

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Condiments
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
<input type="checkbox"/> Beer	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Carob
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Hummus
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Teechino	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Milk, Soy (Organic)		<input type="checkbox"/> Vinegar, Rice

<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Flounder
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Haddock
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Hake
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/> Fructose	<input type="checkbox"/> Herring
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Mussel
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Oyster
		<input type="checkbox"/> Perch
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish

<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Trout	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Tuna	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loquat
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Fig	<input type="checkbox"/> Mango
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Noni
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Orange
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Papaya
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Peach
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Pear
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Plantain
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime	<input type="checkbox"/> Plum
	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pomegranate

<input type="checkbox"/> Prune	<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Quince	<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Teechino
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Banana	<input type="checkbox"/> Kamut	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Apricot	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Malt	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Buckwheat
	<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Barley	<input type="checkbox"/> Panko	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, White

<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Anise
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Basil
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cloves

<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"/> Orange Peel/Rind
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saffron
<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sage
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Saw Palmetto
<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> St. John's Wort

<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Paprika	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic herb roasted turkey
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic hot dogs

☐ Applegate® organic roast beef☐ Applegate® organic andouille sausage☐ Applegate® organic chicken/apple sausage☐ Applegate® organic red pepper sausage☐ Applegate® organic spinach & feta sausage☐ Applegate® organic sausage sweet italian☐ Applegate® organic smoked chicken breast☐ Applegate® organic smoked turkey breast☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ Milk-Containing Foods☐ Applegate® organic spinach & feta sausage☐ Butter, Raw and Pasture-raised☐ Buttermilk☐ Casein☐ Cheese, American☐ Cheese, Asiago☐ Cheese, Bleu☐ Cheese, Brie☐ Cheese, Cheddar (Raw)☐ Cheese, Cottage☐ Cheese, Cream☐ Cheese, Goat☐ Cheese, Gorgonzola☐ Cheese, Gouda☐ Cheese, Havarti☐ Cheese, Machego☐ Cheese, Mascapone☐ Cheese, Mozzarella (Raw)☐ Cheese, Muenster☐ Cheese, Parmesan☐ Cheese, Pecorino☐ Cheese, Raw and Pasture-raised☐ Cheese, Ricotta☐ Cheese, Romano☐ Cheese, Provolone☐ Cheese, Sheep☐ Cheese, String (Mozzarella)☐ Cheese, Swiss☐ Chocolate, Milk☐ Chocolate, White☐ Cream, Raw and Unpasteurized☐ Ghee (Pasture-Raised, Organic)☐ Goat Cheese☐ Goat Kefir☐ Kefir, Raw☐ Lactoalbumin☐ Milk Chocolate

<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chili)	<input type="checkbox"/> Silver
<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Yeast, Baker's
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Chewing Gum, XylicheW®	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt	<input type="checkbox"/> Latex
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Tragacanth Gum

<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Pepitas
	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashews	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaisse	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Sesame Seeds
	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Sesame Seeds, Black
	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Tea, Ramon
	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tiger Nuts

<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Arugula
	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Snacks	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Avocado
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Molasses	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean, Green
	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Beet
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Fructose		<input type="checkbox"/> Broccolini
<input type="checkbox"/> Fruit Pectin		<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Honey, (Organic)		<input type="checkbox"/> Burdock
<input type="checkbox"/> Honey, Manuka		<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)

<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Capers	<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet

<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Yams, Garnett
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Yucca
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato	
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomatoes, Big Beef	
<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry	
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom	
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange	
<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Red	
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Roma	
<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Sun-dried	
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomato, Yellow	
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Turnip Greens	
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnips	
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Water Chestnut	
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Watercress	