

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)
<input type="checkbox"/> Beer	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Water	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Coffee	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Green Tea		<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Carob	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Earth Balance® Coconut Spread	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Ketchup (Organicville)	
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Mayonnaise	

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| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Scallop |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Anchovy | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Bass | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) | <input type="checkbox"/> Catfish | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Clam | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Corvina | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Crab | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Crayfish | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Flounder | <input type="checkbox"/> Crab, Imitation |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Hake | |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Halibut | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Herring | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Lobster | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Blackberry |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Mussel | <input type="checkbox"/> Cherry |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Oyster | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Perch | <input type="checkbox"/> Cranberry Juice |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Currant |
| | <input type="checkbox"/> Sardines | <input type="checkbox"/> Date(s) |

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|--|---|-------------------------------------|
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Loquat | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Mango | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Grape | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Noni | |
| <input type="checkbox"/> Grape, White | <input type="checkbox"/> Papaya | <input type="checkbox"/> |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Passion Fruit | |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Peach | |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Persimmons | |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pineapple | |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Plantain | |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Plum | |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pomegranate | |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pomelo | |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Prune | |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Quince | |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Raisin (unsulfured, organic) | |

Gluten-Containing Foods☐ Barley☐ Barley Greens (Not for
Gluten-Sensitive)☐ Barley Juice (Not for
Gluten-Sensitive)☐ Beer☐ Bran☐ Bread☐ Brown Rice Syrup (contains
MSG/Gluten)☐ Caramel Coloring☐ Cheese, Bleu☐ Chewing Gum (has gluten and
corn)☐ Coffee, Instant (has gluten)

<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Imitation	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Kamut	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Millet
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Panko	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice Flour (gluten free)

<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Ginger
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Grapeseed Extract
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Guarana
<input type="checkbox"/> Teff	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Gymnema Silvestre
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Hickory
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Cloves	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Lavender
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemon Pepper
	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Anise	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Marjoram

<input type="checkbox"/> Mesquite	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Mint	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Parsley	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Shallots	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Paprika	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Saffron		<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Sage	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Red Bean Paste

<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Vanilla Powder		<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> White Beans	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta
	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese

<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Whey	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Hops	<input type="checkbox"/> Yeast, Baker's
	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Antimony	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Latex
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Malt	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Chewing Gum, Xylit®	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Sherry Vinegar	
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Silver	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, Â....)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)

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| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil |
| | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Walnut (few) |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios | |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds | |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | |

sundas malik

09/07/2017

<input type="checkbox"/> Snacks	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean Sprout
	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Beet
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Burdock
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Capers
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Molasses	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Celery

<input type="checkbox"/> Chard	<input type="checkbox"/> Nori	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Chayote	<input type="checkbox"/> Okra	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Parsley	<input type="checkbox"/> Radish
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Scallions
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Spinach
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Endive	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Orange

sundas malik

09/07/2017

- ☐ Tomato, Red
- ☐ Tomato, Roma
- ☐ Tomato, Sun-dried
- ☐ Tomato, Yellow
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots