

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

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

<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Truffle	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Turnips	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Watercress	<input type="checkbox"/> Fig	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Yucca	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui

<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Peach	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Butter (ArtisanaÂ®)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Plum	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Prune	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Quince	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Pecan Flour

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| <input type="checkbox"/> Pecans                                 | <input type="checkbox"/> Walnuts                     | <input type="checkbox"/> Octopus                     |
| <input type="checkbox"/> Pepitas                                | <input type="checkbox"/> Walnuts, Black              | <input type="checkbox"/> Orange Roughy               |
| <input type="checkbox"/> Pili Nuts                              |  | <input type="checkbox"/> Oyster                      |
| <input type="checkbox"/> Pine Nut                               | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Perch                       |
| <input type="checkbox"/> Pistachios                             | <input type="checkbox"/> Anchovy                     | <input type="checkbox"/> Red Snapper                 |
| <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> Bass                        | <input type="checkbox"/> <b>Salmon, wild (fresh)</b> |
| <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Catfish                     | <input type="checkbox"/> Sardines                    |
| <input type="checkbox"/> Pumpkin Oil                            | <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Scallop                     |
| <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Clam                        | <input type="checkbox"/> <b>Shrimp</b>               |
| <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Cod/ Cod Liver Oil          | <input type="checkbox"/> Sole                        |
| <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Squid                       |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Crab                        | <input type="checkbox"/> Swai                        |
| <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Crayfish                    | <input type="checkbox"/> Swordfish                   |
| <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Tilapia (Wild, Non-farmed)  |
| <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> <b>Haddock</b>              | <input type="checkbox"/> Trout                       |
| <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Hake                        | <input type="checkbox"/> <b>Tuna</b>                 |
| <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Walleye Pike                |
| <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Herring                     | <input type="checkbox"/> Whitefish/Turbot            |
| <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Lobster                     |  |
| <input type="checkbox"/> Vegetable Oil                          | <input type="checkbox"/> Mackerel                    |  |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Mahi Mahi                   |  |
| <input type="checkbox"/> Walnut Oil                             | <input type="checkbox"/> Mussel                      |  |

<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> <b>Lard (pork)</b>	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Ostrich	
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Pheasant	<input type="checkbox"/> <b>Condiments</b>
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> <b>Pork, (organic)</b>	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Quail	<input type="checkbox"/> <b>Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)</b>
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Rabbit	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> <b>Veal (organic)</b>	<input type="checkbox"/> <b>BodyPro Avocado Oil Mayonnaise</b>
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Carob
<input type="checkbox"/> Applegate® organic turkey		<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> <b>Beef, Grass-fed only (organic)</b>	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> <b>BodyPro Avocado Oil Mayonnaise</b>	<input type="checkbox"/> <b>Horseradish Sauce, Gluten-free (Annie's®)</b>
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Hummus
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> <b>Collagen Protein (Powder)</b>	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Duck	<input type="checkbox"/> <b>Egg, Pasture-raised (from a farmer)</b>	<input type="checkbox"/> <b>Mayonnaise, Primal Kitchen Chipotle Avocado Oil</b>
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> <b>Egg, Vital Farms® or Pasture Verde®</b>	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> <b>Great Lake's® Beef Gelatin</b>	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lamb	<input type="checkbox"/> <b>Egg, Yolks Pasture-raised</b>	<input type="checkbox"/> Tabasco Sauce

<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Xyla (Birchwood Xylitol)
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Xylitol
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Lo Han	
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Herbs & Spices
	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Allspice
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Anise
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Molasses	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Basil
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cilantro/Coriander

