

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Beer
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Cow
- ☐ Milk, Goat
- ☐ Milk, Sheep
- ☐ Milk, Soy (Organic)

☐ Mineral Water

- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Teechino
- ☐ Water
- ☐ Wine, Red
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Coffee Bean, Organic

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar (Caramel/Red W. Vinegar)
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Earth Balance® Coconut Spread
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Ume Plum Vinegar
- ☐ Veganise Soy-free (Follow Your Heart®)
- ☐ Vinegar
- ☐ Vinegar, Distilled
- ☐ Vinegar, Malt
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White
- ☐ Vinegar, White Wine

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|--|---|--|
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)         | <input type="checkbox"/> Fructose                           | <input type="checkbox"/> Whitefish/Turbot      |
| <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Crab, Immitation      |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil      | <input type="checkbox"/> Swerve® Xylitol                    |  |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard          | <input type="checkbox"/> Vegetable Oil                      | <input type="checkbox"/> <b>Fruits</b>         |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Xanthan Gum                        | <input type="checkbox"/> Acai                  |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Yogurt (See Xanthan Gum)           | <input type="checkbox"/> Apple (all types)     |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup         |   | <input type="checkbox"/> Apple Cider           |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup            | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>        | <input type="checkbox"/> Apple Juice           |
|  | <input type="checkbox"/> Catfish                            | <input type="checkbox"/> Bilberry              |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>                       | <input type="checkbox"/> Chilean Sea Bass                   | <input type="checkbox"/> Blackberry            |
| <input type="checkbox"/> Cheese, Cream                                   | <input type="checkbox"/> Corvina                            | <input type="checkbox"/> Blueberry             |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)     | <input type="checkbox"/> Crayfish                           | <input type="checkbox"/> Boysenberry           |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                 | <input type="checkbox"/> Hake                               | <input type="checkbox"/> Cantaloupe            |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)               | <input type="checkbox"/> Mahi Mahi                          | <input type="checkbox"/> Cherry                |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                    | <input type="checkbox"/> Orange Roughy                      | <input type="checkbox"/> Clementine            |
| <input type="checkbox"/> Corn, Blue                                      | <input type="checkbox"/> Sardines                           | <input type="checkbox"/> Cranberry             |
| <input type="checkbox"/> Corn, White                                     | <input type="checkbox"/> Swai                               | <input type="checkbox"/> Cranberry Juice       |
| <input type="checkbox"/> Corn Gluten                                     | <input type="checkbox"/> Swordfish                          | <input type="checkbox"/> Currant               |
| <input type="checkbox"/> Corn Meal (gluten free)                         | <input type="checkbox"/> Tilapia (Non-farmed)               | <input type="checkbox"/> Date(s)               |
| <input type="checkbox"/> Corn Oil  | <input type="checkbox"/> Trout                              | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Corn Starch (gluten free)                       | <input type="checkbox"/> Tuna                               | <input type="checkbox"/> Dried Fruit           |
| <input type="checkbox"/> Erythritol (non-GMO)                            | <input type="checkbox"/> Walleye Pike                       | <input type="checkbox"/> Elderberry            |

sundas malik

09/07/2017

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|--|---|---|
| <input type="checkbox"/> Fig                 | <input type="checkbox"/> Loquat           | <input type="checkbox"/> Pomegranate                  |
| <input type="checkbox"/> Golden Berry        | <input type="checkbox"/> Mango            | <input type="checkbox"/> Pomelo                       |
| <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Mangosteen       | <input type="checkbox"/> Prune                        |
| <input type="checkbox"/> Grape               | <input type="checkbox"/> Maqui            | <input type="checkbox"/> Quince                       |
| <input type="checkbox"/> Grape, Green        | <input type="checkbox"/> Melon, Honeydew  | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Grape, Purple       | <input type="checkbox"/> Monk Fruit       | <input type="checkbox"/> Raspberry                    |
| <input type="checkbox"/> Grape, Red          | <input type="checkbox"/> Mulberry         | <input type="checkbox"/> Star Fruit                   |
| <input type="checkbox"/> Grape, White        | <input type="checkbox"/> Nectarines       | <input type="checkbox"/> Strawberry                   |
| <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Noni             | <input type="checkbox"/> Tamarind                     |
| <input type="checkbox"/> Grapefruit Juice    | <input type="checkbox"/> Orange           | <input type="checkbox"/> Tangelo                      |
| <input type="checkbox"/> Guava               | <input type="checkbox"/> Orange, Blood    | <input type="checkbox"/> Tangerine                    |
| <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Orange Juice     | <input type="checkbox"/> Watermelon                   |
| <input type="checkbox"/> Jack fruit          | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry                    |
| <input type="checkbox"/> Kiwi                | <input type="checkbox"/> Papaya           | <input type="checkbox"/> Youngberry                   |
| <input type="checkbox"/> Kumquat             | <input type="checkbox"/> Passion Fruit    | <input type="checkbox"/> Banana                       |
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> Peach            | <input type="checkbox"/> Apricot                      |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Pear             | <input type="checkbox"/> Goji Berry                   |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pear, Asian      | <input type="checkbox"/> Apple Sauce                  |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons       |   |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple        |   |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain         |   |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum             |   |

