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

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|---|---|--|
| <input type="checkbox"/> Mushrooms, Button        | <input type="checkbox"/> Pepper, Chili      | <input type="checkbox"/> Rainbow Chard         |
| <input type="checkbox"/> Mushrooms,               | <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®) |
| <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®  | <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, Black-Eyed          | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer        |
| <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Prickly Pear       | <input type="checkbox"/> Squash, Winter        |
| <input type="checkbox"/> Pea, Snap                | <input type="checkbox"/> Psyllium Husk      | <input type="checkbox"/> Squash, Yellow        |
| <input type="checkbox"/> Pea, Snow                | <input type="checkbox"/> Pumpkin            | <input type="checkbox"/> Sugar Beet            |
| <input type="checkbox"/> Pea, Split               | <input type="checkbox"/> Pumpkin Powder     | <input type="checkbox"/> Sweet Potato, Red     |
| <input type="checkbox"/> Pea Protein              | <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"/> Tomatillo	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Yellow	<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"/> Yucca	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice

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

<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Safflower/Safflower	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Red (see also
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Chickpea (see also
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Edamame (must be
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Miso
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split

<input type="checkbox"/> Peanut (Organic,	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Lobster	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Soy Beans (must be	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Soy Beans Oil (must be	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> White Beans	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic hot
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic red
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout	<input type="checkbox"/> Beef, Grass-fed only
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Buffalo (see also Bison)

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| <input type="checkbox"/> Chicken Broth               | <input type="checkbox"/> Coconut Milk(Native    | <input type="checkbox"/> Earth Balance®         |
| <input type="checkbox"/> Chicken, free range         | <input type="checkbox"/> Egg, Pasture-raised    | <input type="checkbox"/> Horseradish Sauce,     |
| <input type="checkbox"/> Deer (see also Venison)     | <input type="checkbox"/> Egg, Vital Farms® or   | <input type="checkbox"/> Hummus                 |
| <input type="checkbox"/> Duck                        | <input type="checkbox"/> Egg, Whites,           | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Goat, Grass-fed only        | <input type="checkbox"/> Egg, Yolks             | <input type="checkbox"/> Mayonnaise             |
| <input type="checkbox"/> Lamb (organic)              | <input type="checkbox"/> Milk, Soy (Organic)    | <input type="checkbox"/> Mayonnaise, Primal     |
| <input type="checkbox"/> Lard (pork)                 | <input type="checkbox"/> Sriracha Sauce         | <input type="checkbox"/> Mayonnaise, Primal     |
| <input type="checkbox"/> Ostrich                     | <input type="checkbox"/> Egg                    | <input type="checkbox"/> Mustard, Brown (Eden®) |
| <input type="checkbox"/> Pheasant                    | <input type="checkbox"/> <b>Condiments</b>      | <input type="checkbox"/> Sauerkraut (Bubbies®)  |
| <input type="checkbox"/> Pork, (organic)             | <input type="checkbox"/> Apple Cider Vinegar    | <input type="checkbox"/> Sriracha Sauce         |
| <input type="checkbox"/> Quail                       | <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Ume Plum Vinegar       |
| <input type="checkbox"/> Rabbit                      | <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Veganaise Soy-free     |
| <input type="checkbox"/> Turkey (organic)            | <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Vinegar                |
| <input type="checkbox"/> Veal (organic)              | <input type="checkbox"/> Barbeque Sauce, GF     | <input type="checkbox"/> Vinegar, Distilled     |
| <input type="checkbox"/> Venison (see also Deer)     | <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Vinegar, Malt          |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b> | <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Vinegar, Red Wine      |
| <input type="checkbox"/> Almond Milk,                | <input type="checkbox"/> BodyPro Avocado Oil    | <input type="checkbox"/> Vinegar, Rice          |
| <input type="checkbox"/> Almond Yogurt,              | <input type="checkbox"/> Carob                  | <input type="checkbox"/> Vinegar, White         |
| <input type="checkbox"/> BodyPro Avocado Oil         | <input type="checkbox"/> Coconut Vinegar        | <input type="checkbox"/> Vinegar, White Wine    |
| <input type="checkbox"/> Cheese, Daiya (Coconu       | <input type="checkbox"/> Dressing, Primal       | <input type="checkbox"/> Worcestershire Sauce   |
| <input type="checkbox"/> Cheese, Soy (Organic)       | <input type="checkbox"/> Dressing, Primal       |   |
| <input type="checkbox"/> Coconut Kefir (No           | <input type="checkbox"/> Earth Balance®         |   |

☐ **Sweeteners**

- ☐ Agave Nectar
- ☐ Aspartame/Nutrasweet
- ☐ BodyPro Almond Mayo
- ☐ BodyPro Almond Mayo
- ☐ Brown Rice Syrup
- ☐ Chocolate, Dark
- ☐ Chocolate, Milk
- ☐ Chocolate, White
- ☐ Coconut Palm Sugar
- ☐ Date Sugar
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ Fruit Pectin
- ☐ Honey, (Organic)
- ☐ Honey, Manuka
- ☐ Honey, Wildflower from
- ☐ Just Like Sugar®
- ☐ Lo Han
- ☐ Maltodextrin (Can be
- ☐ Maltodextrin
- ☐ Maple Sugar

- ☐ Maple Syrup (Grade A
- ☐ Molasses
- ☐ Monk Fruit
- ☐ Nutrasweet®
- ☐ Rebiana Leaf (Stevia)
- ☐ Sorbitol
- ☐ Splenda
- ☐ Sucanat
- ☐ Sugar Beet
- ☐ Sugar Cane
- ☐ Sweetleaf® Stevia
- ☐ Swerve® Xylitol
- ☐ Xyla (Birchwood
- ☐ Yacon Syrup

☐ **Herbs & Spices**

- ☐ Allspice
- ☐ Almond Flavor natural,
- ☐ Anise
- ☐ Ashwaganda
- ☐ Astragalus
- ☐ Basil
- ☐ Bay Leaf

- ☐ Black Cohosh
- ☐ Caramel Coloring
- ☐ Caraway Seed
- ☐ Cardamom
- ☐ Celery Powder
- ☐ Chicory Root
- ☐ Chili Powder
- ☐ Chipotle Seasoning
- ☐ Cilantro/Coriander
- ☐ Cinnamon
- ☐ Cinnamon, Ceylon
- ☐ Cloves
- ☐ Cloves, Madagascar
- ☐ Cloves, Penang
- ☐ Cramp Bark Extract
- ☐ Cream of Tartar
- ☐ Cumin
- ☐ Curcumin
- ☐ Curry (must be GF)
- ☐ Dandelion Root
- ☐ Dill
- ☐ Dong Quai



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|--|--|---|
| <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemongrass            | <input type="checkbox"/> Pepper, Black (see   |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root         | <input type="checkbox"/> Pepper, Cayenne      |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can     | <input type="checkbox"/> Pepper/Peppercorns   |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten   | <input type="checkbox"/> Pepper/Peppercorns,  |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root             | <input type="checkbox"/> Pepper, Red          |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice            | <input type="checkbox"/> Peppermint           |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram              | <input type="checkbox"/> Pine Bark Extract    |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite              | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle          | <input type="checkbox"/> Red Pepper Flake     |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                  | <input type="checkbox"/> Rosemary             |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron              |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten | <input type="checkbox"/> Sage                 |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                | <input type="checkbox"/> Saw Plametto         |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract    | <input type="checkbox"/> Sesame Seeds         |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion                 | <input type="checkbox"/> Sesame Seeds, Black  |
| <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Onion Powder          | <input type="checkbox"/> Shallots             |
| <input type="checkbox"/> Himalayan Salt          | <input type="checkbox"/> Orange Peel/Rind      | <input type="checkbox"/> Spearmint            |
| <input type="checkbox"/> Jamaican Jerk           | <input type="checkbox"/> Orange Salt           | <input type="checkbox"/> St. John's Wort      |
| <input type="checkbox"/> Juniper Berry           | <input type="checkbox"/> Oregano               | <input type="checkbox"/> Taco Seasoning       |
| <input type="checkbox"/> Lavender                | <input type="checkbox"/> Paprika               | <input type="checkbox"/> Tamari (Wheat Free)  |
| <input type="checkbox"/> Lemon Balm (Melissa     | <input type="checkbox"/> Paprika (smoked)      | <input type="checkbox"/> Tarragon             |
| <input type="checkbox"/> Lemon Pepper            | <input type="checkbox"/> Parsley               | <input type="checkbox"/> Thyme                |

