

- | | | |
|---|--|---|
| <input type="checkbox"/> Beverages | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Condiment |
| <input type="checkbox"/> Almond Milk, unswe | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar) |
| <input type="checkbox"/> Coconut Kefir (No-T | <input type="checkbox"/> Soy Milk/Soy Chee | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Coconut Milk (Native | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Coconut Water (low | <input type="checkbox"/> Sparkling Water, un | <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Collagen Protein (F | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Hemp Protein (Pow | <input type="checkbox"/> Tea, unflavored/can | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Teechino | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Water | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, White (Cham | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Yerba Matte Tea (G | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Coffee Bean, Orga | <input type="checkbox"/> Vinegar, White |

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- ☐ Vinegar, White Wine

☐ Worcestershire Sauce

☐ Sriracha Sauce Organic

☐ Tabasco Sauce

☐ Dressing, Primal Kitchen

☐ Dressing, Primal Kitchen

☐ Mayonnaise, Primal Kitchen

☐ Mayonnaise, Primal Kitchen

☐ BodyPro Almond Meal

☐ BodyPro Almond Meal

☐ BodyPro Avocado Oil
- ☐ Corn Oil

☐ Corn Starch (gluten-free)

☐ Erythritol (non-GMO)

☐ Fructose

☐ GemWraps® (Soy-free)

☐ Maltodextrin (Corn-based)

☐ Swerve® Xylitol

☐ Vegetable Oil Any

☐ Xanthan Gum 1/4 tsp

☐ Yogurt (See Xanthan Gum)

☐ Sriracha Sauce Organic
- ☐ Flounder

☐ Haddock

☐ Hake

☐ Halibut

☐ Herring (smoked)

☐ Lobster

☐ Mackerel

☐ Mahi Mahi

☐ Mussel

☐ Orange Roughy

☐ Oyster

☐ Perch

☐ Red Snapper

☐ Salmon, wild (fresh)

☐ Sardines

☐ Scallop

☐ Shrimp

☐ Sole

☐ Squid

☐ Swai

☐ Swordfish

☐ Tilapia (Non-farmed)
- ☐ Corn-Derived

☐ Cheese, Cream

☐ Cheese, Daiya (Cottage Cheese)

☐ Cheese, Soy (Organic)

☐ Chewing Gum (has Xanthan Gum)

☐ Corn (Gluten-free)

☐ Corn, Blue

☐ Corn, White

☐ Corn Gluten

☐ Corn Meal (gluten-free)
- ☐ Fish & Seafood

☐ Anchovy

☐ Bass

☐ Catfish

☐ Chilean Sea Bass

☐ Clam

☐ Cod/ Cod Liver Oil

☐ Corvina

☐ Crab

☐ Crayfish

- | | | |
|--|--|--|
| <input type="checkbox"/> Trout | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peeh | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |

- | | | |
|--|--|---|
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Gluten-Free | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Plantain | <input type="checkbox"/> Barley | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Barley Greens (Not for Rye) | <input type="checkbox"/> Polish Wheat (ve) |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Barley Juice (Not for Rye) | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Raisin (unsulfured) | <input type="checkbox"/> Brown Rice Syrup (iten) | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chewing Gum (has) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coffee, Instant (has) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Gluten | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Graham (wheat) | |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Kamut | |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Liquid Smoke (can have gluten) | |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Malt | |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | |
| | <input type="checkbox"/> Oats | |