<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Barley	<input type="checkbox"/> Panko	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Millet
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)

<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Rice, Japonica (gluten free)		<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cumin
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Anise	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Ginger
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Teff	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Grapefruit Seed Extract

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

<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> <b>Milk-Containing Foods</b>
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Casein
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Cheese, Asiago
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Miso		<input type="checkbox"/> Cheese, Raw and Pasture-raised

<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Liquid Aminos (Brags®)(has Soy)
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Malt
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Silver
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Whey	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Hops	<input type="checkbox"/> Vinegar, Red Wine



<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Latex		<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil

<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Fructose
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> <b>Snacks</b>	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Molasses
<input type="checkbox"/> Safflower/Safflower Seed Oil		<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia

<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Nori
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Parsley
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Parsnip
	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Arugula	<input type="checkbox"/> Endive	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Avocado	<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pimento

sundas malik

09/07/2017

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|---|---|--|
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Spaghetti                    | <input type="checkbox"/> Turnips         |
| <input type="checkbox"/> Potato, Purple     | <input type="checkbox"/> Squash, Summer                       | <input type="checkbox"/> Water Chestnut  |
| <input type="checkbox"/> Potato, Red        | <input type="checkbox"/> Squash, Winter                       | <input type="checkbox"/> Watercress      |
| <input type="checkbox"/> Potato, Russet     | <input type="checkbox"/> Squash, Yellow                       | <input type="checkbox"/> Yams, Garnett   |
| <input type="checkbox"/> Potato, Sweet      | <input type="checkbox"/> Sugar Beet                           | <input type="checkbox"/> Yams, Japanese  |
| <input type="checkbox"/> Potato, White      | <input type="checkbox"/> Sweet Potato, Red                    | <input type="checkbox"/> Yucca           |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Sweet Potatoes, White                | <input type="checkbox"/> Zucchini        |
| <input type="checkbox"/> Prickly Pear       | <input type="checkbox"/> Swiss Chard                          | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Pumpkin            | <input type="checkbox"/> Tomatillo                            | <input type="checkbox"/> Psyllium Husk   |
| <input type="checkbox"/> Pumpkin Powder     | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Green    |
| <input type="checkbox"/> Radicchio          | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Onion, Maui     |
| <input type="checkbox"/> Radish             | <input type="checkbox"/> Tomato                               | <input type="checkbox"/> Onion, Red      |
| <input type="checkbox"/> Rainbow Chard      | <input type="checkbox"/> Tomatoes, Big Beef                   | <input type="checkbox"/> Onion, Sweet    |
| <input type="checkbox"/> Rhubarb            | <input type="checkbox"/> Tomato, Cherry                       | <input type="checkbox"/> Onion, Yellow   |
| <input type="checkbox"/> Rutabaga           | <input type="checkbox"/> Tomato, Heirloom                     | <input type="checkbox"/> Chives          |
| <input type="checkbox"/> Scallions          | <input type="checkbox"/> Tomato, Orange                       | <input type="checkbox"/> Shallots        |
| <input type="checkbox"/> Spinach            | <input type="checkbox"/> Tomato, Red                          |  |
| <input type="checkbox"/> Spirulina          | <input type="checkbox"/> Tomato, Roma                         |  |
| <input type="checkbox"/> Squash             | <input type="checkbox"/> Tomato, Sun-dried                    |  |
| <input type="checkbox"/> Squash, Acorn      | <input type="checkbox"/> Tomato, Yellow                       |  |
| <input type="checkbox"/> Squash, Butternut  | <input type="checkbox"/> Truffle                              |  |
| <input type="checkbox"/> Squash, Green      | <input type="checkbox"/> Turnip Greens                        |  |