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|---|--|--|
| <input type="checkbox"/> Milk, Soy (Organic)                | <input type="checkbox"/> Condiments                                      | <input type="checkbox"/> Vinegar, Rice                                   |
| <input type="checkbox"/> Mineral Water                      | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                  | <input type="checkbox"/> Vinegar, White                                  |
| <input type="checkbox"/> Orange Juice                       | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar | <input type="checkbox"/> Vinegar, White Wine                             |
| <input type="checkbox"/> Pea Protein                        | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)        | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)         |
| <input type="checkbox"/> Rice Protein Powder (gluten free)  | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)       | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free         |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)      | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy       | <input type="checkbox"/> Tabasco Sauce                                   |
| <input type="checkbox"/> Soy Protein (Organic)              | <input type="checkbox"/> Carob   | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil      |
| <input type="checkbox"/> Sparkling Water, unflavored        | <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard          |
| <input type="checkbox"/> Tea, Black                         | <input type="checkbox"/> Earth Balance® Coconut Spread                   | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          |
| <input type="checkbox"/> Tea, Chamomile                     | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread        | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil |
| <input type="checkbox"/> Tea, Green                         | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)       | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup         |
| <input type="checkbox"/> Tea, Oolong                        | <input type="checkbox"/> Hummus  | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup            |
| <input type="checkbox"/> Tea, Ramon                         | <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise                  |
| <input type="checkbox"/> Tea, Roobios                       | <input type="checkbox"/> Mayonnaise                                      |  |
| <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)               | <input type="checkbox"/> Corn-Derived Foods                              |
| <input type="checkbox"/> Tea, White                         | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy       |
| <input type="checkbox"/> Teechino                           | <input type="checkbox"/> Ume Plum Vinegar                                | <input type="checkbox"/> Cheese, Cream                                   |
| <input type="checkbox"/> Water                              | <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)         | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Å....)  |
| <input type="checkbox"/> Wine, Red                          | <input type="checkbox"/> Vinegar   | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                 |
| <input type="checkbox"/> Wine, White (Champagne)            | <input type="checkbox"/> Vinegar, Distilled                              | <input type="checkbox"/> Chewing Gum (has gluten and corn)               |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)     | <input type="checkbox"/> Vinegar, Malt                                   | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                    |
| <input type="checkbox"/> Coffee Bean, Organic               | <input type="checkbox"/> Vinegar, Red Wine                               | <input type="checkbox"/> Corn, Blue                                      |

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| <input type="checkbox"/> Malt                                 | <input type="checkbox"/> <b>Gluten-Free Grains</b>           | <input type="checkbox"/> Millet                                     |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)  | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Oats                                       |
| <input type="checkbox"/> Oats                                 | <input type="checkbox"/> Amaranth                            | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)  |
| <input type="checkbox"/> Orzo                                 | <input type="checkbox"/> Basmati Rice (gluten free)          | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)       |
| <input type="checkbox"/> Panko                                | <input type="checkbox"/> Buckwheat                           | <input type="checkbox"/> Potato Flour (gluten free)                 |
| <input type="checkbox"/> Polish Wheat                         | <input type="checkbox"/> Buckwheat Flour                     | <input type="checkbox"/> Potato Starch (gluten free)                |
| <input type="checkbox"/> Rye                                  | <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Quinoa (gluten free)                       |
