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

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

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|---|--|---|
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Fruits | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Acai | <input type="checkbox"/> Fig |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Green |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |

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| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain | <input type="checkbox"/> Annatto Seed |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Brazil Nut |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Canola/Rapeseed Oil |
| <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chia Seed (1/4 cup, max) |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Coconut, shredded (raw, |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Cottonseed/Cottonseed |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hazelnut/Filbert |

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|--|---|--|
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Bean, Red (see also |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Chickpea (see also |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Edamame (must be |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Almond | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Split |

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| <input type="checkbox"/> Peanut (Organic, | <input type="checkbox"/> Halibut | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Peanut Butter (Organic, | <input type="checkbox"/> Herring | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Lobster | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Soy Beans (must be | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic black |
| <input type="checkbox"/> Soy Beans Oil (must be | <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic herb |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic hot |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic roast |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic red |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Clam | <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Squid | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Swai | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Applegate® organic |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout | <input type="checkbox"/> Beef, Grass-fed only |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Tuna | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Buffalo (see also Bison) |

- ☐ Chicken Broth (Imagine®)
- ☐ Chicken, free range
- ☐ Deer (see also Venison)
- ☐ Duck
- ☐ Goat, Grass-fed only
- ☐ Lamb (organic)
- ☐ Lard (pork)
- ☐ Ostrich
- ☐ Pheasant
- ☐ Pork, (organic)
- ☐ Quail
- ☐ Rabbit
- ☐ Turkey (organic)
- ☐ Veal (organic)
- ☐ Venison (see also Deer)
- ☐ Non-Dairy & Eggs
- ☐ Almond Milk,
- ☐ Almond Yogurt,
- ☐ BodyPro Avocado Oil
- ☐ Cheese, Daiya (Coconut,
- ☐ Cheese, Soy (Organic)
- ☐ Coconut Kefir (No

- ☐ Coconut Milk(Native
- ☐ Egg, Pasture-raised (from
- ☐ Egg, Vital Farms® or
- ☐ Egg, Whites,
- ☐ Egg, Yolks Pasture-raised
- ☐ Milk, Soy (Organic)
- ☐ Sriracha Sauce
- ☐ Egg
- ☐ Condiments
- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Balsamic Vinegar (with
- ☐ Balsamic Vinegar
- ☐ Barbeque Sauce, GF
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Avocado Oil
- ☐ Carob
- ☐ Coconut Vinegar
- ☐ Dressing, Primal Kitchen
- ☐ Dressing, Primal Kitchen
- ☐ Earth Balance® Coconut

- ☐ Earth Balance® Avocado
- ☐ Horseradish Sauce,
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mayonnaise, Primal
- ☐ Mayonnaise, Primal
- ☐ Mustard, Brown (Eden®)
- ☐ Sauerkraut (Bubbies®)
- ☐ Sriracha Sauce
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free
- ☐ Vinegar
- ☐ Vinegar, Distilled
- ☐ Vinegar, Malt
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White
- ☐ Vinegar, White Wine
- ☐ Worcestershire Sauce

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| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Syrup (Grade A | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Molasses | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Splenda | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |

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|--|---|---|
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free | <input type="checkbox"/> Pepper/Peppercorns, |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Balm (Melissa | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme |

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|--|--|---|
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Vanilla (gluten and | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mozzarella | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and | <input type="checkbox"/> Yogurt (See Xanthan |
| <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Butter, Raw and | <input type="checkbox"/> Cheese, Romano | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Coconut Flour (gluten |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Coconut Meal (gluten |

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|---|---|--|
| <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Red or Green |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & |
| <input type="checkbox"/> Ener-G Brown Rice | <input type="checkbox"/> Rice, Japonica (gluten | <input type="checkbox"/> Simple Mills EverythingSp |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Barley |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Rice, Wild (LundbergÂ® - | <input type="checkbox"/> Barley Greens (Not for |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Barley Juice (Not for |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Beer |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Bran |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea | <input type="checkbox"/> Bread |
| <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Simple Mills Rosemary & | <input type="checkbox"/> Brown Rice Syrup |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Oats (Bob's Red Mill | <input type="checkbox"/> Sweet Potato Flour | <input type="checkbox"/> Chewing Gum (has gluten |
| <input type="checkbox"/> Oat Grass (Not For | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Coffee, Instant (has |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tapioca Starch (gluten | <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Teff | <input type="checkbox"/> Farro |
| <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tolerant Green Lentil & | <input type="checkbox"/> Gluten |

- | | | |
|---|--|--|
| <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Barbeque Sauce, GF | <input type="checkbox"/> Almond Milk, |
| <input type="checkbox"/> Liquid Smoke (can have | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Cheese, Daiya (Coconut, | <input type="checkbox"/> Beer |
| <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Cheese, Soy (Organic) | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Chewing Gum (has gluten | <input type="checkbox"/> Coconut Kefir (No |
| <input type="checkbox"/> Orzo | <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Coconut Milk(Native |
| <input type="checkbox"/> Panko | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Coconut Water (low |
| <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Rye | <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Semolina | <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Coffee, Instant (has |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Collagen Protein |
| <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Echinacea Tea |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Fructose | <input type="checkbox"/> Green Tea |
| <input type="checkbox"/> Triticale | <input type="checkbox"/> GemWraps®®, Sandwich | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Komboucha Tea |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Sriracha Sauce | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Licorice Tea |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Yogurt (See Xanthan | <input type="checkbox"/> Milk, Goat |

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|--|---|---|
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Great Lake's® Beef |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Antimony | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Paleo |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond |
| <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Baking Soda (Arm & | <input type="checkbox"/> Julian Bakery Coconut |
| <input type="checkbox"/> Soy Milk/Soy Cheese | <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Konjac Glucomannon |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Sparkling Water, | <input type="checkbox"/> Chewing Gum (has gluten | <input type="checkbox"/> Liquid Aminos |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Chewing Gum, Xylichew® | <input type="checkbox"/> Locust Bean Gum |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Chicken Broth (Imagine® | <input type="checkbox"/> Lycopene |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Cocoa/Cacao (raw, pure, | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Tea, | <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Water | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Wine, White | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Skinny Crisps®(Plain |
| <input type="checkbox"/> Yerba Matte Tea | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tagacanth Gum |

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tragacanth Gum
- ☐ Vegetable broth
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum