkbox"/>	Honey, (Organic)
<input type="checkbox"/>	Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/>	Vinegar, Red Wine	<input type="checkbox"/>	Honey, Manuka

<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cloves
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Maltodextrin (Barley-derived)		<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Molasses	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Splenda	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba



<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saffron
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sage
<input type="checkbox"/> Guarana	<input type="checkbox"/> Onion	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Shallots
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Paprika	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Sumac
<input type="checkbox"/> Lavender	<input type="checkbox"/> Parsley	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme
<input type="checkbox"/> Licorice Root	<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

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| <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Cheese, Marscapone             | <input type="checkbox"/> Milk, Goat                        |
| <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Cheese, Mozzarella (Raw)       | <input type="checkbox"/> Milk, Sheep                       |
| <input type="checkbox"/> Wormwood                                  | <input type="checkbox"/> Cheese, Muenster               | <input type="checkbox"/> Mozzarella Cheese                 |
|  | <input type="checkbox"/> Cheese, Parmesan               | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <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"/> <b>Legumes &amp; Pulses</b>       |
| <input type="checkbox"/> Casein                                    | <input type="checkbox"/> Cheese, Romano                 | <input type="checkbox"/> Bean, Azuki                       |
| <input type="checkbox"/> Cheese, American                          | <input type="checkbox"/> Cheese, Sheep                  | <input type="checkbox"/> Bean, Black                       |
| <input type="checkbox"/> Cheese, Asiago                            | <input type="checkbox"/> Cheese, String (Mozzarella)    | <input type="checkbox"/> Bean, Butter                      |
| <input type="checkbox"/> Cheese, Bleu                              | <input type="checkbox"/> Cheese, Swiss                  | <input type="checkbox"/> Bean, Cannellini                  |
| <input type="checkbox"/> Cheese, Brie                              | <input type="checkbox"/> Chocolate, Milk                | <input type="checkbox"/> Bean, Chana Dahl                  |
| <input type="checkbox"/> Cheese, Cheddar (Raw)                     | <input type="checkbox"/> Chocolate, White               | <input type="checkbox"/> Bean, Chili                       |
| <input type="checkbox"/> Cheese, Cottage                           | <input type="checkbox"/> Cream, Raw and Unpasteurized   | <input type="checkbox"/> Bean, Green                       |
| <input type="checkbox"/> Cheese, Cream                             | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Bean, Italian                     |
| <input type="checkbox"/> Cheese, Feta                              | <input type="checkbox"/> Goat Cheese                    | <input type="checkbox"/> Bean, Kidney                      |
| <input type="checkbox"/> Cheese, Goat                              | <input type="checkbox"/> Goat Kefir                     | <input type="checkbox"/> Bean, Lima                        |
| <input type="checkbox"/> Cheese, Gorgonzola                        | <input type="checkbox"/> Kefir, Raw                     | <input type="checkbox"/> Bean, Mung                        |
| <input type="checkbox"/> Cheese, Gouda                             | <input type="checkbox"/> Lactoalbumin                   | <input type="checkbox"/> Bean, Navy                        |
| <input type="checkbox"/> Cheese, Havarti                           | <input type="checkbox"/> Milk Chocolate                 | <input type="checkbox"/> Bean, Ninja                       |
| <input type="checkbox"/> Cheese, Machego                           | <input type="checkbox"/> Milk, Cow                      | <input type="checkbox"/> Bean, Pinto/Frijole               |

<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Beans		<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)

<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Oats
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Beer	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Bran	<input type="checkbox"/> Orzo
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Bread	<input type="checkbox"/> Panko
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Rye
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Semolina
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Teff	<input type="checkbox"/> Couscous	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Gluten	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Vinegar, White
	<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat (All Types)
	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
	<input type="checkbox"/> Malt	

<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Cheese, Cream		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Fructose	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Oolong

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

- ☐ Skinny Crisps® (Plain Jane)
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ Snacks

- ☐ Apple Sauce
- ☐ Dates
- ☐ Simple Mills Chocolate Chip Cookies