- ☐ **Gluten-Free** ☐ Millet ☐ Simple Mills Tomato & Basil Almond Crackers
- ☐ Almond Flour (gluten free) ☐ Oats ☐ Sorghum
- ☐ Amaranth ☐ Oats (Bob's Red Mill) ☐ Sweet Potato Flour (gluten free)
- ☐ Basmati Rice (gluten free) ☐ Oat Grass (Not For Humans) ☐ Tapioca
- ☐ Buckwheat ☐ Potato Flour (gluten free) ☐ Tapioca Flour (gluten free)
- ☐ Buckwheat Flour ☐ Potato Starch (gluten free) ☐ Tapioca Starch (gluten free)
- ☐ Chicory Root ☐ Quinoa (gluten free) ☐ Teff
- ☐ Coconut Meal (gluten free) ☐ Quinoa, Black (gluten free) ☐ Tolerant Green Lentil & Pea Pasta
- ☐ Corn (Gluten-free) ☐ Quinoa, Red (gluten free) ☐ Tolerant Red or Green Lentil Pasta
- ☐ Corn, Blue ☐ Rice, Basmati (gluten free) ☐ Tortilla, Siete Almond
- ☐ Corn, White ☐ Rice, Black (gluten free) ☐ Tortilla, Siete Cassava & Coconut
- ☐ Corn Starch (gluten free) ☐ Rice, Brown (gluten free) ☐ Tortilla, Siete Chia & Cassava
- ☐ Ener-G Brown Rice ☐ Rice, Japonica (gluten free) ☐ Simple Mills Everything Sprouted Seed Cracker
- ☐ Fava Bean Flour ☐ Rice, Purple (gluten free) ☐ Corn Meal (gluten free)
- ☐ Flax Meal ☐ Rice, Red (gluten free) ☐ Coconut Flour (gluten free)
- ☐ Garbanzo Flour ☐ Rice, White (gluten free) ☐ Arrowroot Flour/powder
- ☐ Glucomannan Flour ☐ Rice, Wild (Lundberg® - not the blend)
- ☐ Hazelnut Flour ☐ Rice Bran
- ☐ Hemp Meal ☐ Rice Flour (gluten free)
- ☐ Hemp Protein (Powder) ☐ Rice Protein Powder (gluten free)
- ☐ Hemp Seed ☐ Simple Mills Grnd Sea Salt Almond Crackers
- ☐ Konjac Glucomannan ☐ Simple Mills Rosemary & Sea Salt Crackers

- ☐ Herbs & Spices
- ☐ Allspice
- ☐ Almond Flavor natural
- ☐ Anise
- ☐ Ashwaganda
- ☐ Astragalus
- ☐ Basil
- ☐ Bay Leaf
- ☐ Black Cohosh
- ☐ Caramel Coloring
- ☐ Caraway Seed
- ☐ Cardamom
- ☐ Celery Powder
- ☐ Chicory Root
- ☐ Chili Powder
- ☐ Chipotle Seasoning
- ☐ Cilantro/Coriander
- ☐ Cinnamon
- ☐ Cinnamon, Ceylon
- ☐ Cloves
- ☐ Cloves, Madagascar
- ☐ Cloves, Penang
- ☐ Cramp Bark Extract
- ☐ Cream of Tartar
- ☐ Cumin
- ☐ Curcumin
- ☐ Curry (must be GF)
- ☐ Dandelion Root
- ☐ Dill
- ☐ Dong Quai
- ☐ Echinacea
- ☐ Fennel
- ☐ Garlic
- ☐ Garlic Pepper
- ☐ Garlic Powder
- ☐ Garlic Salt
- ☐ Ginger
- ☐ Ginkgo Biloba
- ☐ Ginseng (All Types)
- ☐ Goldenseal
- ☐ Grapefruit Seed Extract
- ☐ Grapeseed Extract
- ☐ Guarana
- ☐ Gymnema Sylvestre
- ☐ Herbs De Provence
- ☐ Hickory
- ☐ Himalayan Salt
- ☐ Jamaican Jerk
- ☐ Juniper Berry
- ☐ Lavender
- ☐ Lemon Balm (Melissa Officinalis)
- ☐ Lemon Pepper
- ☐ Lemongrass
- ☐ Licorice Root
- ☐ Liquid Smoke (can have gluten)
- ☐ Liquid Smoke gluten free (natural)
- ☐ Maca Root
- ☐ Mace Spice
- ☐ Marjoram
- ☐ Mesquite
- ☐ Milk Thistle
- ☐ Mint
- ☐ Mustard (as a Powder)
- ☐ Mustard Seeds (gluten free)
- ☐ Nutmeg
- ☐ Olive Leaf Extract

