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| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Avocado | <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 |

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

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

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| <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, unsweetened) |
| <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"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Almond | <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 |

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

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

<input type="checkbox"/> Chicken Broth (ImagineÂ® af/low sodium)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie'sÂ®)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Hummus
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Vital FarmsÂ® or Pasture VerdeÂ®	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Mustard, Brown (EdenÂ® mustard)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Condiments	<input type="checkbox"/> Sauerkraut (BubbiesÂ® Brand only)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Apple Cider Vinegar (Bradd'sÂ®)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Veganise Soy-free (Follow Your HeartÂ®)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie'sÂ® Sweet & Spicy	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Avocado Oil	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> BodyPro Avocado Oil	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Worcestershire Sauce (The Wizard'sÂ® GF)
<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil	
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Earth BalanceÂ® Coconut Spread	
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Earth BalanceÂ® Avocado Oil Butter Spread	

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| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Molasses | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Svrup | <input type="checkbox"/> NutrasweetÂ® | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Svrup | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Splenda | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> SweetleafÂ® Stevia | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> SwerveÂ® Xylitol | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood Xvlitol/non-corn source) | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Honey, Wildflower from MahavaÂ® | <input type="checkbox"/> Almond Flavor natural, (gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Just Like SugarÂ® | <input type="checkbox"/> Anise | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Basil | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai |

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| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <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® (gluten free) |
| <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"/> Rose Hips |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Saw Palmetto |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Tarragon |

<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Meal (gluten free)

- | | | |
|--|--|--|
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Barley |
| <input type="checkbox"/> Glucomannon Flour (koniacfoods.com) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive) |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive) |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Beer |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Bran |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Bread |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Coffee, Instant (has gluten) |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Teff | <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Farro |

<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Beverarages & Protein P
<input type="checkbox"/> Kamut	<input type="checkbox"/> Barbeque Sauce, GF	<input type="checkbox"/> Almond Milk,
<input type="checkbox"/> Liquid Smoke (can have	<input type="checkbox"/> Annie's® Sweet & Spicy	unsweetened (no tapioca)
gluten)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Daiya (Coconut, T	<input type="checkbox"/> Beer
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> apioca. yeast.)	<input type="checkbox"/> Carrot Juice
Wheat-derived)	<input type="checkbox"/> Cheese, Soy (Organic)	<input type="checkbox"/> Coconut Kefir (No
<input type="checkbox"/> Oats	<input type="checkbox"/> (see Sov)	Tapioca. Caradeenan)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Chewing Gum (has gluten	<input type="checkbox"/> Coconut Milk (Native
<input type="checkbox"/> Panko	<input type="checkbox"/> and corn)	Forest or Natural Value)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn (Gluten-free &	<input type="checkbox"/> Coconut Water (low
<input type="checkbox"/> Rye	<input type="checkbox"/> Non-GMO)	sugar)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coffee
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coffee, Instant (has
<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Oil	gluten)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Fructose	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> GemWraps®, Sandwich	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Wrap (Carrot)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> non-GMO)	<input type="checkbox"/> Lemon Juice
Gluten-contaminated)	<input type="checkbox"/> Sriracha Sauce	<input type="checkbox"/> Licorice Tea
	<input type="checkbox"/> Organicville gluten-free	<input type="checkbox"/> Lime Juice
	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Milk, Cow
	<input type="checkbox"/> Vegetable Oil	
	<input type="checkbox"/> Xanthan Gum	
	<input type="checkbox"/> Yogurt (See Xanthan	
	Gum)	

<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Glucomannon Flour (koniacfoods.com)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Brands®)(has Soy)
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicken Broth (Imagine® of/low sodium)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, unflavored/caffeine-free	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Silver

- ☐ Skinny Crisps®(Plain Jane)
- ☐ Tagacanth Gum
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional