

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Nori
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Chayote	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Fennel	<input type="checkbox"/> Parsley
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Burdock	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Capers	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Anaheim

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| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sugar Beet | |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Tomato | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Blueberry |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Truffle | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Turnips | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Spirulina | <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Watercress | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Yucca | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Goji Berry |

sundas malik

08/31/2017

<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince
<input type="checkbox"/> Grape	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Noni	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Banana
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Papaya	<input type="checkbox"/> Apricot
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Passion Fruit	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Peach	<input type="checkbox"/> Nuts, Seeds, & Oils
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Canola/Rapeseed Oil

<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Almond
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seed Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Pea, Split

☐ Peanut (Organic, Valencia)☐ Peanut Butter (Organic,☐ Peanut Oil (Organic)☐ Vanilla Bean☐ Vanilla Powder☐ White Beans☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ 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 herb roasted☐ Applegate® organic smoked turkey☐ Applegate® organic turkey☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ 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)☐ Venison (see also Deer)

<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Earth Balance® Avocado Oil Butter	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Horseradish Sauce, Gluten-free	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> BodyPro Almond Mayo with Yacon
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Egg	<input type="checkbox"/> Veganaise Soy-free (Follow Your	<input type="checkbox"/> Honey, (Organic)
	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Condiments	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber
<input type="checkbox"/> BodyPro Almond Mayo with Yacon		<input type="checkbox"/> Molasses
<input type="checkbox"/> Carob		<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)		<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Dressing, Primal Kitchen Greek		<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Dressing, Primal Kitchen Honey		<input type="checkbox"/> Sorbitol

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| <input type="checkbox"/> Splenda | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cloves | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Herbs De Provence |
| | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite |

<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Shallots	<input type="checkbox"/> Casein
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, Asiago
<input type="checkbox"/> Onion	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Oregano	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Parsley	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Pepper/Peppercorns, Szechuan	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Rosemary		<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Saffron		<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sage		<input type="checkbox"/> Cheese, Ricotta

<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Wild (Lundberg® - not the
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Whey	<input type="checkbox"/> Oats	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Tapioca Starch (gluten free)
	<input type="checkbox"/> Oat Grass (Not For Gluten	<input type="checkbox"/> Teff
	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Simple Mills

<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Barley		<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Gluten	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Kamut	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Malt	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Oats	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Water
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Wine, Red
<input type="checkbox"/> Rye	<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Licorice Tea	
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Lime Juice	
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Milk, Cow	
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Milk, Goat	
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Milk, Sheep	
	<input type="checkbox"/> Mineral Water	

<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Latex
<input type="checkbox"/> Antimony	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Red Dye
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Malt	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Ispaghula/Psyllium
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Palm Wax	
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Pycnogenol	
<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Red Tomato Paste (gluten free)	
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Resveratrol	
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sherry Vinegar	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Silver	
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Tagacanth Gum	
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Tomato Paste (gluten &	
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Tomato Sauce (gluten &	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tagacanth Gum	
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vinegar, Red Wine	
<input type="checkbox"/> Hops	<input type="checkbox"/> Vinegar, Rice	
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vinegar, White 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	