- | | | |
|--|--|--|
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Legumes |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Thyme | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Pepper, Black (see | <input type="checkbox"/> Valerian | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Vanilla (gluten and | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Pepper/Pepperco | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Red Chili Paste Th | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Onion | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Shallots | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Edamame (must be organic) |
| <input type="checkbox"/> Sesame Seeds, Bl | <input type="checkbox"/> Paprika | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Spearmint | | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> St. John's Wort | | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Taco Seasoning | | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Tamari (Wheat Free) | | <input type="checkbox"/> Lentil(s) |

- ☐ Miso
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Peanut (Organic, M)
- ☐ Peanut Butter (Organic)
- ☐ Peanut Oil (Organic)
- ☐ Red Bean Paste
- ☐ Soy Beans (must be organic)
- ☐ Soy Beans Oil (must be organic)
- ☐ Vanilla Bean
- ☐ Vanilla Powder
- ☐ White Beans
- ☐ Coffee Bean, Organic
- ☐ **Meat & Poultry**
- ☐ Applegate® organic Quail
- ☐ Applegate® organic Rabbit
- ☐ Applegate® organic Turkey (organic) sausage
- ☐ Applegate® organic Veal (organic) sage
- ☐ Applegate® organic Venison (see also **Deer**)
- ☐ Applegate® organic organic smoked chicken breast
- ☐ Applegate® organic **Milk-Containing** breast
- ☐ Applegate® organic Butter, Raw and Pasture-raised
- ☐ Applegate® organic Buttermilk
- ☐ Beef, Grass-fed only
- ☐ Casein
- ☐ Bison (see also Buffalo)
- ☐ Cheese, American
- ☐ Buffalo (see also Bison)
- ☐ Cheese, Asiago
- ☐ Chicken Broth (Image)
- ☐ Cheese, Bleu (ium)
- ☐ Chicken, free range
- ☐ Cheese, Brie
- ☐ Deer (see also Venison)
- ☐ Cheese, Cheddar (Raw)
- ☐ Duck
- ☐ Cheese, Cottage
- ☐ Applegate® organic Goat, Grass-fed only
- ☐ Cheese, Cream
- ☐ Applegate® organic Lamb (organic)
- ☐ Cheese, Goat
- ☐ Applegate® organic Lard (pork)
- ☐ Cheese, Gorgonzola
- ☐ Applegate® organic Ostrich
- ☐ Cheese, Gouda
- ☐ Applegate® organic Pheasant
- ☐ Cheese, Havarti
- ☐ Applegate® organic Pork, (organic)
- ☐ Cheese, Machego

- ☐ Cheese, Marscap

☐ Cheese, Mozzarella

☐ Cheese, Muenster

☐ Cheese, Parmesan

☐ Cheese, Pecorino

☐ Cheese, Raw and Feta

☐ Cheese, Ricotta

☐ Cheese, Romano

☐ Cheese, Provolone

☐ Cheese, Sheep

☐ Cheese, String (Mozzarella)

☐ Cheese, Swiss

☐ Chocolate, Milk

☐ Chocolate, White

☐ Cream, Raw and Heavy

☐ Ghee (Pasture-Raised)

☐ Goat Cheese

☐ Goat Kefir

☐ Kefir, Raw

☐ Lactoalbumin

☐ Milk Chocolate

☐ Milk, Cow
- ☐ Milk, Goat

☐ Milk, Sheep

☐ Mozzarella Cheese

☐ Sour Cream, Raw

☐ Whey

☐ Yogurt (See Xanthan Gum)

☐ Cheese, Feta

☐ Antimony

☐ Arabic Gum

☐ Baking Powder

☐ Baking Soda (Arm & Hammer)

☐ Beef broth (Imagine That)

☐ Carrageenan Gum

☐ Chewing Gum (has Xylitol)

☐ Chicken Broth (Imagine That)

☐ Chicory Root

☐ Cocoa/Cacao (raw)

☐ Coconut Aminos

☐ Coconut Cream
- ☐ Collagen Protein (Powder)

☐ Garam Masala

☐ GemWraps® (Carrot)

☐ GemWraps® (Kale-Apple)

☐ GemWraps® (Mango/Chi.)

