

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee Bean, Organic
- ☐ 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, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Water
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
- ☐ BodyPro Almond Mayo Grade B Maple Syrup
- ☐ BodyPro Almond Mayo with Yacon Syrup
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Dressing, Primal Kitchen Greek Avocado Oil
- ☐ Dressing, Primal Kitchen Honey Mustard
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Earth Balance® Coconut Spread
- ☐ Harissa
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise, Primal Kitchen Avocado Oil
- ☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Tabasco Sauce

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|--|---|--|
| <input type="checkbox"/> Ume Plum Vinegar                        | <input type="checkbox"/> Hake                 | <input type="checkbox"/> Tuna              |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Halibut              | <input type="checkbox"/> Walleye Pike      |
| <input type="checkbox"/> Vinegar, Beet                           | <input type="checkbox"/> Herring              | <input type="checkbox"/> Whitefish/Turbot  |
| <input type="checkbox"/> Vinegar, Distilled                      | <input type="checkbox"/> Lobster              |  |
| <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Mackerel             | <input type="checkbox"/> <b>Fruits</b>     |
| <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Acai              |
| <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Mussel               | <input type="checkbox"/> Apple (all types) |
|  | <input type="checkbox"/> Octopus              | <input type="checkbox"/> Apple Cider       |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>               | <input type="checkbox"/> Orange Roughy        | <input type="checkbox"/> Apple Juice       |
|  | <input type="checkbox"/> Oyster               | <input type="checkbox"/> Apple Sauce       |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b>             | <input type="checkbox"/> Perch                | <input type="checkbox"/> Apricot           |
| <input type="checkbox"/> Anchovy                                 | <input type="checkbox"/> Red Snapper          | <input type="checkbox"/> Banana            |
| <input type="checkbox"/> Bass                                    | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Bilberry          |
| <input type="checkbox"/> Catfish                                 | <input type="checkbox"/> Sardines             | <input type="checkbox"/> Blackberry        |
| <input type="checkbox"/> Chilean Sea Bass                        | <input type="checkbox"/> Scallop              | <input type="checkbox"/> Blueberry         |
| <input type="checkbox"/> Clam                                    | <input type="checkbox"/> Shrimp               | <input type="checkbox"/> Boysenberry       |
| <input type="checkbox"/> Cod/ Cod Liver Oil                      | <input type="checkbox"/> Sole                 | <input type="checkbox"/> Cantaloupe        |
| <input type="checkbox"/> Corvina                                 | <input type="checkbox"/> Squid                | <input type="checkbox"/> Cherry            |
| <input type="checkbox"/> Crab                                    | <input type="checkbox"/> Swai                 | <input type="checkbox"/> Clementine        |
| <input type="checkbox"/> Crayfish                                | <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Cranberry         |
| <input type="checkbox"/> Flounder                                | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Cranberry Juice   |
| <input type="checkbox"/> Haddock                                 | <input type="checkbox"/> Trout                | <input type="checkbox"/> Currant           |

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|--|--|---|
| <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pear, Asian                  |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons                   |
| <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple                    |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain                     |
| <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum                         |
| <input type="checkbox"/> Goji Berry            | <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 (Pure)   | <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 Juice        | <input type="checkbox"/> Tangerine                    |
| <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Watermelon                   |
| <input type="checkbox"/> Jack fruit            | <input type="checkbox"/> Orange, Blood       | <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"/> Lemon                 | <input type="checkbox"/> Peach               |   |
| <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Pear                |   |

<input type="checkbox"/>	<b>Gluten-Containing Foods</b>	<input type="checkbox"/>	Millet	<input type="checkbox"/>	Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/>		<input type="checkbox"/>	Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/>	Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/>	<b>Gluten-Free Grains</b>	<input type="checkbox"/>	Oats (Certified GF)	<input type="checkbox"/>	Sorghum
<input type="checkbox"/>	Almond Flour (gluten free)	<input type="checkbox"/>	Potato Flour (gluten free)	<input type="checkbox"/>	Sweet Potato Flour (gluten free)
<input type="checkbox"/>	Amaranth	<input type="checkbox"/>	Potato Starch (gluten free)	<input type="checkbox"/>	Tapioca
<input type="checkbox"/>	Arrowroot Flour/powder	<input type="checkbox"/>	ProGranola (Julian Bakery)	<input type="checkbox"/>	Tapioca Flour (gluten free)
<input type="checkbox"/>	Basmati Rice (gluten free)	<input type="checkbox"/>	Quinoa (gluten free)	<input type="checkbox"/>	Tapioca Starch (gluten free)
<input type="checkbox"/>	Buckwheat	<input type="checkbox"/>	Quinoa, Black (gluten free)	<input type="checkbox"/>	Teff
<input type="checkbox"/>	Buckwheat Flour	<input type="checkbox"/>	Quinoa, Red (gluten free)	<input type="checkbox"/>	Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/>	Chicory Root	<input type="checkbox"/>	Rice Bran	<input type="checkbox"/>	Tolerant Red or Green Lentil Pasta
<input type="checkbox"/>	Coconut Flour (gluten free)	<input type="checkbox"/>	Rice Flour (gluten free)	<input type="checkbox"/>	Tortilla, Siete Chia & Cassava
<input type="checkbox"/>	Coconut Meal (gluten free)	<input type="checkbox"/>	Rice Protein Powder (gluten free)		
<input type="checkbox"/>	Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/>	Rice, Basmati (gluten free)	<input type="checkbox"/>	<b>Herbs &amp; Spices</b>
<input type="checkbox"/>	Fava Bean Flour	<input type="checkbox"/>	Rice, Black (gluten free)	<input type="checkbox"/>	Allspice
<input type="checkbox"/>	Flax Meal	<input type="checkbox"/>	Rice, Brown (gluten free)	<input type="checkbox"/>	Almond Flavor natural, gluten free)
<input type="checkbox"/>	Garbanzo Flour	<input type="checkbox"/>	Rice, Japonica (gluten free)	<input type="checkbox"/>	Anise
<input type="checkbox"/>	Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/>	Rice, Purple (gluten free)	<input type="checkbox"/>	Ashwaganda
<input type="checkbox"/>	Hazelnut Flour	<input type="checkbox"/>	Rice, Red (gluten free)	<input type="checkbox"/>	Astragalus
<input type="checkbox"/>	Hemp Meal	<input type="checkbox"/>	Rice, White (gluten free)	<input type="checkbox"/>	Basil
<input type="checkbox"/>	Hemp Protein (Powder)	<input type="checkbox"/>	Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/>	Bay Leaf
<input type="checkbox"/>	Hemp Seed	<input type="checkbox"/>	Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/>	Black Cohosh
<input type="checkbox"/>	Konjac Glucomannon Flour	<input type="checkbox"/>	Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/>	Caraway Seed

<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mint
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Oregano
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Paprika
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Parsley
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Pepper, Sichuan

<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Sage		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean

<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low sodium)	<input type="checkbox"/> Cheese, Asiago
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> ApplegateÂ® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> ApplegateÂ® organic bacon	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> ApplegateÂ® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> ApplegateÂ® organic chicken	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> ApplegateÂ® organic chicken/apple sausage	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> ApplegateÂ® organic ham	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> ApplegateÂ® organic herb roasted turkey	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> ApplegateÂ® organic hot dogs	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> ApplegateÂ® organic red pepper sausage	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Marscapone
<input type="checkbox"/> ApplegateÂ® organic roast beef	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> ApplegateÂ® organic sausage sweet italian	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> ApplegateÂ® organic smoked chicken breast	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> ApplegateÂ® organic smoked turkey breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> ApplegateÂ® organic spinach & feta sausage	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> ApplegateÂ® organic turkey	<input type="checkbox"/> ApplegateÂ® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> ApplegateÂ® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
		<input type="checkbox"/> Cheese, String (Mozzarella)

<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylitol®	<input type="checkbox"/> Latex
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Resveratrol
	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Silver
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Inulin	<input type="checkbox"/> Tofu (Organic)



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| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)         | <input type="checkbox"/> Milk, Soy (Organic)                   | <input type="checkbox"/> Cola Nut (aka Kola Nut)   |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)         | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or     | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Tragacanth Gum                               |  | <input type="checkbox"/> Flax Meal                 |
| <input type="checkbox"/> Vegetable broth (ImagineÂ® Low Sodium)       | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Flax Oil                  |
| <input type="checkbox"/> Vegetable Shortening (SpectrumÂ®)            | <input type="checkbox"/> Almond                                | <input type="checkbox"/> Flax Seed                 |
| <input type="checkbox"/> Vinegar, Red Wine                            | <input type="checkbox"/> Almond Butter (ArtisanaÂ®)            | <input type="checkbox"/> Grapeseed Oil, Organic    |
| <input type="checkbox"/> Vinegar, Rice                                | <input type="checkbox"/> Almond Flavor natural, gluten free)   | <input type="checkbox"/> Hazelnut Flour            |
| <input type="checkbox"/> Vinegar, White Wine                          | <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Hazelnut/Filbert          |
| <input type="checkbox"/> Yeast, Baker's                               | <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Hemp Meal                 |
| <input type="checkbox"/> Yeast, Brewer's                              | <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Hemp Protein (Powder)     |
| <input type="checkbox"/> Yeast, Nutritional                           | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Hemp Seed                 |
|   | <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Hydrogenated Oils         |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Canola/Rapeseed Oil                   | <input type="checkbox"/> Macadamia Nut Oil         |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Macadamia Nuts            |
| <input type="checkbox"/> Almond Yogurt, unsweetened                   | <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Olive Leaf Extract        |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise               | <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Olive Oil, Virgin         |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Palm Kernel Oil           |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Pecan                     |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)          | <input type="checkbox"/> Chia Seed (1/4 cup, max)              | <input type="checkbox"/> Pecan Flour               |
| <input type="checkbox"/> Egg, Vital FarmsÂ® or Pasture VerdeÂ®        | <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Pepitas                   |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                  | <input type="checkbox"/> Coconut Oil                           | <input type="checkbox"/> Pili Nuts                 |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                    | <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Pine Nut                  |

<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Psyllium Husk		<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> <b>Snacks</b>	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Maltodextrin (Tapioca-based)
<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"/> Molasses
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Monk Fruit Extract
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Tahini	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Yacon Syrup

<input type="checkbox"/> <b>Vegetables</b>	<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"/> Cucumber
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Endive
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button

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

- ☐ Tomato
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tomato, Cherry
- ☐ Tomato, Heirloom
- ☐ Tomato, Orange
- ☐ Tomato, Red
- ☐ Tomato, Roma
- ☐ Tomato, Sun-dried
- ☐ Tomato, Yellow
- ☐ Tomatoes, Big Beef
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini