

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Apple Juice☐ Carrot Juice☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ Milk, Soy (Organic)☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Rice Protein Powder (gluten free)☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Chamomile☐ Tea, Ramon☐ Tea, Roobios☐ Teechino☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar (MiaBella No Caramel/Wine Vinegar)☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter Spread☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Hummus☐ Mustard, Brown (Eden® gf mustard)☐ Veganaise Soy-free (Follow Your Heart®)☐ Worcestershire Sauce (The Wizard's® GF)☐ Dressing, Primal Kitchen Honey Mustard☐ Mayonnaise, Primal Kitchen Avocado Oil☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil☐ BodyPro Almond Mayo Grade B Maple Syrup☐ BodyPro Almond Mayo with Yacon Syrup☐ BodyPro Avocado Oil Mayonnaise☐ **Corn-Derived Foods**☐ Cheese, Cream☐ Cheese, Soy (Organic) (see Soy)☐ Chewing Gum (has gluten and corn)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)☐ Corn Oil☐ Corn Starch (gluten free)

<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Herring	<input type="checkbox"/> Acai
<input type="checkbox"/> Fructose	<input type="checkbox"/> Lobster	<input type="checkbox"/> Apple (all types)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Mussel	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Blackberry
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Oyster	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Perch	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Cantaloupe
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Sardines	<input type="checkbox"/> Cherry
<input type="checkbox"/> Bass	<input type="checkbox"/> Scallop	<input type="checkbox"/> Clementine
<input type="checkbox"/> Catfish	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Cranberry
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Squid	<input type="checkbox"/> Cranberry Juice
<input type="checkbox"/> Clam	<input type="checkbox"/> Swai	<input type="checkbox"/> Currant
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Corvina	<input type="checkbox"/> Trout	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Crab	<input type="checkbox"/> Tuna	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Flounder	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Fig
<input type="checkbox"/> Hake	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Halibut		<input type="checkbox"/> Gooseberry
		<input type="checkbox"/> Grape

<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raisin (unsulfured, organic)
<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Raspberry
<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Star Fruit
<input type="checkbox"/> Grape, White	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Noni	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange	<input type="checkbox"/> Tangelo
<input type="checkbox"/> Guava	<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Tangerine
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Papaya	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Kumquat	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Banana
<input type="checkbox"/> Lemon	<input type="checkbox"/> Peach	<input type="checkbox"/> Apricot
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Lime	<input type="checkbox"/> Persimmons	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Pineapple	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plantain	<input type="checkbox"/> Barley
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)
<input type="checkbox"/> Mango	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Bran
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Prune	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Quince	<input type="checkbox"/> Caramel Coloring

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

<input type="checkbox"/>	Rice Protein Powder (gluten free)	<input type="checkbox"/>	Herbs & Spices	<input type="checkbox"/>	Cramp Bark Extract
<input type="checkbox"/>	Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/>	Allspice	<input type="checkbox"/>	Cream of Tartar
<input type="checkbox"/>	Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/>	Almond Flavor natural, gluten free)	<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/>	Anise	<input type="checkbox"/>	Curcumin
<input type="checkbox"/>	Sorghum	<input type="checkbox"/>	Ashwaganda	<input type="checkbox"/>	Curry (must be GF)
<input type="checkbox"/>	Sweet Potato Flour (gluten free)	<input type="checkbox"/>	Astragalus	<input type="checkbox"/>	Dandelion Root
<input type="checkbox"/>	Tapioca	<input type="checkbox"/>	Basil	<input type="checkbox"/>	Dill
<input type="checkbox"/>	Tapioca Flour (gluten free)	<input type="checkbox"/>	Bay Leaf	<input type="checkbox"/>	Dong Quai
<input type="checkbox"/>	Tapioca Starch (gluten free)	<input type="checkbox"/>	Black Cohosh	<input type="checkbox"/>	Echinacea
<input type="checkbox"/>	Teff	<input type="checkbox"/>	Caramel Coloring	<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/>	Caraway Seed	<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Tolerant Red or Green Lentil Pasta	<input type="checkbox"/>	Cardamom	<input type="checkbox"/>	Garlic Pepper
<input type="checkbox"/>	Tortilla, Siete Almond	<input type="checkbox"/>	Celery Powder	<input type="checkbox"/>	Garlic Powder
<input type="checkbox"/>	Tortilla, Siete Cassava & Coconut	<input type="checkbox"/>	Chicory Root	<input type="checkbox"/>	Garlic Salt
<input type="checkbox"/>	Tortilla, Siete Chia & Cassava	<input type="checkbox"/>	Chili Powder	<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Simple Mills Everything Sprouted Seed Cracker	<input type="checkbox"/>	Chipotle Seasoning	<input type="checkbox"/>	Ginkgo Biloba
<input type="checkbox"/>	Corn Meal (gluten free)	<input type="checkbox"/>	Cilantro/Coriander	<input type="checkbox"/>	Ginseng (All Types)
<input type="checkbox"/>	Coconut Flour (gluten free)	<input type="checkbox"/>	Cinnamon	<input type="checkbox"/>	Goldenseal
<input type="checkbox"/>	Arrowroot Flour/powder	<input type="checkbox"/>	Cinnamon, Ceylon	<input type="checkbox"/>	Grapefruit Seed Extract
		<input type="checkbox"/>	Cloves	<input type="checkbox"/>	Grapeseed Extract
		<input type="checkbox"/>	Cloves, Madagascar	<input type="checkbox"/>	Guarana
		<input type="checkbox"/>	Cloves, Penang	<input type="checkbox"/>	Gymnema Silvestre

<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots
<input type="checkbox"/> Mint	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Paprika
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> St. John's Wort	
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Taco Seasoning	
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tamari (Wheat Free)	

<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> White Beans	<input type="checkbox"/> Duck
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Ostrich
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Quail
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic herb roasted turkey	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic hot dogs	
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic andouille sausage	

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano	
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum, Xylitol®
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Glucomannan Flour (konjacfoods.com)
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> Great Lake's® Beef Gelatin



<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Xanthan Gum	
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Latex	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Almond
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Malt	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Pycnogenol		<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Silver	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)

<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower Seed Oil	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> <b>Sweeteners</b>
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Coconut Palm Sugar
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Date Sugar
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Fructose
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fruit Pectin
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Honey, (Organic)

<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Arugula	<input type="checkbox"/> Celery
<input type="checkbox"/> Molasses	<input type="checkbox"/> Avocado	<input type="checkbox"/> Chard
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Chayote
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Splenda	<input type="checkbox"/> Beet	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Burdock	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Eggplant
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Endive

<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Scallions
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Sugar Beet

<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Tomato	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Chives
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Shallots
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Tomato, Sun-dried	
<input type="checkbox"/> Tomato, Yellow	
<input type="checkbox"/> Turnip Greens	
<input type="checkbox"/> Turnips	
<input type="checkbox"/> Water Chestnut	
<input type="checkbox"/> Watercress	
<input type="checkbox"/> Yams, Garnett	
<input type="checkbox"/> Yams, Japanese	
<input type="checkbox"/> Yucca	