☐ Glucomannon Flour (konjacfoods.com)

☐ Great Lake's® Beef Gelatin

☐ Guar Gum

☐ Hops

☐ Julian Bakery Paleo Wraps

☐ Julian Bakery Almond Bread

☐ Julian Bakery Coconut Bread

☐ Konjac Glucomannon Flour

☐ Lard (pork) (F)

☐ Liquid Aminos (Braggs®)(has Soy)

☐ Locust Bean Gum

☐ Lycopene

☐ Malt (Barley) (Malt)

☐ Maltodextrin (Can be Wheat-derived)

☐ Palm Wax (Carnauba)

☐ Pycnogenol

☐ Red Chili Paste Thai Kitchen® (gluten free)

- ☐ Resveratrol
- ☐ Sherry Vinegar
- ☐ Silver
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Acacia Gum
- ☐ Tragacanth Gum
- ☐ Blue Food Dye
- ☐ Skinny Crisps
- ☐ Red Food Dye
- ☐ Cocoa Butter
- ☐ Agar Gum
- ☐ Almond, Marcona
- ☐ Annatto Seed
- ☐ Brazil Nut
- ☐ Canola/Rapeseed Oil
- ☐ Caraway Seed
- ☐ Cashews
- ☐ Cashew Butter
- ☐ Cashew Meal
- ☐ Chestnut
- ☐ Chia Seed (1/4 cup, max)
- ☐ Coconut Butter
- ☐ Coconut Oil
- ☐ Coconut, shredded (raw, unsweetened)
- ☐ Cola Nut (aka Kola Nut)
- ☐ Corn Oil
- ☐ Cottonseed/Cottonseed Oil
- ☐ Flax Meal
- ☐ Flax Oil
- ☐ Flax Seed
- ☐ Grapeseed Oil, Organic
- ☐ Hazelnut Flour
- ☐ Hazelnut/Filbert

- ☐ Hemp Meal ☐ Safflower/Safflower
- ☐ Hemp Protein (Pow) ☐ Sacha Inchi Seeds
- ☐ Hemp Seed ☐ Sesame Seed Oil
- ☐ Hydrogenated Oil ☐ Sesame Seeds ☐ Apple Sauce
- ☐ Macadamia Nut ☐ Sesame Seeds, Black
- ☐ Macadamia Nuts ☐ Sunflower Seed
- ☐ Olive Leaf Extract ☐ Sunflower Seed ☐ Aspartame/Nutrasweet
- ☐ Olive Oil, Virgin ☐ Sunflower Seed ☐ Brown Rice Syrup (contains MSG/Gluten)
- ☐ Palm Kernel Oil ☐ Sunflower Seeds ☐ Chocolate, Dark
- ☐ Pecan ☐ Tahini ☐ Chocolate, Milk
- ☐ Pecan Flour ☐ Tea, Ramon ☐ Chocolate, White
- ☐ Pepitas ☐ Tiger Nuts ☐ Coconut Palm Sugar
- ☐ Pili Nuts ☐ Vegetable Oil ☐ Date Sugar
- ☐ Pine Nut ☐ Vegetable Shortening ☐ Erythritol (non-GMO)
- ☐ Pistachios ☐ Walnut (few) ☐ Fructose
- ☐ Poppy seeds ☐ Walnut Oil ☐ Fruit Pectin
- ☐ Psyllium Husk ☐ Walnut, Black (few) ☐ Honey, (Organic)
- ☐ Pumpkin Oil ☐ Honey, Manuka
- ☐ Pumpkin Seed Oil ☐ Honey, Wildflower from Mahava
- ☐ Pumpkin Seeds ☐ Just Like Sugar
- ☐ Ramon Seeds ☐ Lo Han
- ☐ Rice, Wild (Lundberg) - not the blend ☐ Maltodextrin (Can be Wheat-derived)

Snacks

Date(s)

