

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Mineral Water☐ Pea Protein☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Carob☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter☐ Horseradish Sauce, Gluten-free☐ Hummus☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ **Corn-Derived Foods**☐ Swerve® Xylitol☐ **Fish & Shellfish**☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Perch☐ Red Snapper☐ Sardines☐ Swai☐ Tilapia (Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot

<input type="checkbox"/> Fruits	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Acai	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Noni	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Peach	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Pear	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond
<input type="checkbox"/> Lemon	<input type="checkbox"/> Banana	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Apricot	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Lime		<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Litchi (aka Lychee)		<input type="checkbox"/> Teff
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Loquat	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Maqui	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cumin	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lavender
<input type="checkbox"/> Anise	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mint
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon

<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Shallots	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Spearmint		<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> White Beans
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Cannellini	
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Chana Dahl	
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Chili	
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Green	
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian	

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Applegate® organic hot dogs		<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Silver
<input type="checkbox"/> Applegate® organic chicken/apple	<input type="checkbox"/> Antimony	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Applegate® organic sausage sweet	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Vegetable broth (Imagine® Low
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Chewing Gum, Xylichew®	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Latex
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tragacanth Gum
<input type="checkbox"/> Duck	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Glucomannon Flour	
<input type="checkbox"/> Quail	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Coconut Milk(Native Forest or
	<input type="checkbox"/> Locust Bean Gum	
	<input type="checkbox"/> Lycopene	
	<input type="checkbox"/> Palm Wax	

<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	

<input type="checkbox"/> Snacks	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, White
	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Beet	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Celery
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Chard
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chayote
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Splenda	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Burdock	<input type="checkbox"/> Dandelion Greens
	<input type="checkbox"/> Cabbage, Chinese (see also Bok)	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Endive
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Fennel
<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	<input type="checkbox"/> Garlic
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama

<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomato
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Okra	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Truffle
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Parsley	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Turnips
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Scallions	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Spinach	<input type="checkbox"/> Watercress
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Yucca
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Onion, Maui

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