

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Endive
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Garlic
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Lettuce, all types

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

<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Truffle	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Turnips	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yucca	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen
	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui

<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Peach	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Plum	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Prune	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Quince	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Pecans

<input type="checkbox"/> Pepitas	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Crab	<input type="checkbox"/> Swai
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic herb roasted turkey

<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Condiments
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Carob
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Lamb	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Lard (pork)		<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Ostrich		<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Pheasant		<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Pork, (organic)		<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Quail		<input type="checkbox"/> Vinegar, Beet
<input type="checkbox"/> Rabbit		<input type="checkbox"/> Vinegar, Distilled

<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Anise
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Molasses	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Basil
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cloves
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Penang
		<input type="checkbox"/> Cramp Bark Extract

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| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Cayenne |
| <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"/> Pepper, Sichuan |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Onion | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Sumac |

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|---|--|--|
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Peanut (Organic, Valencia) |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Peanut Oil (Organic) |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Navy | <input type="checkbox"/> Red Bean Paste |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Bean, Ninja | <input type="checkbox"/> Soy Beans (must be organic) |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Soy Beans Oil (must be organic) |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, White | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Beans | |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Wormwood | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Almond Flour (gluten free) |
| | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Arrowroot Flour/powder |
| | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Miso | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |

<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Flour (gluten free)	
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Fructose
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Teff	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	
<input type="checkbox"/> Quinoa, Red (gluten free)		

☐ **Beverages & Protein Powders**

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Cider
- ☐ Apple Juice
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee Bean, Organic
- ☐ **Collagen Protein (Powder)**
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ **Great Lake's® Beef Gelatin**
- ☐ **Green Tea**
- ☐ Hemp Protein (Powder)
- ☐ **Lemon Juice**
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Soy (Organic)
- ☐ Mineral Water

☐ Orange Juice

- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ **Tea, Black**
- ☐ Tea, Chamomile
- ☐ **Tea, Green**
- ☐ Tea, Hibiscus
- ☐ **Tea, Oolong**
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ **Tea, White**
- ☐ Water
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ **Miscellaneous**

- ☐ Acacia Gum
- ☐ Agar Gum
- ☐ Antimony
- ☐ Arabic Gum
- ☐ Baking Powder
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Banana
- ☐ Blue Food Dye
- ☐ **Bone Broth, Beef**
- ☐ Carrageenan Gum
- ☐ Chewing Gum, Xylichew®
- ☐ Chicken Broth (Imagine® gf/low sodium)
- ☐ Chicory Root
- ☐ Cocoa Butter
- ☐ Cocoa/Cacao (raw, pure, & unsweetened)
- ☐ Coconut Aminos®
- ☐ Coconut Cream
- ☐ **Collagen Protein (Powder)**
- ☐ Formaldehyde
- ☐ **Garam Masala**
- ☐ GemWraps®, Sandwich Wrap (Carrot)

- | | |
|---|---|
| <input type="checkbox"/> GemWraps® (Kale-Apple) | <input type="checkbox"/> Skinny Crisps® (Plain Jane) |
| <input type="checkbox"/> GemWraps® (Mango/Chipotle) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Red Food Dye | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | |
| <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Silver | |