Simple Mills Chocolate Chip Cookies

Sweetener

- ☐ Maltodextrin (Corn)
- ☐ Maple Sugar
- ☐ Maple Syrup (Grade B)
- ☐ Molasses
- ☐ Monk Fruit
- ☐ Nutrasweet®
- ☐ Rebiana Leaf (Stevia)
- ☐ Sorbitol
- ☐ Splenda
- ☐ Sucanat
- ☐ Sugar Beet
- ☐ Sugar Cane
- ☐ Sweetleaf® Stevia
- ☐ Swerve® Xylitol
- ☐ Xyla (Birchwood Xylitol)
- ☐ Yacon Syrup
- ☐ BodyPro Almond Milk
- ☐ Sucralose
- ☐ Agave Nectar
- ☐ Coconut Sugar
- ☐ Vegetables
- ☐ Aloe Vera
- ☐ Artichoke (not pickled)
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Avocado Oil
- ☐ Bamboo Shoot
- ☐ Bean, Green
- ☐ Bean Sprout
- ☐ Beet
- ☐ Beet Greens
- ☐ Bell Pepper, Green
- ☐ Bell Pepper, Red
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Broccoli Rabe
- ☐ Broccoli Sprouts
- ☐ Broccolini
- ☐ Brussels Sprout
- ☐ Burdock
- ☐ Cabbage, Chinese
- ☐ Cabbage, Green
- ☐ Cabbage, Purple
- ☐ Cactus (Nopales)
- ☐ Capers
- ☐ Capsicum
- ☐ Carrot Juice
- ☐ Carrot, Orange
- ☐ Carrot, Purple
- ☐ Carrot, White
- ☐ Carrot, Yellow
- ☐ Cassava (see Tapioca and Yucca)
- ☐ Cauliflower
- ☐ Cauliflower, Purple
- ☐ Celery
- ☐ Chard
- ☐ Chayote
- ☐ Coconut (raw and unsweetened)
- ☐ Coconut Concentrate
- ☐ Collard Greens
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White

- ☐ Cucumber
- ☐ Daikon Radish
- ☐ Dandelion Greens
- ☐ Dandelion Root
- ☐ Eggplant
- ☐ Endive
- ☐ Fennel
- ☐ Garlic
- ☐ Hearts of Palm
- ☐ Horseradish
- ☐ Jicama
- ☐ Kale, all types
- ☐ Kelp/Dulse
- ☐ Kohlrabi
- ☐ Kombu
- ☐ Leeks
- ☐ Lettuce, all types
- ☐ Mushrooms
- ☐ Mushrooms, Button
- ☐ Mushrooms, Cremini
- ☐ Mushrooms, Maitake
- ☐ Mushrooms, Shiitake
- ☐ Mustard Greens
- ☐ Nori
- ☐ Okra
- ☐ Olives (without vine)
- ☐ Parsley
- ☐ Parsnip
- ☐ Pea, Black-Eyed
- ☐ Pea, Green
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Pea Protein
- ☐ Pepper, Anaheim
- ☐ Pepper, Chili
- ☐ Pepper, Green
- ☐ Pepper, Habanero
- ☐ Pepper, Jalapeño
- ☐ Pepper, Poblano
- ☐ Pepper, Red
- ☐ Pepper, Serrano
- ☐ Pickles, Bubbies®
- ☐ Pimento
- ☐ Potato, Fingerling
- ☐ Potato, Purple
- ☐ Potato, Red
- ☐ Potato, Russet
- ☐ Potato, Sweet
- ☐ Potato, White
- ☐ Potato, Yukon Gold
- ☐ Prickly Pear
- ☐ Pumpkin
- ☐ Pumpkin Powder
- ☐ Radicchio
- ☐ Rainbow Chard
- ☐ Rhubarb
- ☐ Rutabaga
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Scallions
- ☐ Sea Vegetables
- ☐ Seaweed
- ☐ Spirulina
- ☐ Sugar Beet
- ☐ Sweet Potato, Red
- ☐ Sweet Potatoes, White

- ☐ Swiss Chard
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange