

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Hummus
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Worcestershire Sauce (The
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Dressing, Primal Kitchen Greek
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Water	<input type="checkbox"/> Dressing, Primal Kitchen Honey
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Lime Juice		
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Condiments	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Barbeque Sauce, GF Annie's®
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Cheese, Daiya
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Carob	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter	<input type="checkbox"/> Corn, Blue

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| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Crab | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Crayfish | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Flounder | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Haddock | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Hake | |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Halibut | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Herring | <input type="checkbox"/> Acai |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Lobster | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Maltodextrin (Corn-based, | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Blueberry |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Mussel | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Cantaloupe |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Oyster | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Sriracha Sauce Organicville | <input type="checkbox"/> Perch | <input type="checkbox"/> Clementine |
| | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Sardines | <input type="checkbox"/> Currant |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Sole | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Squid | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Swai | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Clam | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Elderberry |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Fig |

<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Apricot
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines	
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Papaya	<input type="checkbox"/> Barley
<input type="checkbox"/> Guava	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Barley Greens (Not for
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Pear	<input type="checkbox"/> Barley Juice (Not for
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Plum	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Lemon	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Prune	<input type="checkbox"/> Gluten
<input type="checkbox"/> Lime	<input type="checkbox"/> Quince	<input type="checkbox"/> Kamut
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Malt
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Loquat	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Oats

<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Oats	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Teff
	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Japonica (gluten free)	
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Anise
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Basil

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| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <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 Salt |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Peppermint |

<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Saffron	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Shallots	<input type="checkbox"/> Miso
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Spearmint		<input type="checkbox"/> Pea, Split
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Peanut Butter (Organic,
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Soy Beans Oil (must be organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> White Beans
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Navy/Ninja	
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Pinto/Frijole	
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Sour Cream, Raw and
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Whey
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino	
	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Antimony
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Carrageenan Gum

<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Cheese, Daiya
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Silver	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Egg, Vital Farms® or Pasture
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Latex	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Hops	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Cashews
<input type="checkbox"/> Locust Bean Gum		<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Lycopene		<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Malt		<input type="checkbox"/> Chestnut
<input type="checkbox"/> Maltodextrin (Can be		<input type="checkbox"/> Chia Seed (1/4 cup, max)

<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Snacks
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Ramon Seeds	
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Fructose
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Honey, (Organic)
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Honey, Manuka
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Honey, Wildflower from Mahava®
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Maltodextrin (Can be

<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Molasses	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Chard
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chayote
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn, Blue
	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, White
	<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Daikon Radish

<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Endive	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radish
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Scallions
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spinach
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Truffle

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