

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Leeks
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)

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|---|---|---|
| <input type="checkbox"/> Onion, Green                 | <input type="checkbox"/> Pimento                          | <input type="checkbox"/> Spirulina              |
| <input type="checkbox"/> Onion, Maui                  | <input type="checkbox"/> Potato, Fingerling               | <input type="checkbox"/> Squash                 |
| <input type="checkbox"/> Onion, Red                   | <input type="checkbox"/> Potato, Purple                   | <input type="checkbox"/> Squash, Acorn          |
| <input type="checkbox"/> Onion, Sweet                 | <input type="checkbox"/> Potato, Red                      | <input type="checkbox"/> Squash, Butternut      |
| <input type="checkbox"/> Onion, Yellow                | <input type="checkbox"/> Potato, Russet                   | <input type="checkbox"/> Squash, Green          |
| <input type="checkbox"/> Parsley                      | <input type="checkbox"/> Potato, Sweet                    | <input type="checkbox"/> Squash, Spaghetti      |
| <input type="checkbox"/> Parsnip                      | <input type="checkbox"/> Potato, White                    | <input type="checkbox"/> Squash, Summer         |
| <input type="checkbox"/> Pea, Black-Eyed              | <input type="checkbox"/> Potato, Yukon Gold               | <input type="checkbox"/> Squash, Winter         |
| <input type="checkbox"/> Pea, Green                   | <input type="checkbox"/> Prickly Pear                     | <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"/> Pea Protein                  | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Swiss Chard            |
| <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Tomatillo              |
| <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato                 |
| <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomatoes, Big Beef     |
| <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Cherry         |
| <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Heirloom       |
| <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Tomato, Orange         |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Tomato, Red            |

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| <input type="checkbox"/> Tomato, Roma      | <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Grapefruit          |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice    |
| <input type="checkbox"/> Tomato, Yellow    | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava               |
| <input type="checkbox"/> Truffle           | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         |
| <input type="checkbox"/> Turnip Greens     | <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          |
| <input type="checkbox"/> Turnips           | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi                |
| <input type="checkbox"/> Water Chestnut    | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat             |
| <input type="checkbox"/> Watercress        | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Yams, Garnett     | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Yams, Japanese    | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Yucca             | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Psyllium Husk     | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
| <input type="checkbox"/> Agar Gum          | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape                 | <input type="checkbox"/> Maqui               |
| <input type="checkbox"/> Apple Cider       | <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Melon, Honeydew     |
| <input type="checkbox"/> Apple Juice       | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Apple Sauce       | <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"/> Noni	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Papaya	<input type="checkbox"/> Nuts, Seeds, & Oils	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Peach	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Plum	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Prune	<input type="checkbox"/> Cashews	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Quince	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas

<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> White Beans
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Anchovy
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Catfish
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Clam
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Corvina
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Crab
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Flounder
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Miso	<input type="checkbox"/> Haddock
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Hake
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Halibut
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Herring
<input type="checkbox"/> Tahini	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mussel

☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Crab, Immitation☐ Meat & Poultry☐ Applegate® organic bacon☐ Applegate® organic black forest☐ Applegate® organic chicken☐ Applegate® organic ham☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Applegate® organic andouille☐ Applegate® organic chicken/apple☐ Applegate® organic red pepper☐ Applegate® organic spinach & feta☐ Applegate® organic sausage sweet☐ Applegate® organic smoked☐ Applegate® organic smoked turkey☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken Broth (Imagine® gf/low☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no☐ Almond Yogurt, unsweetened☐ Cheese, Soy (Organic) (see Soy)☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Egg, Pasture-raised (from a farmer)☐ Egg, Vital Farms® or Pasture☐ Egg, Whites, Pasture-raised☐ Egg, Yolks Pasture-raised☐ Milk, Soy (Organic)☐ Sriracha Sauce Organicville☐ Egg

