

<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

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|---|---|---|
| <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"/> Psyllium Husk	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Chives	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lime
<input type="checkbox"/> Shallots	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat

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|---|--|--|
| <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"/> Ramon Seeds	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Seed Oil		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin 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"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Earth Balance® Avocado Oil Butter
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Hummus
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Egg	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Ostrich	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Pheasant		<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Quail	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Worcestershire Sauce (The
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Tabasco Sauce
	<input type="checkbox"/> Carob	<input type="checkbox"/> Dressing, Primal Kitchen Greek

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



<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon
<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"/> Tarragon	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Thyme	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Onion	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Paprika	<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"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Chicory Root	<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"/> Coconut Flour (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"/> 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"/> Swerve® Xylitol
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Sriracha Sauce Organicville
<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, Daiya	
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	

☐ 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, Xylitew®☐ 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 broth (Imagine® Low	<input type="checkbox"/> Simple Mills Chocolate Chip
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vegetable Oil	
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, Red Wine	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vinegar, Rice	
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vinegar, White Wine	
<input type="checkbox"/> Liquid Aminos (Braggs®)(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"/> Malt	<input type="checkbox"/> Yeast, Nutritional	
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Latex	
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia 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"/> Tragacanth Gum	
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Blue Food Dye	
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	
<input type="checkbox"/> Silver	<input type="checkbox"/> Red Food Dye	
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cocoa Butter	
<input type="checkbox"/> Tofu (Organic)		