| <input type="checkbox"/> Semolina                             | <input type="checkbox"/> Coconut Meal (gluten free)          | <input type="checkbox"/> Quinoa, Black (gluten free)                |
| <input type="checkbox"/> Soy Sauce                            | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)        | <input type="checkbox"/> Quinoa, Red (gluten free)                  |
| <input type="checkbox"/> Spelt                                | <input type="checkbox"/> Corn, Blue                          | <input type="checkbox"/> Rice, Basmati (gluten free)                |
| <input type="checkbox"/> Teechino                             | <input type="checkbox"/> Corn, White                         | <input type="checkbox"/> Rice, Black (gluten free)                  |
| <input type="checkbox"/> Teriyaki Sauce                       | <input type="checkbox"/> Corn Starch (gluten free)           | <input type="checkbox"/> Rice, Brown (gluten free)                  |
| <input type="checkbox"/> Triticale                            | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread  | <input type="checkbox"/> Rice, Japonica (gluten free)               |
| <input type="checkbox"/> Vinegar                              | <input type="checkbox"/> Fava Bean Flour                     | <input type="checkbox"/> Rice, Purple (gluten free)                 |
| <input type="checkbox"/> Vinegar, Malt                        | <input type="checkbox"/> Flax Meal                           | <input type="checkbox"/> Rice, Red (gluten free)                    |
| <input type="checkbox"/> Vinegar, White                       | <input type="checkbox"/> Garbanzo Flour                      | <input type="checkbox"/> Rice, White (gluten free)                  |
| <input type="checkbox"/> Wheat (All Types)                    | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)     |
| <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) | <input type="checkbox"/> Hazelnut Flour                      | <input type="checkbox"/> Rice Bran                                  |
| <input type="checkbox"/> Crab, Immitation                     | <input type="checkbox"/> Hemp Meal                           | <input type="checkbox"/> Rice Flour (gluten free)                   |
| <input type="checkbox"/> Graham (wheat)                       | <input type="checkbox"/> Hemp Protein (Powder)               | <input type="checkbox"/> Rice Protein Powder (gluten free)          |
| <input type="checkbox"/> Kamut                                | <input type="checkbox"/> Hemp Seed                           | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Liquid Smoke (can have gluten)       | <input type="checkbox"/> Konjac Glucomannon Flour            | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers  |

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| <input type="checkbox"/> Applegate® organic smoked turkey breasts | <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Cheese, Raw and Pasture-raised    |
| <input type="checkbox"/> Applegate® organic turkey                | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta                   |
| <input type="checkbox"/> Applegate® organic turkey bacon          | <input type="checkbox"/> Butter, Raw and Pasture-raised            | <input type="checkbox"/> Cheese, Romano                    |
| <input type="checkbox"/> Beef, Grass-fed only (organic)           | <input type="checkbox"/> Buttermilk                                | <input type="checkbox"/> Cheese, Provolone                 |
| <input type="checkbox"/> Bison (see also Buffalo)                 | <input type="checkbox"/> Casein                                    | <input type="checkbox"/> Cheese, Sheep                     |
| <input type="checkbox"/> Buffalo (see also Bison)                 | <input type="checkbox"/> Cheese, American                          | <input type="checkbox"/> Cheese, String (Mozzarella)       |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)   | <input type="checkbox"/> Cheese, Asiago                            | <input type="checkbox"/> Cheese, Swiss                     |
| <input type="checkbox"/> Chicken, free range (organic)            | <input type="checkbox"/> Cheese, Bleu                              | <input type="checkbox"/> Chocolate, Milk                   |
| <input type="checkbox"/> Deer (see also Venison)                  | <input type="checkbox"/> Cheese, Brie                              | <input type="checkbox"/> Chocolate, White                  |
| <input type="checkbox"/> Duck                                     | <input type="checkbox"/> Cheese, Cheddar (Raw)                     | <input type="checkbox"/> Cream, Raw and Unpasteurized      |
| <input type="checkbox"/> Goat, Grass-fed only (organic)           | <input type="checkbox"/> Cheese, Cottage                           | <input type="checkbox"/> Ghee (Pasture-Raised, Organic)    |
| <input type="checkbox"/> Lamb (organic)                           | <input type="checkbox"/> Cheese, Cream                             | <input type="checkbox"/> Goat Cheese                       |
| <input type="checkbox"/> Lard (pork)                              | <input type="checkbox"/> Cheese, Goat                              | <input type="checkbox"/> Goat Kefir                        |
| <input type="checkbox"/> Ostrich                                  | <input type="checkbox"/> Cheese, Gorgonzola                        | <input type="checkbox"/> Kefir, Raw                        |
