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|--|--|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cassava (see Tapioca) | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Celery | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Chard | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Chayote | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Chives | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Endive | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Fennel | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Garlic | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pepper, Green |

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| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Scallions | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Shallots | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Blueberry |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Truffle | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Turnips | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Watercress | <input type="checkbox"/> Currant |

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| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Raisin (unsulfured, |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Nuts, Seeds, & Oils |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya | <input type="checkbox"/> Almond Flavor natural, |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach | <input type="checkbox"/> Almond Meal (gluten free) |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond, Marcona |

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|--|---|--|
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut (few) |
| <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Cottonseed/Cottonseed | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Legumes & Pulses |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Chickpea (see also |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Edamame (must be |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Lentil(s) |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Pea, Snow |

☐ Pea, Split☐ Peanut (Organic,☐ Peanut Butter (Organic,☐ Peanut Oil (Organic)☐ Soy Beans (must be☐ Soy Beans Oil (must be☐ Vanilla Bean☐ Vanilla Powder☐ White Beans☐ **Fish & Shellfish**☐ Anchovy☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Crab, Immitation☐ **Meat & Poultry**☐ Applegate® organic☐ Applegate® organic black☐ Applegate® organic☐ Applegate® organic ham☐ Applegate® organic☐ Applegate® organic red☐ Applegate® organic☐ Applegate® organic☐ Applegate® organic☐ Bison (see also Buffalo)☐ 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)

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| <input type="checkbox"/> Quail | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Almond Milk, | <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Almond Yogurt, | <input type="checkbox"/> Brown Rice Syrup | <input type="checkbox"/> Xyla (Birchwood |
| <input type="checkbox"/> Egg, Whites, | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Almond Flavor natural, |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Anise |
| <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> BodyPro Almond Mayo | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Horseradish Sauce, | <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Veganaise Soy-free | <input type="checkbox"/> Maple Syrup (Grade A | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Molasses | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cinnamon, Ceylon |

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|--|---|--|
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Black (see |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper/Peppercorns |
| <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, Red |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Sage |

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|---|--|--|
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, String |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Cream, Raw and |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Ghee (Pasture-Raised, |
| <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla (gluten and | <input type="checkbox"/> Cheese, Mozzarella | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Raw and | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Ricotta | |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Romano | |
| <input type="checkbox"/> Butter, Raw and | <input type="checkbox"/> Cheese, Provolone | |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Sheep | |

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|---|---|---|
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tolerant Red or Green |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Simple Mills EverythingSp |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rice, Basmati (gluten | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Bran |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Bread |
| <input type="checkbox"/> Ener-G Brown Rice | <input type="checkbox"/> Rice, Japonica (gluten | <input type="checkbox"/> Brown Rice Syrup |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Coffee, Instant (has |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Farro |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Gluten |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea | <input type="checkbox"/> Graham (wheat) |
| <input type="checkbox"/> Konjac Glucomannon | <input type="checkbox"/> Simple Mills Rosemary & | <input type="checkbox"/> Kamut |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Liquid Smoke (can have |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Sweet Potato Flour | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Oats (Bob's Red Mill | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Oat Grass (Not For | <input type="checkbox"/> Tapioca Flour (gluten | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Teff | <input type="checkbox"/> Semolina |

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|--|--|--|
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Spelt | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Beef broth (ImagineÂ® low |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Triticale | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Chewing Gum, XylicewÂ® |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Chicken Broth (ImagineÂ® |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Wheat Grass (Is | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Cocoa/Cacao (raw, pure, |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Collagen Protein |
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> GemWrapsÂ®, Sandwich |
| <input type="checkbox"/> Beverages & Protein | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> GemWrapsÂ®, Sandwich |
| <input type="checkbox"/> Almond Milk, | <input type="checkbox"/> Soy Milk/Soy Cheese | <input type="checkbox"/> Glucomannon Flour |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Great Lake'sÂ® Beef |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Sparkling Water, | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Konjac Glucomannon |
| <input type="checkbox"/> Coffee, Instant (has | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Water | <input type="checkbox"/> Liquid Aminos |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Locust Bean Gum |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Wine, White | <input type="checkbox"/> Lycopene |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Yerba Matte Tea | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Red Chili Paste Thai |

- ☐ Resveratrol
- ☐ Sherry Vinegar
- ☐ Silver
- ☐ Skinny Crisps®(Plain
- ☐ Tagacanth Gum
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tragacanth Gum
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum