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|---|---|---|
| <input type="checkbox"/> Vegetables                         | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Cucumber                             |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Daikon Radish                        |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Dandelion Greens                     |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Dandelion Root                       |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Eggplant                             |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Endive                               |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Fennel                               |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Garlic                               |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Hearts of Palm                       |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Horseradish                          |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Jicama                               |
| <input type="checkbox"/> Beet                               | <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Kale, all types                      |
| <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Kelp/Dulse                           |
| <input type="checkbox"/> Bell Pepper                        | <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Kohlrabi                             |
| <input type="checkbox"/> Bell Pepper, Green                 | <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Kombu                                |
| <input type="checkbox"/> Bell Pepper, Orange                | <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Leeks                                |
| <input type="checkbox"/> Bell Pepper, Red                   | <input type="checkbox"/> Celery                               | <input type="checkbox"/> Lettuce, all types                   |
| <input type="checkbox"/> Bell Pepper, Yellow                | <input type="checkbox"/> Chard                                | <input type="checkbox"/> Mustard Greens                       |
| <input type="checkbox"/> Bitter Melon                       | <input type="checkbox"/> Chayote                              | <input type="checkbox"/> Nori                                 |
| <input type="checkbox"/> Bok Choy                           | <input type="checkbox"/> Chives                               | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Broccoli                           | <input type="checkbox"/> Coconut (raw and unsweetened)        | <input type="checkbox"/> Okra                                 |
| <input type="checkbox"/> Broccolini                         | <input type="checkbox"/> Coconut Concentrate                  | <input type="checkbox"/> Olives (without vinegar)             |
| <input type="checkbox"/> Broccoli Rabe                      | <input type="checkbox"/> Collard Greens                       | <input type="checkbox"/> Onion, Green                         |
| <input type="checkbox"/> Broccoli Sprouts                   | <input type="checkbox"/> Comfrey                              | <input type="checkbox"/> Onion, Maui                          |

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| <input type="checkbox"/> Onion, Red                   | <input type="checkbox"/> Prickly Pear                     | <input type="checkbox"/> Squash, Yellow                       |
| <input type="checkbox"/> Onion, Sweet                 | <input type="checkbox"/> Psyllium Husk                    | <input type="checkbox"/> Sugar Beet                           |
| <input type="checkbox"/> Onion, Yellow                | <input type="checkbox"/> Pumpkin                          | <input type="checkbox"/> Swede                                |
| <input type="checkbox"/> Paprika                      | <input type="checkbox"/> Pumpkin Powder                   | <input type="checkbox"/> Sweet Potato, Red                    |
| <input type="checkbox"/> Parsley                      | <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Sweet Potatoes, White                |
| <input type="checkbox"/> Parsnip                      | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Swiss Chard                          |
| <input type="checkbox"/> Pea, Green                   | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Taro                                 |
| <input type="checkbox"/> Pea, Snap                    | <input type="checkbox"/> Red Pepper Flake                 | <input type="checkbox"/> Tomatillo                            |
| <input type="checkbox"/> Pea, Snow                    | <input type="checkbox"/> Rhubarb                          | <input type="checkbox"/> Tomato                               |
| <input type="checkbox"/> Pea, Split                   | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Tomato, Cherry                       |
| <input type="checkbox"/> Pea Protein                  | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Heirloom                     |
| <input type="checkbox"/> Pepper, Anaheim              | <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomato, Orange                       |
| <input type="checkbox"/> Pepper, Cayenne              | <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Red                          |
| <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Roma                         |
| <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Tomato, Sun-dried                    |
| <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Tomato, Yellow                       |
| <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Spirulina                        | <input type="checkbox"/> Tomatoes, Big Beef                   |
| <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Squash                           | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Squash, Butternut                | <input type="checkbox"/> Truffle                              |
| <input type="checkbox"/> Pepper, Tabasco              | <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> Turnip Greens                        |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Squash, Spaghetti                | <input type="checkbox"/> Turnips                              |
| <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Squash, Summer                   | <input type="checkbox"/> Wasabi Root                          |
| <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Winter                   | <input type="checkbox"/> Water Chestnut                       |

<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Maqui
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Yucca	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Fig	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Fruits	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Noni
<input type="checkbox"/> Acai	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Papaya
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape	<input type="checkbox"/> Peach
<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Pear
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Ground Cherries	<input type="checkbox"/> Plantain
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Guava	<input type="checkbox"/> Plum
<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Carambola	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Prune
<input type="checkbox"/> Clementine	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Quince
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Longan Fruit	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Loquat	<input type="checkbox"/> Rambutan
<input type="checkbox"/> Currant	<input type="checkbox"/> Lychee	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Dates	<input type="checkbox"/> Mango	<input type="checkbox"/> Star Fruit
	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Strawberry

<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Almond Oil
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> <b>Legumes, Pods, &amp; Pulses</b>	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Borage Seed Oil
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Canola Oil, Non-GMO
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Bean, Haricot	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soybean oil(must be organic)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Almond	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Duck Fat
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Fenugreek Seed
<input type="checkbox"/> Beans	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Flax Oil
		<input type="checkbox"/> Flax Seed

<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Allspice
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Anise
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Basil
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Krill Oil	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Lard/Tallow (pork)	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> MCT Oil	<input type="checkbox"/> Sunflower Seed Flour	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Catnip
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Celery Seed
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Tahini	<input type="checkbox"/> Chaparral
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chervil
<input type="checkbox"/> Pecans	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Clove Powder
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Cloves, Penang

<input type="checkbox"/> Comfrey	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cumin	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Red Clover
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Dill	<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron
<input type="checkbox"/> Fennel	<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage
<input type="checkbox"/> Fennel Seed	<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sassafras
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Savory
<input type="checkbox"/> Garlic	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Shallots
<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Paprika	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Guarana	<input type="checkbox"/> Parsley	<input type="checkbox"/> Sumac
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pau D'arco	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo

<input type="checkbox"/> Turmeric	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Krill	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Valerian	<input type="checkbox"/> <b>Lobster</b>	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> <b>Mussel</b>	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Crab	<input type="checkbox"/> Squid	<input type="checkbox"/> <b>Beef, Grass-fed only (organic)</b>
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swai	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> <b>Flounder</b>	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Hake	<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Tuna	<input type="checkbox"/> <b>Collagen Protein (Powder)</b>
	<input type="checkbox"/> Walleye Pike	

<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Mikey's Original English Muffin
<input type="checkbox"/> Duck	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mikey's Pizza crust
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Mikey's Sliced Bread Loaf
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Lamb	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Amaranth	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Quail	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Sorghum
No foods in this Category	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Teff
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Teff Flour
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
		<input type="checkbox"/> Tortilla, Siete Chia & Cassava



