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|--|---|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Aloe Vera | <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 | <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 | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn (Gluten-free & | <input type="checkbox"/> Mushrooms, |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vinegar) |

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| <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"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pickles, Bubbies® | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Orange |

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|--|--|--|
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |

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|--|---|--|
| <input type="checkbox"/> Noni | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut, shredded |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Cottonseed/Cottonseed |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Almond Flavor natural, | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Almond Flour (gluten | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Almond Meal (gluten | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Cashews | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Chia Seed (1/4 cup, | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pepitas |

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|--|--|--|
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Soy Beans Oil (must be |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> White Beans |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Almond | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Chickpea (see also | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Edamame (must be | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Safflower/Safflower | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Miso | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Sunflower Seed | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Peanut (Organic, | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Peanut Butter (Organic, | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Soy Beans (must be | <input type="checkbox"/> Mussel |

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|--|---|--|
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic hot | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic red | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Almond Milk, |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Almond Yogurt, |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Cheese, Soy (Organic) |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Beef, Grass-fed only | <input type="checkbox"/> Coconut Kefir (No |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Milk(Native |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Egg, Pasture-raised |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Chicken Broth | <input type="checkbox"/> Egg, Vital Farms® or |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Chicken, free range | <input type="checkbox"/> Egg, Whites, |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Yolks |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Duck | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Goat, Grass-fed only | <input type="checkbox"/> Sriracha Sauce |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Egg |
| <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Ostrich | |
| <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Pheasant | |

☐ **Condiments**

- ☐ Apple Cider Vinegar
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Almond Mayo
- ☐ Carob
- ☐ Coconut Vinegar
- ☐ Earth Balance®
- ☐ Horseradish Sauce,
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise
- ☐ Mustard, Brown (Eden®)
- ☐ Sauerkraut (Bubbies®)
- ☐ Sriracha Sauce
- ☐ Ume Plum Vinegar
- ☐ Veganaise Soy-free
- ☐ Vinegar, Distilled
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White
- ☐ Vinegar, White Wine
- ☐ Worcestershire Sauce

☐ **Sweeteners**

- ☐ Agave Nectar
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Almond Mayo
- ☐ Brown Rice Syrup
- ☐ Chocolate, Dark
- ☐ Chocolate, Milk
- ☐ Chocolate, White
- ☐ Coconut Palm Sugar
- ☐ Date Sugar
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ Fruit Pectin
- ☐ Honey, (Organic)
- ☐ Honey, Manuka
- ☐ Honey, Wildflower from
- ☐ Just Like Sugar®
- ☐ Lo Han
- ☐ Maltodextrin
- ☐ Maple Sugar
- ☐ Maple Syrup (Grade A
- ☐ Molasses

- ☐ Monk Fruit
- ☐ Rebiana Leaf (Stevia)
- ☐ Sorbitol
- ☐ Splenda
- ☐ Sucanat
- ☐ Sugar Beet
- ☐ Sugar Cane
- ☐ Sweetleaf® Stevia
- ☐ Swerve® Xylitol
- ☐ Xyla (Birchwood
- ☐ Yacon Syrup

☐ **Herbs & Spices**

- ☐ Allspice
- ☐ Almond Flavor natural,
- ☐ Anise
- ☐ Black Cohosh
- ☐ Caramel Coloring
- ☐ Caraway Seed
- ☐ Cardamom
- ☐ Celery Powder
- ☐ Chicory Root
- ☐ Chili Powder

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|---|--|--|
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract |
| <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 | <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 |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten | <input type="checkbox"/> Pepper/Peppercorns, |
| <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 |

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|---|---|--|
| <input type="checkbox"/> Red Chili Paste Thai | <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Cheese, Muenster |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Parmesan |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Pecorino |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Applegate® organic | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Butter, Raw and | <input type="checkbox"/> Cheese, Romano |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cheddar | <input type="checkbox"/> Cream, Raw and |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Cream | <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 | <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 | <input type="checkbox"/> Milk, Sheep |

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

☐ **Gluten-Containing Foods**

- ☐ Bran
- ☐ Bread
- ☐ Brown Rice Syrup
- ☐ Caramel Coloring
- ☐ Cheese, Bleu
- ☐ Chewing Gum (has
- ☐ Coffee, Instant (has
- ☐ Couscous
- ☐ Durum Wheat
- ☐ Farro
- ☐ Gluten
- ☐ Graham (wheat)
- ☐ Kamut
- ☐ Liquid Smoke (can
- ☐ Oats
- ☐ Orzo
- ☐ Panko
- ☐ Polish Wheat
- ☐ Rye
- ☐ Semolina
- ☐ Soy Sauce

☐ Spelt☐ Teriyaki Sauce☐ Triticale☐ Vinegar, White☐ Wheat (All Types)☐ Wheat Grass (Is☐ Crab, Immitation☐ **Corn-Derived Foods**

- ☐ Cheese, Cream
- ☐ Cheese, Soy (Organic)
- ☐ Chewing Gum (has
- ☐ Corn (Gluten-free &
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ Corn Gluten
- ☐ Corn Meal (gluten free)
- ☐ Corn Oil
- ☐ Corn Starch (gluten
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ GemWraps®®, Sandwich
- ☐ Maltodextrin

☐ Sriracha Sauce☐ Swerve® Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan☐ **Beverages & Protein**

- ☐ Almond Milk,
- ☐ Apple Juice
- ☐ Carrot Juice
- ☐ Coconut Kefir (No
- ☐ Coconut Milk(Native
- ☐ Coconut Water (low
- ☐ Coffee Bean, Organic
- ☐ Coffee
- ☐ Coffee, Instant (has
- ☐ Collagen Protein
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice

- | | | |
|--|--|---|
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, White | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Yerba Matte Tea | <input type="checkbox"/> Julian Bakery Paleo |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Julian Bakery Coconut |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Konjac Glucomannon |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Antimony | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Beef broth (Imagine®) | <input type="checkbox"/> Liquid Aminos |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Locust Bean Gum |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Chewing Gum (has | <input type="checkbox"/> Lycopene |
| <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Chewing Gum, | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Soy Milk/Soy Cheese | <input type="checkbox"/> Chicken Broth | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Sparkling Water, | <input type="checkbox"/> Cocoa/Cacao (raw, | <input type="checkbox"/> Red Tomato Paste |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Collagen Protein | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Skinny Crisps®(Plain |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tagacanth Gum |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Tea, | <input type="checkbox"/> GemWraps®, Sandwich | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Water | <input type="checkbox"/> Great Lake's® Beef | <input type="checkbox"/> Tomato Sauce (gluten & |

- ☐ Tragacanth Gum
- ☐ Vegetable broth
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Acacia Gum
- ☐ Ispaghula/Psyllium