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

<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"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomatillo

<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Fruits	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Watercress	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yucca	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice

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

		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"/> Almond	<input type="checkbox"/>	Fava Bean Flour
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/>	Garbanzo Bean
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/>	Garbanzo Flour
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/>	<input type="checkbox"/>	Lentil(s)
<input type="checkbox"/> Rice, Wild (Lundberg® - not the		<input type="checkbox"/>	Miso

<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"/> Meat & Poultry
<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"/> Fish & Shellfish	<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"/> Crab	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic smoked turkey

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

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

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

Milk-Containing Foods

<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Shallots	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/>	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)

<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (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"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Barley	<input type="checkbox"/> Panko	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Fructose
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> GemWraps®®, Sandwich Wrap
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Maltodextrin (Corn-based,
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn-Derived Foods	
<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, Daiya	
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	

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

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