

<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Malt	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Oats	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Orzo	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Panko	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Rye	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Semolina	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Triticale	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Tea, unflavored/cafeine-free only	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Teechino	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Water	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Kamut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Konjac Glucomannon Flour

<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Basil
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)		<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)

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| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Uva Ursi |

<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Onion	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Shallots	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Paprika	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic herb roasted turkey
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic smoked chicken breast

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| <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Romano |
| <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone |
| <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String (Mozzarella) |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Cheese, Mascapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum) |

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

<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Yucca
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Tahini	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Chives
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Shallots
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Snacks	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Truffle
<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Turnips
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Watercress