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| <input type="checkbox"/> Cinnamon            | <input type="checkbox"/> Goldenseal                       | <input type="checkbox"/> Mustard Seeds (gluten free)             |
| <input type="checkbox"/> Cinnamon, Ceylon    | <input type="checkbox"/> Grapefruit Seed Extract          | <input type="checkbox"/> Nutmeg                                  |
| <input type="checkbox"/> Cloves              | <input type="checkbox"/> Grapeseed Extract                | <input type="checkbox"/> Onion                                   |
| <input type="checkbox"/> Cloves, Madagascar  | <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Onion Powder                            |
| <input type="checkbox"/> Cloves, Penang      | <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Orange Peel/Rind                        |
| <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"/> Paprika                                 |
| <input type="checkbox"/> Curcumin            | <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Paprika (smoked)                        |
| <input type="checkbox"/> Curry (must be GF)  | <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Parsley                                 |
| <input type="checkbox"/> Dandelion Root      | <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dill                | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Cayenne                         |
| <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"/> Pepper, Sichuan                         |
| <input type="checkbox"/> Fennel              | <input type="checkbox"/> Licorice Root                    | <input type="checkbox"/> Pepper, Szechuan                        |
| <input type="checkbox"/> Garlic              | <input type="checkbox"/> Maca Root                        | <input type="checkbox"/> Pepper/Peppercorns                      |
| <input type="checkbox"/> Garlic Pepper       | <input type="checkbox"/> Mace Spice                       | <input type="checkbox"/> Peppermint                              |
| <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Marjoram                         | <input type="checkbox"/> Pine Bark Extract                       |
| <input type="checkbox"/> Garlic Salt         | <input type="checkbox"/> Mesquite                         | <input type="checkbox"/> Red Pepper Flake                        |
| <input type="checkbox"/> Ginger              | <input type="checkbox"/> Milk Thistle                     | <input type="checkbox"/> Rose Hips                               |
| <input type="checkbox"/> Ginkgo Biloba       | <input type="checkbox"/> Mint                             | <input type="checkbox"/> Rosemary                                |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard (as a Powder)            | <input type="checkbox"/> Saffron                                 |



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

☐ Legumes & Pulses

- ☐ Bean, Azuki
- ☐ Bean, Black
- ☐ Bean, Butter
- ☐ Bean, Cannellini
- ☐ Bean, Chana Dahl
- ☐ Bean, Chili
- ☐ Bean, Green
- ☐ Bean, Italian
- ☐ Bean, Kidney
- ☐ Bean, Lima
- ☐ Bean, Mung
- ☐ Bean, Navy
- ☐ Bean, Ninja
- ☐ Bean, Pinto/Frijole
- ☐ Bean, Red
- ☐ Bean, White
- ☐ Beans
- ☐ Chickpea (see also Garbanzo Bean)
- ☐ Coffee Bean, Organic
- ☐ Edamame (must be organic)
- ☐ Fava Bean

☐ Fava Bean Flour

- ☐ Garbanzo Bean
- ☐ Garbanzo Flour
- ☐ Kidney Bean
- ☐ Lentil(s)
- ☐ Miso
- ☐ Pea, Snap
- ☐ Pea, Snow
- ☐ Pea, Split
- ☐ Peanut (Organic, Valencia)
- ☐ Peanut Butter (Organic, Maranatha®)
- ☐ Peanut Oil (Organic)
- ☐ Red Bean Paste
- ☐ Soy Beans (must be organic)
- ☐ Soy Beans Oil (must be organic)
- ☐ Vanilla Bean
- ☐ Vanilla Powder

☐ Gluten-Free Grains

- ☐ Almond Flour (gluten free)
- ☐ Amaranth
- ☐ Arrowroot Flour/powder
- ☐ Basmati Rice (gluten free)
- ☐ Buckwheat
- ☐ Buckwheat Flour
- ☐ Chicory Root
- ☐ Coconut Flour (gluten free)
- ☐ Coconut Meal (gluten free)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn Meal (gluten free)
- ☐ Corn Starch (gluten free)
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ Ener-G Brown Rice Yeast-Free Bread
- ☐ Fava Bean Flour
- ☐ Flax Meal
- ☐ Garbanzo Flour
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Hazelnut Flour
- ☐ Hemp Meal

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| <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)         | <input type="checkbox"/> Corn Oil                                      |
| <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Sorghum  | <input type="checkbox"/> Corn Starch (gluten free)                     |
| <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Sweet Potato Flour (gluten free)               | <input type="checkbox"/> Corn, Blue                                    |
| <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Tapioca  | <input type="checkbox"/> Corn, White                                   |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Tapioca Flour (gluten free)                    | <input type="checkbox"/> Erythritol (non-GMO)                          |
| <input type="checkbox"/> Oats (Certified GF)                       | <input type="checkbox"/> Tapioca Starch (gluten free)                   | <input type="checkbox"/> Fructose                                      |
| <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Teff   | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)             |
| <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta              | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)            |
| <input type="checkbox"/> ProGranola (Julian Bakery)                | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta             | <input type="checkbox"/> Swerve® Sweetener                             |
| <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Tortilla, Siete Almond                         | <input type="checkbox"/> Vegetable Oil                                 |
| <input type="checkbox"/> Quinoa, Black (gluten free)               | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut              | <input type="checkbox"/> Xanthan Gum                                   |
| <input type="checkbox"/> Quinoa, Red (gluten free)                 | <input type="checkbox"/> Tortilla, Siete Chia & Cassava                 | <input type="checkbox"/> Yogurt (See Xanthan Gum)                      |
| <input type="checkbox"/> Rice Bran                                 |   |  |
| <input type="checkbox"/> Rice Flour (gluten free)                  | <input type="checkbox"/> <b>Gluten-Containing Foods</b>                 | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>        |
| <input type="checkbox"/> Rice Protein Powder (gluten free)         |   | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         |
| <input type="checkbox"/> Rice, Basmati (gluten free)               | <input type="checkbox"/> <b>Corn-Derived Foods</b>                      | <input type="checkbox"/> Apple Cider                                   |
| <input type="checkbox"/> Rice, Black (gluten free)                 | <input type="checkbox"/> Cheese, Cream                                  | <input type="checkbox"/> Apple Juice                                   |
| <input type="checkbox"/> Rice, Brown (gluten free)                 | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....) | <input type="checkbox"/> Bone Broth Protein, Beef                      |
| <input type="checkbox"/> Rice, Japonica (gluten free)              | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)                | <input type="checkbox"/> Carrot Juice                                  |
| <input type="checkbox"/> Rice, Purple (gluten free)                | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                   | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        |
| <input type="checkbox"/> Rice, Red (gluten free)                   | <input type="checkbox"/> Corn Gluten                                    | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Rice, White (gluten free)                 | <input type="checkbox"/> Corn Meal (gluten free)                        | <input type="checkbox"/> Coconut Water (low sugar)                     |

<input type="checkbox"/> Coffee	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Banana
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Chewing Gum, Xylitol®
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Rooibos	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Water	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Whey	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Milk, Sheep		<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Antimony	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Hops
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Inulin

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|---|---|
| <input type="checkbox"/> Julian Bakery Almond Bread             | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Julian Bakery Coconut Bread            | <input type="checkbox"/> Tragacanth Gum                       |
| <input type="checkbox"/> Julian Bakery Paleo Wraps              | <input type="checkbox"/> Vegetable Oil                        |
| <input type="checkbox"/> Konjac Glucomannon Flour               | <input type="checkbox"/> Vegetable Shortening (Spectrum®)     |
| <input type="checkbox"/> Lard (pork)                            | <input type="checkbox"/> Vinegar, Rice                        |
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> Vinegar, White Wine                  |
| <input type="checkbox"/> Liquid Aminos (Brags®)(has Soy)        | <input type="checkbox"/> Xanthan Gum                          |
| <input type="checkbox"/> Locust Bean Gum                        | <input type="checkbox"/> Yeast, Baker's                       |
| <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Yeast, Brewer's                      |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)   | <input type="checkbox"/> Yeast, Nutritional                   |
| <input type="checkbox"/> Palm Wax                               |   |
| <input type="checkbox"/> Pycnogenol                             | <input type="checkbox"/> Snacks                               |
| <input type="checkbox"/> Red Food Dye                           | <input type="checkbox"/> Apple Sauce                          |
| <input type="checkbox"/> Red Tomato Paste (gluten free)         | <input type="checkbox"/> Dates                                |
| <input type="checkbox"/> Resveratrol                            | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies  |
| <input type="checkbox"/> Rice Starch (if certified gluten free) |   |
| <input type="checkbox"/> Sherry Vinegar                         |   |
| <input type="checkbox"/> Silver                                 |   |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)            |   |
| <input type="checkbox"/> Tamari (Wheat Free)                    |   |
| <input type="checkbox"/> Tofu (Organic)                         |   |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)   |   |