<input type="checkbox"/>	<b>Condiments</b>	<input type="checkbox"/>	<b>Sweeteners</b>	<input type="checkbox"/>	Monk Fruit
<input type="checkbox"/>	Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/>	Agave Nectar	<input type="checkbox"/>	Rebiana Leaf (Stevia)
<input type="checkbox"/>	BodyPro Almond Mayo Grade B	<input type="checkbox"/>	BodyPro Almond Mayo Grade B	<input type="checkbox"/>	Sorbitol
<input type="checkbox"/>	BodyPro Almond Mayo with Yacon	<input type="checkbox"/>	BodyPro Almond Mayo with Yacon	<input type="checkbox"/>	Splenda
<input type="checkbox"/>	Carob	<input type="checkbox"/>	Brown Rice Syrup (contains	<input type="checkbox"/>	Sucanat
<input type="checkbox"/>	Coconut Vinegar (Coconut Secret)	<input type="checkbox"/>	Chocolate, Dark	<input type="checkbox"/>	Sugar Beet
<input type="checkbox"/>	Earth Balance® Coconut Spread	<input type="checkbox"/>	Chocolate, Milk	<input type="checkbox"/>	Sugar Cane
<input type="checkbox"/>	Horseradish Sauce, Gluten-free	<input type="checkbox"/>	Chocolate, White	<input type="checkbox"/>	Sweetleaf® Stevia
<input type="checkbox"/>	Hummus	<input type="checkbox"/>	Coconut Palm Sugar	<input type="checkbox"/>	Swerve® Xylitol
<input type="checkbox"/>	Ketchup (Organicville)	<input type="checkbox"/>	Date Sugar	<input type="checkbox"/>	Xyla (Birchwood Xylitol/non-corn
<input type="checkbox"/>	Mayonnaise	<input type="checkbox"/>	Erythritol (non-GMO)	<input type="checkbox"/>	Yacon Syrup
<input type="checkbox"/>	Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/>	Fructose	<input type="checkbox"/>	<b>Herbs &amp; Spices</b>
<input type="checkbox"/>	Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/>	Fruit Pectin	<input type="checkbox"/>	Allspice
<input type="checkbox"/>	Sriracha Sauce Organicville	<input type="checkbox"/>	Honey, (Organic)	<input type="checkbox"/>	Almond Flavor natural, gluten free)
<input type="checkbox"/>	Ume Plum Vinegar	<input type="checkbox"/>	Honey, Manuka	<input type="checkbox"/>	Anise
<input type="checkbox"/>	Veganaise Soy-free (Follow Your	<input type="checkbox"/>	Honey, Wildflower from Mahava®	<input type="checkbox"/>	Black Cohosh
<input type="checkbox"/>	Vinegar, Distilled	<input type="checkbox"/>	Just Like Sugar®	<input type="checkbox"/>	Caramel Coloring
<input type="checkbox"/>	Vinegar, Red Wine	<input type="checkbox"/>	Lo Han	<input type="checkbox"/>	Caraway Seed
<input type="checkbox"/>	Vinegar, Rice	<input type="checkbox"/>	Maltodextrin (Corn-based,	<input type="checkbox"/>	Cardamom
<input type="checkbox"/>	Vinegar, White	<input type="checkbox"/>	Maple Sugar	<input type="checkbox"/>	Celery Powder
<input type="checkbox"/>	Vinegar, White Wine	<input type="checkbox"/>	Maple Syrup (Grade A Dark Amber	<input type="checkbox"/>	Chicory Root
<input type="checkbox"/>	Worcestershire Sauce (The	<input type="checkbox"/>	Molasses	<input type="checkbox"/>	Chili Powder

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



<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Saffron	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sage	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep

<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Whey	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Millet	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)	
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	

☐ **Gluten-Containing Foods**

- ☐ Bran
- ☐ Bread
- ☐ Brown Rice Syrup (contains
- ☐ Caramel Coloring
- ☐ Cheese, Bleu
- ☐ Chewing Gum (has gluten and corn)
- ☐ Coffee, Instant (has gluten)
- ☐ Couscous
- ☐ Durum Wheat
- ☐ Farro
- ☐ Gluten
- ☐ Graham (wheat)
- ☐ Kamut
- ☐ Liquid Smoke (can have gluten)
- ☐ Oats
- ☐ Orzo
- ☐ Panko
- ☐ Polish Wheat
- ☐ Rye
- ☐ Semolina
- ☐ Soy Sauce

☐ Spelt☐ Teriyaki Sauce☐ Triticale☐ Vinegar, White☐ Wheat (All Types)☐ Wheat Grass (Is☐ Crab, Immitation☐ **Corn-Derived Foods**

- ☐ Cheese, Cream
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Chewing Gum (has gluten and corn)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ Corn Gluten
- ☐ Corn Meal (gluten free)
- ☐ Corn Oil
- ☐ Corn Starch (gluten free)
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ GemWraps®, Sandwich Wrap
- ☐ Maltodextrin (Corn-based,

☐ Sriracha Sauce Organicville☐ Swerve® Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan Gum)☐ **Beverages & Protein Powders**

- ☐ Almond Milk, unsweetened (no
- ☐ Apple Juice
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca,
- ☐ Coconut Milk(Native Forest or
- ☐ Coconut Water (low sugar)
- ☐ Coffee Bean, Organic
- ☐ Coffee
- ☐ Coffee, Instant (has gluten)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice

<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Hops
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Antimony	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Beef broth (ImagineÂ® low	<input type="checkbox"/> Liquid Aminos (BraggsÂ®)(has Soy
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Chewing Gum, XylitewÂ®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Chicken Broth (ImagineÂ® gf/low	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Red Chili Paste Thai KitchenÂ®
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Coconut AminosÂ®	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Silver
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap	<input type="checkbox"/> Skinny CrispsÂ®(Plain Jane)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap	<input type="checkbox"/> Tagacanth Gum
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> GemWrapsÂ®, Sandwich Wrap	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Water	<input type="checkbox"/> Great Lake'sÂ® Beef Gelatin	<input type="checkbox"/> Tomato Sauce (gluten &

- ☐ Tagacanth Gum
- ☐ Vegetable broth (Imagine® Low
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum