

- | | | |
|--|--|--|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Dates | <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"/> Prune	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Quince	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Cashews	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecans
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Poppy seeds
	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil

<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens

<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Pimento
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Jicama	<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard

<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bass
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Catfish
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Clam
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Corvina
<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Crab
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Squash	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Truffle	<input type="checkbox"/> Flounder
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Haddock
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnips	<input type="checkbox"/> Hake
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Halibut
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Watercress	<input type="checkbox"/> Herring
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca	<input type="checkbox"/> Mussel
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Octopus
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Orange Roughy

<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic smoked turkey breast	
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Sole	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Squid	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Swai	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Trout	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Tuna	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or Amazon.com)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Lamb	
	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Condiments, Spreads & Sauces
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Rabbit	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup

<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Carob	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> White/Distilled Vinegar
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Red Tomato Paste (gluten free)	
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Aspartame
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cane Syrup
<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Harissa	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Hummus	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Jerusalem Artichoke Syrup
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Just Like Sugar®

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

<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"/> Nutmeg	<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Navy
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, 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, Buffalo	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, White
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Beans
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Whey	<input type="checkbox"/> Fava Bean

<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Miso	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)
	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker
	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers

<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Teechino
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Couscous	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Teff	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Gluten	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Kamut	
	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Malt	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Beer
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Orzo	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Panko	<input type="checkbox"/> Casein
<input type="checkbox"/> Beer	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Bran	<input type="checkbox"/> Rye	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Bread	<input type="checkbox"/> Semolina	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Coffee
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Spelt	<input type="checkbox"/> Coffee Bean, Organic

<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Antimony
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum, Xylitechew®
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Teechino	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Water	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Rice Protein Powder (gluten free)		<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)		<input type="checkbox"/> Hops

- | | |
|---|--|
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Malt | |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tragacanth Gum | |