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|---|--|--|
| <input type="checkbox"/> Tomatillo                    | <input type="checkbox"/> Cheese, Goat          | <input type="checkbox"/> Goat Kefir                |
| <input type="checkbox"/> Turmeric                     | <input type="checkbox"/> Cheese, Gorgonzola    | <input type="checkbox"/> Kefir, Raw                |
| <input type="checkbox"/> Uva Ursi                     | <input type="checkbox"/> Cheese, Gouda         | <input type="checkbox"/> Lactoalbumin              |
| <input type="checkbox"/> Valerian                     | <input type="checkbox"/> Cheese, Havarti       | <input type="checkbox"/> Milk Chocolate            |
| <input type="checkbox"/> Vanilla (gluten and          | <input type="checkbox"/> Cheese, Machego       | <input type="checkbox"/> Milk, Cow                 |
| <input type="checkbox"/> Vanilla Bean                 | <input type="checkbox"/> Cheese, Marscapone    | <input type="checkbox"/> Milk, Goat                |
| <input type="checkbox"/> Vanilla Powder               | <input type="checkbox"/> Cheese, Mozzarella    | <input type="checkbox"/> Milk, Sheep               |
| <input type="checkbox"/> White Willow Bark            | <input type="checkbox"/> Cheese, Muenster      | <input type="checkbox"/> Mozzarella Cheese         |
| <input type="checkbox"/> Wintergreen                  | <input type="checkbox"/> Cheese, Parmesan      | <input type="checkbox"/> Sour Cream, Raw and       |
| <input type="checkbox"/> Rose Hips                    | <input type="checkbox"/> Cheese, Pecorino      | <input type="checkbox"/> Whey                      |
| <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Cheese, Raw and       | <input type="checkbox"/> Yogurt (See Xanthan       |
| <input type="checkbox"/> Applegate® organic           | <input type="checkbox"/> Cheese, Ricotta       | <input type="checkbox"/> Cheese, Feta              |
| <input type="checkbox"/> Butter, Raw and              | <input type="checkbox"/> Cheese, Romano        | <input type="checkbox"/> <b>Gluten-Free Grains</b> |
| <input type="checkbox"/> Buttermilk                   | <input type="checkbox"/> Cheese, Provolone     | <input type="checkbox"/> Almond Flour (gluten      |
| <input type="checkbox"/> Casein                       | <input type="checkbox"/> Cheese, Sheep         | <input type="checkbox"/> Amaranth                  |
| <input type="checkbox"/> Cheese, American             | <input type="checkbox"/> Cheese, String        | <input type="checkbox"/> Arrowroot Flour/powder    |
| <input type="checkbox"/> Cheese, Asiago               | <input type="checkbox"/> Cheese, Swiss         | <input type="checkbox"/> Basmati Rice (gluten      |
| <input type="checkbox"/> Cheese, Bleu                 | <input type="checkbox"/> Chocolate, Milk       | <input type="checkbox"/> Buckwheat                 |
| <input type="checkbox"/> Cheese, Brie                 | <input type="checkbox"/> Chocolate, White      | <input type="checkbox"/> Buckwheat Flour           |
| <input type="checkbox"/> Cheese, Cheddar              | <input type="checkbox"/> Cream, Raw and        | <input type="checkbox"/> Chicory Root              |
| <input type="checkbox"/> Cheese, Cottage              | <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Coconut Flour (gluten     |
| <input type="checkbox"/> Cheese, Cream                | <input type="checkbox"/> Goat Cheese           | <input type="checkbox"/> Coconut Meal (gluten      |

