

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Endive
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button

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

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

<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Cashews
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Peach	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Plantain	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Meal

<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Cod/ Cod Liver Oil
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Corvina
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Crab
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Flounder
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Haddock
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Hake
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Halibut
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Herring
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Lobster
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Mussel
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Octopus
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Psyllium Husk		<input type="checkbox"/> Oyster
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp

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| <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Duck | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Egg, Whites, Pasture-raised |
| | <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Egg, Yolks Pasture-raised |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Applegate® organic andouille sausage | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |
| <input type="checkbox"/> Applegate® organic bacon | <input type="checkbox"/> Pheasant | |
| <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Condiments |
| <input type="checkbox"/> Applegate® organic chicken | <input type="checkbox"/> Quail | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Rabbit | <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) |
| <input type="checkbox"/> Applegate® organic ham | <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> Applegate® organic red pepper sausage | | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> Applegate® organic sausage sweet italian | | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Applegate® organic smoked chicken breast | | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Applegate® organic smoked turkey breast | | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |

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| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Aspartame | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Harissa | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Honey, Manuka | |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Ashwaganda |
| | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Astragalus |
| | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Basil |
| | <input type="checkbox"/> Molasses | <input type="checkbox"/> Bay Leaf |
| | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Black Cohosh |
| | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Caraway Seed |

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| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Guarana | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Szechuan |

<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Navy
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Ninja
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Red
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, White
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Sage		<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Sesame Seeds		<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Miso
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut Oil (Organic)

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| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Millet | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Teff |
| | <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Quinoa, Red (gluten free) | |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Rice Flour (gluten free) | |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Black (gluten free) | |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Bone Broth Protein, Beef |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |

<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Licorice Tea		<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Hops
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Inulin
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chewing Gum, Xylicew®	<input type="checkbox"/> Latex
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Locust Bean Gum

- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Red Chili Paste Thai Kitchen®
(gluten free)
- ☐ Red Food Dye
- ☐ Red Tomato Paste (gluten free)
- ☐ Resveratrol
- ☐ Rice Starch (if certified gluten
free)
- ☐ Silver
- ☐ Skinny Crisps®(Plain Jane)
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten &
Vinegar-free)
- ☐ Tomato Sauce (gluten &
Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low
Sodium)
- ☐ Vegetable Shortening
(Spectrum®)

- ☐ Snacks
- ☐ Apple Sauce
- ☐ Date(s)