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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Jicama | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Kombu | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Leeks | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Barley Grass (can have gluten) | <input type="checkbox"/> Nori | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Barley Greens (may contain gluten) | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Carambola |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Parsley | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Durian Fruit |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Gooseberries |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Taro | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Truffle | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Yucca | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Dandelion Root | | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Fennel | | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Garlic | | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Hearts of Palm | | <input type="checkbox"/> Star Fruit |

<input type="checkbox"/> Tamarind	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Krill Oil
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Borage Seed Oil	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Bean, Haricot	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Rice Bran Oil
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Cashews	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Duck Fat	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Beans	<input type="checkbox"/> Fenugreek Seed	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Tahini
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Truffle Oil
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Truffle Oil, Black
		<input type="checkbox"/> Vegetable Shortening (Spectrum®)

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| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Lavender | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Catnip | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Bass |
| <input type="checkbox"/> Chaparral | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Parsley | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Pau D'arco | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Red Clover | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Saffron | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Sassafras | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Savory | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Sumac | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Krill |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Valerian | <input type="checkbox"/> Lox |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Mackerel |
| | <input type="checkbox"/> Vanilla Bean | |

<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Mussel	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Octopus	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Oyster	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Perch	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Sardines	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Scallop	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Sole	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Squid	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Swai	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Trout	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Tuna	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Cheese
	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Goat Kefir
	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Kefir, Raw
	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Lactic Acid (milk-derived)
		<input type="checkbox"/> Lactoalbumin

<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Teff
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Teff Flour
<input type="checkbox"/> Whey	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Allulose
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Avenin
<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Brown Rice Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Egyptian Wheat
	<input type="checkbox"/> Sorghum	

<input type="checkbox"/> Farro	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Gliadin	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Splenda
<input type="checkbox"/> Gluten	<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Carob	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Kamut	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Malt	<input type="checkbox"/> Kosher Salt	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Tapioca Syrup
<input type="checkbox"/> Oats	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Casein
<input type="checkbox"/> Orzo	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Coffee (Brewed and Not Instant)
<input type="checkbox"/> Panko	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Rye	<input type="checkbox"/> Aspartame	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Semolina	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Triticale	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Malt	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Wheat Germ	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Milk, Goat
	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Milk, Rice
	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Milk, Sheep
	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Milk, Soy (Organic)
	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Mineral Water

☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Hibiscus☐ Tea, Ramon☐ Water☐ Whey☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Miscellaneous☐ Antimony☐ Baking Soda (Arm & Hammer®)☐ Hops☐ Latex☐ Lycopene☐ Modified Food Starch (Tapioca-based)☐ Rice Starch (if certified gluten free)☐ Silver☐ Tobacco☐ Tofu (Organic)☐ Snacks☐ No foods in this Category☐ Food Additives☐ Acacia Gum☐ Agar Gum☐ Annatto Coloring☐ Arabic Gum☐ Asafoetida Powder☐ Blue Food Dye☐ Carrageenan Gum☐ Formaldehyde☐ Guar Gum☐ Lactic Acid (beet-derived)☐ Lactic Acid (milk-derived)☐ Locust Bean Gum☐ Maltodextrin (Barley-derived)☐ MSG/MonosodiumGlutamate☐ Palm Wax☐ Pea Protein Isolate☐ Red Food Dye☐ Sodium Alginate☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no MSG)☐ Vegan Natural Flavors (with MSG)