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Corn (Gluten-free &   | <input type="checkbox"/> Quinoa, Red (gluten       | <input type="checkbox"/> Tolerant Red or Green    |
| <input type="checkbox"/> Corn, Blue            | <input type="checkbox"/> Rice, Basmati (gluten     | <input type="checkbox"/> Tortilla, Siete Almond   |
| <input type="checkbox"/> Corn, White           | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava  |
| <input type="checkbox"/> Corn Starch (gluten   | <input type="checkbox"/> Rice, Brown (gluten       | <input type="checkbox"/> Tortilla, Siete Chia &   |
| <input type="checkbox"/> Ener-G Brown Rice     | <input type="checkbox"/> Rice, Japonica (gluten    | <input type="checkbox"/> Simple Mills Everything  |
| <input type="checkbox"/> Fava Bean Flour       | <input type="checkbox"/> Rice, Purple (gluten      | <input type="checkbox"/> Corn Meal (gluten free)  |
| <input type="checkbox"/> Flax Meal             | <input type="checkbox"/> Rice, Red (gluten free)   | <input type="checkbox"/> <b>Gluten-Containing</b> |
| <input type="checkbox"/> Garbanzo Flour        | <input type="checkbox"/> Rice, White (gluten       | <input type="checkbox"/> Barley                   |
| <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Rice, Wild (Lundberg® -   | <input type="checkbox"/> Barley Greens (Not for   |
| <input type="checkbox"/> Hazelnut Flour        | <input type="checkbox"/> Rice Bran                 | <input type="checkbox"/> Barley Juice (Not for    |
| <input type="checkbox"/> Hemp Meal             | <input type="checkbox"/> Rice Flour (gluten free)  | <input type="checkbox"/> Beer                     |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder       | <input type="checkbox"/> Bran                     |
| <input type="checkbox"/> Hemp Seed             | <input type="checkbox"/> Simple Mills Grnd Sea     | <input type="checkbox"/> Bread                    |
| <input type="checkbox"/> Konjac Glucomannon    | <input type="checkbox"/> Simple Mills Rosemary     | <input type="checkbox"/> Brown Rice Syrup         |
| <input type="checkbox"/> Millet                | <input type="checkbox"/> Simple Mills Tomato &     | <input type="checkbox"/> Caramel Coloring         |
| <input type="checkbox"/> Oats                  | <input type="checkbox"/> Sorghum                   | <input type="checkbox"/> Cheese, Bleu             |
| <input type="checkbox"/> Oats (Bob's Red Mill  | <input type="checkbox"/> Sweet Potato Flour        | <input type="checkbox"/> Chewing Gum (has         |
| <input type="checkbox"/> Oat Grass (Not For    | <input type="checkbox"/> Tapioca                   | <input type="checkbox"/> Coffee, Instant (has     |
| <input type="checkbox"/> Potato Flour (gluten  | <input type="checkbox"/> Tapioca Flour (gluten     | <input type="checkbox"/> Couscous                 |
| <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tapioca Starch (gluten    | <input type="checkbox"/> Durum Wheat              |
| <input type="checkbox"/> Quinoa (gluten free)  | <input type="checkbox"/> Teff                      | <input type="checkbox"/> Farro                    |
| <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tolerant Green Lentil &   | <input type="checkbox"/> Gluten                   |

☐ Graham (wheat)☐ Kamut☐ Liquid Smoke (can☐ Malt☐ Maltodextrin (Can be☐ Oats☐ Orzo☐ Panko☐ Polish Wheat☐ Rye☐ Semolina☐ Soy Sauce☐ Spelt☐ Teechino☐ Teriyaki Sauce☐ Triticale☐ Vinegar☐ Vinegar, Malt☐ Vinegar, White☐ Wheat (All Types)☐ Wheat Grass (Is☐ Crab, Immitation☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF☐ Cheese, Cream☐ Cheese, Daiya (Coconu☐ Cheese, Soy (Organic)☐ Chewing Gum (has☐ Corn (Gluten-free &☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)☐ Corn Oil☐ Corn Starch (gluten☐ Erythritol (non-GMO)☐ Fructose☐ GemWraps®<sup>®</sup>, Sandwich☐ Maltodextrin☐ Sriracha Sauce☐ Swerve®<sup>®</sup> Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan☐ **Beverarages & Protein**☐ Almond Milk,☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No☐ Coconut Milk(Native☐ Coconut Water (low☐ Coffee Bean, Organic☐ Coffee☐ Coffee, Instant (has☐ Collagen Protein☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat

<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Great Lake's® Beef
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond
<input type="checkbox"/> Rice Protein Powder	<input type="checkbox"/> Baking Soda (Arm &	<input type="checkbox"/> Julian Bakery Coconut
<input type="checkbox"/> Soy Milk/Soy Cheese	<input type="checkbox"/> Beef broth (Imagine®)	<input type="checkbox"/> Konjac Glucomannon
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water,	<input type="checkbox"/> Chewing Gum (has	<input type="checkbox"/> Liquid Aminos
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum,	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> <b>Chicken Broth</b>	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw,	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea,	<input type="checkbox"/> Collagen Protein	<input type="checkbox"/> Red Chili Paste Thai
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste
<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White	<input type="checkbox"/> GemWraps®, Sandwich	<input type="checkbox"/> Skinny Crisps®(Plain
<input type="checkbox"/> Yerba Matte Tea	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tagacanth Gum

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tragacanth Gum
- ☐ Vegetable broth
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Ispaghula/Psyllium
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Acacia Gum