

<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Noni
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Orange
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Banana	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Peach
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Pear
<input type="checkbox"/> Cherry	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lime	<input type="checkbox"/> Plantain
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Plum
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Prune
<input type="checkbox"/> Fig	<input type="checkbox"/> Mango	<input type="checkbox"/> Quince
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangelo

<input type="checkbox"/> Tangerine	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tahini
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Truffle Oil
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Truffle Oil, Black
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Walnuts, Black
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Pumpkin Seed Oil	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Seeds	
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Ramon Seeds	
	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	

<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Beet
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Trout	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tuna	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Haddock	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Burdock
<input type="checkbox"/> Hake	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Herring	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Lobster	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Capers
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Mussel	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Octopus	<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Oyster	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Perch		<input type="checkbox"/> Cassava (see Tapioca and Yucca)

<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Chives	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Pimento
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Parsley	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Psyllium Husk

<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yucca
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Squash	<input type="checkbox"/> Truffle	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Turnips	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Watercress	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Japanese	

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| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Red Bean Paste |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Paleo Cheese
(Julianbakery.com or | <input type="checkbox"/> Red Chili Paste Thai Kitchen®
(gluten free) |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Sauerkraut (Bubbies® Brand
only) |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Balsamic Vinegar (w/ Caramel
or Red Wine Vinegar) | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Balsamic Vinegar (with Red
Wine Vinegar) | <input type="checkbox"/> Sour Cream, Raw and
Unpasteurized |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar) | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Barbeque Sauce, GF Annie's®
Sweet & Spicy | <input type="checkbox"/> Sriracha Sauce Organicville
gluten-free |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Carob | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Tomato Paste (gluten &
Vinegar-free) |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Tomato Sauce (gluten &
Vinegar-free) |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Coconut Vinegar (Coconut
Secret) | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Cream, Raw and Unpasteurized | <input type="checkbox"/> Veganise Soy-free (Follow
Your Heart®) |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Earth Balance® Coconut
Spread | <input type="checkbox"/> Vegetable Shortening
(Spectrum®) |
| <input type="checkbox"/> Cheese, Daiya
(Coconut,Tapioca,yeast,....) | <input type="checkbox"/> Horseradish Sauce, Gluten-free
(Annie's®) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Cheese, Soy (Organic) (see
Soy) | <input type="checkbox"/> Hummus | <input type="checkbox"/> Vinegar, Beet |
| <input type="checkbox"/> Coconut Kefir (No Tapioca,
Carageenan) | <input type="checkbox"/> Liquid Aminos (Braggs®)(has
Soy) | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Coconut Milk(Native Forest or
Natural Value) | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Liquid Smoke gluten free
(natural) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture
Verde® | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Vinegar, White |
| | | <input type="checkbox"/> Vinegar, White Wine |

<input type="checkbox"/> White/Distilled Vinegar	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Allspice
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Anise
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Molasses	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Basil
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Cloves
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Maltitol		<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Maltodextrin (Barley-derived)		<input type="checkbox"/> Cumin
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)		<input type="checkbox"/> Curcumin
		<input type="checkbox"/> Curry (must be GF)

<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Garlic	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Ginger	<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds, Black
<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
<input type="checkbox"/> Hickory	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Paprika	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Thyme
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Turmeric

<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Whey
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Chee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Navy
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Ninja
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Pinto/Frijole
	<input type="checkbox"/> Milk, Buffalo	

<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Beans	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Barley
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast,....)	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Barley Juice (may contain gluten)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Beer
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Bran
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Bread
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Miso	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Fructose	<input type="checkbox"/> Couscous
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Farro
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Gluten
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Kamut
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Vanilla Bean		

<input type="checkbox"/> Malt	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Panko	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Protein Powder (gluten free)
	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sorghum
	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sweet Potato Flour (gluten free)
	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Tapioca

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|---|--|---|
| <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tea, Komboucha |
| <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Teff | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Water |
| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Milk, Buffalo | <input type="checkbox"/> Wine, Red |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, White (Champagne) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Zevia Drinks |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Arabic Gum |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Baking Soda (Arm & Hammer®) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Beef broth (Imagine® low sodium/GF) |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Blue Food Dye |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Bone Broth, Beef |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Chicory Root |
| | <input type="checkbox"/> Tea, Hibiscus | |

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|---|---|
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple) | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Malt | |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | |
| <input type="checkbox"/> Modified Food Starch | |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |