

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

<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Sun-dried

<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Truffle	<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Grape
<input type="checkbox"/> Turnips	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Watercress	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Yucca	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Chives	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Shallots	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lime
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loganberry
	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat

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

<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pumpkin Seed Oil		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Ramon Seeds		<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Beans	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic andouille
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic chicken/apple
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked

<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Earth Balance® Avocado Oil Butter
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Hummus
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Ostrich		<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Pheasant	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Worcestershire Sauce (The
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Carob	<input type="checkbox"/> Dressing, Primal Kitchen Greek
	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Dressing, Primal Kitchen Honey

<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Allspice
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Molasses	<input type="checkbox"/> Anise
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Ashwaganda
	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Fructose	<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Honey, Wildflower from Mahava®		<input type="checkbox"/> Cloves
<input type="checkbox"/> Just Like Sugar®		<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Maltodextrin (Can be		<input type="checkbox"/> Cramp Bark Extract



- |  |   |  |
|--|---|--|
| <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 |
| <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®   |
| <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 Plametto                    |
| <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"/> Guarana                 | <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Taco Seasoning                  |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Tamari (Wheat Free)             |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Orange Peel/Rind                   | <input type="checkbox"/> Tarragon                        |

<input type="checkbox"/> Thyme	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Valerian	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Onion	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Paprika	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey

<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Red (gluten free)	
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, White (gluten free)	
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	
	<input type="checkbox"/> Rice Bran	

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>    | <input type="checkbox"/> Orzo                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Barley                            | <input type="checkbox"/> Panko                             | <input type="checkbox"/> Corn, Blue                   |
| <input type="checkbox"/> Barley Greens (Not for            | <input type="checkbox"/> Polish Wheat                      | <input type="checkbox"/> Corn, White                  |
| <input type="checkbox"/> Barley Juice (Not for             | <input type="checkbox"/> Rye                               | <input type="checkbox"/> Corn Gluten                  |
| <input type="checkbox"/> Beer                              | <input type="checkbox"/> Semolina                          | <input type="checkbox"/> Corn Meal (gluten free)      |
| <input type="checkbox"/> Bran                              | <input type="checkbox"/> Soy Sauce                         | <input type="checkbox"/> Corn Oil                     |
| <input type="checkbox"/> Bread                             | <input type="checkbox"/> Spelt                             | <input type="checkbox"/> Corn Starch (gluten free)    |
| <input type="checkbox"/> Brown Rice Syrup (contains        | <input type="checkbox"/> Teechino                          | <input type="checkbox"/> Erythritol (non-GMO)         |
| <input type="checkbox"/> Caramel Coloring                  | <input type="checkbox"/> Teriyaki Sauce                    | <input type="checkbox"/> Fructose                     |
| <input type="checkbox"/> Cheese, Bleu                      | <input type="checkbox"/> Triticale                         | <input type="checkbox"/> GemWraps®®, Sandwich Wrap    |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Vinegar                           | <input type="checkbox"/> Maltodextrin (Corn-based,    |
| <input type="checkbox"/> Coffee, Instant (has gluten)      | <input type="checkbox"/> Vinegar, Malt                     | <input type="checkbox"/> Swerve® Xylitol              |
| <input type="checkbox"/> Couscous                          | <input type="checkbox"/> Vinegar, White                    | <input type="checkbox"/> Vegetable Oil                |
| <input type="checkbox"/> Durum Wheat                       | <input type="checkbox"/> Wheat (All Types)                 | <input type="checkbox"/> Xanthan Gum                  |
| <input type="checkbox"/> Farro                             | <input type="checkbox"/> Wheat Grass (Is                   | <input type="checkbox"/> Yogurt (See Xanthan Gum)     |
| <input type="checkbox"/> Gluten                            | <input type="checkbox"/> Crab, Immitation                  | <input type="checkbox"/> Sriracha Sauce Organicville  |
| <input type="checkbox"/> Graham (wheat)                    |  |   |
| <input type="checkbox"/> Kamut                             | <input type="checkbox"/> <b>Corn-Derived Foods</b>         |   |
| <input type="checkbox"/> Liquid Smoke (can have gluten)    | <input type="checkbox"/> Barbeque Sauce, GF Annie's®       |   |
| <input type="checkbox"/> Malt                              | <input type="checkbox"/> Cheese, Cream                     |   |
| <input type="checkbox"/> Maltodextrin (Can be              | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)   |   |
| <input type="checkbox"/> Oats                              | <input type="checkbox"/> Chewing Gum (has gluten and corn) |   |

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Miscellaneous☐ Agar Gum☐ Antimony☐ Arabic Gum☐ Baking Powder☐ Baking Soda (Arm & Hammer®)☐ Beef broth (Imagine® low☐ Carrageenan Gum☐ Chewing Gum (has gluten and corn)☐ Chewing Gum, Xylite®☐ Chicken Broth (Imagine® gf/low☐ Chicory Root☐ Cocoa/Cacao (raw, pure, &☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Garam Masala☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ GemWraps®, Sandwich Wrap☐ Glucomannon Flour

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Great Lake's® Beef Gelatin       | <input type="checkbox"/> Tomato Paste (gluten &           | <input type="checkbox"/> Snacks                      |
| <input type="checkbox"/> Guar Gum                         | <input type="checkbox"/> Tomato Sauce (gluten &           | <input type="checkbox"/> Date(s)                     |
| <input type="checkbox"/> Hops                             | <input type="checkbox"/> Vegetable Oil                    | <input type="checkbox"/> Simple Mills Chocolate Chip |
| <input type="checkbox"/> Julian Bakery Paleo Wraps        | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |  |
| <input type="checkbox"/> Julian Bakery Almond Bread       | <input type="checkbox"/> Vinegar, Red Wine                |  |
| <input type="checkbox"/> Julian Bakery Coconut Bread      | <input type="checkbox"/> Vinegar, Rice                    |  |
| <input type="checkbox"/> Konjac Glucomannon Flour         | <input type="checkbox"/> Vinegar, White Wine              |  |
| <input type="checkbox"/> Lard (pork)                      | <input type="checkbox"/> Xanthan Gum                      |  |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Yeast, Baker's                   |  |
| <input type="checkbox"/> Locust Bean Gum                  | <input type="checkbox"/> Yeast, Brewer's                  |  |
| <input type="checkbox"/> Lycopene                         | <input type="checkbox"/> Yeast, Nutritional               |  |
| <input type="checkbox"/> Malt                             | <input type="checkbox"/> Latex                            |  |
| <input type="checkbox"/> Maltodextrin (Can be             | <input type="checkbox"/> Formaldehyde                     |  |
| <input type="checkbox"/> Palm Wax                         | <input type="checkbox"/> Acacia Gum                       |  |
| <input type="checkbox"/> Pycnogenol                       | <input type="checkbox"/> Tragacanth Gum                   |  |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen®    | <input type="checkbox"/> Tragacanth Gum                   |  |
| <input type="checkbox"/> Red Tomato Paste (gluten free)   | <input type="checkbox"/> Blue Food Dye                    |  |
| <input type="checkbox"/> Resveratrol                      | <input type="checkbox"/> Skinny Crisps®(Plain Jane)       |  |
| <input type="checkbox"/> Sherry Vinegar                   | <input type="checkbox"/> Cocoa Butter                     |  |
| <input type="checkbox"/> Silver                           |   |  |
| <input type="checkbox"/> Tamari (Wheat Free)              |   |  |
| <input type="checkbox"/> Tofu (Organic)                   |   |  |