

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

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

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

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)              | <input type="checkbox"/> Earth Balance® Coconut Spread                   | <input type="checkbox"/> Vinegar, White                          |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®              | <input type="checkbox"/> Harissa   | <input type="checkbox"/> Vinegar, White Wine                     |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                      | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)       | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                        | <input type="checkbox"/> Hummus  |  |
| <input type="checkbox"/> Milk, Soy (Organic)                              | <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> <b>Sweeteners</b>                       |
| <input type="checkbox"/> Modified Food Starch                             | <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/Nutrasweet                    |
|   | <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> BodyPro Almond Mayo Grade B 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 (Caramel/Red W. 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 NoCaramel/WineVinegar) | <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 B 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"/> Veganaise 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"/> Earth Balance® Avocado Oil Butter Spread         | <input type="checkbox"/> Vinegar, Rice                                   | <input type="checkbox"/> Honey, Wildflower from Mahava®          |

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



- |   |  |   |
|---|--|---|
| <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                 |
| <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"/> 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/Ninja
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Coffee Bean, Organic

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

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)          | <input type="checkbox"/> Bran                                   | <input type="checkbox"/> Semolina                                       |
| <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Bread                                  | <input type="checkbox"/> Soy Sauce                                      |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers      | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Spelt  |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers       | <input type="checkbox"/> Caramel Coloring                       | <input type="checkbox"/> Teechino                                       |
| <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers     | <input type="checkbox"/> Cheese, Bleu                           | <input type="checkbox"/> Teriyaki Sauce                                 |
| <input type="checkbox"/> Sorghum   | <input type="checkbox"/> Chewing Gum (has gluten and corn)      | <input type="checkbox"/> Triticale                                      |
| <input type="checkbox"/> Sweet Potato Flour (gluten free)                | <input type="checkbox"/> Coffee, Instant (has gluten)           | <input type="checkbox"/> Vinegar  |
| <input type="checkbox"/> Tapioca   | <input type="checkbox"/> Couscous                               | <input type="checkbox"/> Vinegar, Malt                                  |
| <input type="checkbox"/> Tapioca Flour (gluten free)                     | <input type="checkbox"/> Crab, Immitation                       | <input type="checkbox"/> Vinegar, White                                 |
| <input type="checkbox"/> Tapioca Starch (gluten free)                    | <input type="checkbox"/> Durum Wheat                            | <input type="checkbox"/> Wheat (All Types)                              |
| <input type="checkbox"/> Teff  | <input type="checkbox"/> Farro                                  | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)           |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta               | <input type="checkbox"/> Gluten                                 |   |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta              | <input type="checkbox"/> Graham (wheat)                         | <input type="checkbox"/> <b>Corn-Derived Foods</b>                      |
| <input type="checkbox"/> Tortilla, Siete Almond                          | <input type="checkbox"/> Kamut                                  | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy      |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut               | <input type="checkbox"/> Liquid Smoke (can have gluten)         | <input type="checkbox"/> Cheese, Cream                                  |
| <input type="checkbox"/> Tortilla, Siete Chia & Cassava                  | <input type="checkbox"/> Malt                                   | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....) |
|  | <input type="checkbox"/> Maltodextrin (Barley-derived)          | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>                  | <input type="checkbox"/> Oats (Can be contaminated with gluten) | <input type="checkbox"/> Chewing Gum (has gluten and corn)              |
| <input type="checkbox"/> Barley  | <input type="checkbox"/> Orzo                                   | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                   |
| <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)        | <input type="checkbox"/> Panko                                  | <input type="checkbox"/> Corn Gluten                                    |
| <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)         | <input type="checkbox"/> Polish Wheat                           | <input type="checkbox"/> Corn Meal (gluten free)                        |
| <input type="checkbox"/> Beer  | <input type="checkbox"/> Rye                                    | <input type="checkbox"/> Corn Oil                                       |

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Corn Starch (gluten free)                    | <input type="checkbox"/> Coffee                            | <input type="checkbox"/> Sparkling Water, unflavored        |
| <input type="checkbox"/> Corn, Blue                                   | <input type="checkbox"/> Coffee Bean, Organic              | <input type="checkbox"/> Tea, Black                         |
| <input type="checkbox"/> Corn, White                                  | <input type="checkbox"/> Coffee, Instant (has gluten)      | <input type="checkbox"/> Tea, Chamomile                     |
| <input type="checkbox"/> Erythritol (non-GMO)                         | <input type="checkbox"/> Collagen Protein (Powder)         | <input type="checkbox"/> Tea, Green                         |
| <input type="checkbox"/> Fructose                                     | <input type="checkbox"/> Echinacea Tea                     | <input type="checkbox"/> Tea, Hibiscus                      |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)           | <input type="checkbox"/> Grapefruit Juice                  | <input type="checkbox"/> Tea, Oolong                        |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)           | <input type="checkbox"/> Green Tea                         | <input type="checkbox"/> Tea, Ramon                         |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free      | <input type="checkbox"/> Hemp Protein (Powder)             | <input type="checkbox"/> Tea, Roobios                       |
| <input type="checkbox"/> Swerve® Xylitol                              | <input type="checkbox"/> Komboucha Tea                     | <input type="checkbox"/> Tea, unflavored/caffeine-free only |
| <input type="checkbox"/> Vegetable Oil                                | <input type="checkbox"/> Lemon Juice                       | <input type="checkbox"/> Tea, White                         |
| <input type="checkbox"/> Xanthan Gum                                  | <input type="checkbox"/> Licorice Tea                      | <input type="checkbox"/> Teechino                           |
| <input type="checkbox"/> Yogurt (See Xanthan Gum)                     | <input type="checkbox"/> Lime Juice                        | <input type="checkbox"/> Water                              |
|   | <input type="checkbox"/> Milk, Cow                         | <input type="checkbox"/> Wine, Red                          |
| <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       | <input type="checkbox"/> Milk, Goat                        | <input type="checkbox"/> Wine, White (Champagne)            |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Milk, Sheep                       | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)     |
| <input type="checkbox"/> Apple Juice                                  | <input type="checkbox"/> Milk, Soy (Organic)               | <input type="checkbox"/> Zevia Drinks                       |
| <input type="checkbox"/> Beer   | <input type="checkbox"/> Mineral Water                     |   |
| <input type="checkbox"/> Bone Broth Protein, Beef                     | <input type="checkbox"/> Orange Juice                      |   |
| <input type="checkbox"/> Carrot Juice                                 | <input type="checkbox"/> Pea Protein                       |   |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Rice Protein Powder (gluten free) |   |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)     |   |
| <input type="checkbox"/> Coconut Water (low sugar)                    | <input type="checkbox"/> Soy Protein (Organic)             |   |

<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Antimony	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Hops	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Inulin	<input type="checkbox"/> Silver
<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Skinny Crisps® (Plain Jane)
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Latex	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Liquid Aminos (Brags®)(has Soy)	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Malt	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Xanthan Gum

- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ Snacks

- ☐ Apple Sauce
- ☐ Date(s)
- ☐ Simple Mills Chocolate Chip Cookies