| <input type="checkbox"/> Pheasant                                 | <input type="checkbox"/> Cheese, Gouda                             | <input type="checkbox"/> Lactoalbumin                      |
| <input type="checkbox"/> Pork, (organic)                          | <input type="checkbox"/> Cheese, Havarti                           | <input type="checkbox"/> Milk Chocolate                    |
| <input type="checkbox"/> Quail                                    | <input type="checkbox"/> Cheese, Machego                           | <input type="checkbox"/> Milk, Cow                         |
| <input type="checkbox"/> Rabbit                                   | <input type="checkbox"/> Cheese, Marscapone                        | <input type="checkbox"/> Milk, Goat                        |
| <input type="checkbox"/> Turkey (organic)                         | <input type="checkbox"/> Cheese, Mozzarella (Raw)                  | <input type="checkbox"/> Milk, Sheep                       |
| <input type="checkbox"/> Veal (organic)                           | <input type="checkbox"/> Cheese, Muenster                          | <input type="checkbox"/> Mozzarella Cheese                 |
| <input type="checkbox"/> Venison (see also Deer)                  | <input type="checkbox"/> Cheese, Parmesan                          | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Cheese, Pecorino                          | <input type="checkbox"/> Whey                              |

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| <input type="checkbox"/> Safflower/Safflower Seed Oil            | <input type="checkbox"/> <b>Snacks</b>                          | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       |
| <input type="checkbox"/> Sacha Inchi Seeds                       | <input type="checkbox"/> Date(s)                                | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Sesame Seed Oil                         | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies    | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Sesame Seeds                            | <input type="checkbox"/> Apple Sauce                            | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> Sesame Seeds, Black                     |   | <input type="checkbox"/> Monk Fruit                               |
| <input type="checkbox"/> Sunflower Seed Butter                   | <input type="checkbox"/> <b>Sweeteners</b>                      | <input type="checkbox"/> NutrasweetÂ®                             |
| <input type="checkbox"/> Sunflower Seed Lecithin                 | <input type="checkbox"/> Aspartame/Nutrasweet                   | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Sunflower Seed Oil                      | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> Sunflower Seeds                         | <input type="checkbox"/> Chocolate, Dark                        | <input type="checkbox"/> Splenda                                  |
| <input type="checkbox"/> Tahini                                  | <input type="checkbox"/> Chocolate, Milk                        | <input type="checkbox"/> Sucanat                                  |
| <input type="checkbox"/> Tea, Ramon                              | <input type="checkbox"/> Chocolate, White                       | <input type="checkbox"/> Sugar Beet                               |
| <input type="checkbox"/> Tiger Nuts                              | <input type="checkbox"/> Coconut Palm Sugar                     | <input type="checkbox"/> Sugar Cane                               |
| <input type="checkbox"/> Vegetable Oil                           | <input type="checkbox"/> Date Sugar                             | <input type="checkbox"/> SweetleafÂ® Stevia                       |
| <input type="checkbox"/> Vegetable Shortening (SpectrumÂ®)       | <input type="checkbox"/> Erythritol (non-GMO)                   | <input type="checkbox"/> SwerveÂ® Xylitol                         |
| <input type="checkbox"/> Walnut (few)                            | <input type="checkbox"/> Fructose                               | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Walnut Oil                              | <input type="checkbox"/> Fruit Pectin                           | <input type="checkbox"/> Yacon Syrup                              |
| <input type="checkbox"/> Walnut, Black (few)                     | <input type="checkbox"/> Honey, (Organic)                       | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup  |
| <input type="checkbox"/> Pumpkin Oil                             | <input type="checkbox"/> Honey, Manuka                          | <input type="checkbox"/> Sucralose                                |
| <input type="checkbox"/> Pumpkin Seed Oil                        | <input type="checkbox"/> Honey, Wildflower from MahavaÂ®        | <input type="checkbox"/> Agave Nectar                             |
| <input type="checkbox"/> Pumpkin Seeds                           | <input type="checkbox"/> Just Like SugarÂ®                      | <input type="checkbox"/> Coconut Sugar                            |
| <input type="checkbox"/> Ramon Seeds                             | <input type="checkbox"/> Lo Han                                 |   |
| <input type="checkbox"/> Rice, Wild (LundbergÂ® - not the blend) | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)    |   |

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