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| <input type="checkbox"/> <b>Gluten-Containing Foods</b>                         | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)       | <input type="checkbox"/> Honey, Wildflower from Mahava®           |
| <input type="checkbox"/> No foods in this Category                              | <input type="checkbox"/> Olives (without vinegar)                | <input type="checkbox"/> Jerusalem Artichoke Syrup                |
| <input type="checkbox"/> <b>Corn-Derived Foods</b>                              | <input type="checkbox"/> Red Bean Paste                          | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> No foods in this Category                              | <input type="checkbox"/> Red Tomato Paste (gluten free)          | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>                | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)        | <input type="checkbox"/> Maltodextrin (Tapioca-based)             |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Tamari (Wheat Free)                     | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)    | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup                | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)    | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup                   | <input type="checkbox"/> Vegetable Shortening (Spectrum®)        | <input type="checkbox"/> Monk Fruit (Pure)                        |
| <input type="checkbox"/> Carob  | <input type="checkbox"/> Vinegar, Beet                           | <input type="checkbox"/> Monk Fruit Extract                       |
| <input type="checkbox"/> Cocoa Butter   | <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Nutrasweet®                              |
| <input type="checkbox"/> Coconut Aminos®  | <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Coconut Cream  | <input type="checkbox"/> Aspartame                               | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                       | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Splenda                                  |
| <input type="checkbox"/> Distilled White Vinegar                                | <input type="checkbox"/> Brown Sugar                             | <input type="checkbox"/> Sucanat                                  |
| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread               | <input type="checkbox"/> Cane Syrup                              | <input type="checkbox"/> Sucralose                                |
| <input type="checkbox"/> Earth Balance® Coconut Spread                          | <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Sugar Beet                               |
| <input type="checkbox"/> Harissa  | <input type="checkbox"/> Coconut Palm Sugar                      | <input type="checkbox"/> Sugar Cane                               |
| <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)            | <input type="checkbox"/> Coconut Sugar                           | <input type="checkbox"/> Sweetleaf® Stevia                        |
| <input type="checkbox"/> Kosher Salt  | <input type="checkbox"/> Date Sugar                              | <input type="checkbox"/> Tapioca Dextrose                         |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)                       | <input type="checkbox"/> Fruit Pectin                            | <input type="checkbox"/> Tapioca Syrup                            |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)                     | <input type="checkbox"/> Honey, (Organic)                        | <input type="checkbox"/> Xyla (Birchwood Xylitol)                 |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil                 | <input type="checkbox"/> Honey, Manuka                           | <input type="checkbox"/> Yacon Syrup                              |

<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Latex
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Lycopene
<input type="checkbox"/> <b>Apple Cider</b>	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> <b>Apple Juice</b>	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> <b>Bone Broth Protein, Beef</b>	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Cocoa	<input type="checkbox"/> <b>Tea, Unflavored</b>	<input type="checkbox"/> Silver
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Water	<input type="checkbox"/> <b>Tofu (Organic)</b>
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> <b>Vegetable broth (Imagine® Low Sodium)</b>
<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> <b>Apple Sauce</b>
<input type="checkbox"/> <b>Collagen Protein (Powder)</b>	<input type="checkbox"/> Antimony	<input type="checkbox"/> Chewing Gum, XylicheW®
<input type="checkbox"/> <b>Great Lake's® Beef Gelatin</b>	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Dates
<input type="checkbox"/> Green Tea	<input type="checkbox"/> <b>Bone Broth, Beef</b>	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)	<input type="checkbox"/> <b>Skinny Crisps® (Plain Jane)</b>
<input type="checkbox"/> <b>Milk, Soy (Organic)</b>	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> <b>Food Additives</b>
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Cocoa	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> <b>Pea Protein</b>	<input type="checkbox"/> <b>Collagen Protein (Powder)</b>	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> <b>Soy Milk/Soy Cheese (Organic)</b>	<input type="checkbox"/> <b>GemWraps®, Sandwich Wrap (Mango/Chipotle)</b>	<input type="checkbox"/> Annatto Coloring
<input type="checkbox"/> <b>Soy Protein (Organic)</b>	<input type="checkbox"/> <b>Great Lake's® Beef Gelatin</b>	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Hops	<input type="checkbox"/> Asafoetida Powder
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> <b>Julian Bakery Paleo Wraps</b>	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Tea, Chamomile		

- ☐ Carrageenan Gum
- ☐ Chicory Root
- ☐ Formaldehyde
- ☐ Guar Gum
- ☐ Inulin
- ☐ Lactic Acid (beet-derived)
- ☐ Locust Bean Gum
- ☐ MSG/MonosodiumGlutamate
- ☐ Palm Wax
- ☐ Pea Protein Isolate
- ☐ Pea Starch
- ☐ Red Food Dye
- ☐ Sodium Alginate
- ☐ Tragacanth Gum
- ☐ Tricalcium Phosphate
- ☐ Vegan Enzyme
- ☐ Vegan Natural Flavors (no MSG)
- ☐ Vegan Natural Flavors (with MSG)