

<input type="checkbox"/> Fruits	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Maqui
<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Melon, Honeydew
<input type="checkbox"/> alpha	<input type="checkbox"/> Grape	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> new food
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Noni
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> bravo	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Papaya
<input type="checkbox"/> charlie	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cherry	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Peach
<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Persimmons
<input type="checkbox"/> Currant	<input type="checkbox"/> Lime	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Dates	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Plantain
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Plum
<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat	<input type="checkbox"/> Pomelo
<input type="checkbox"/> Fig	<input type="checkbox"/> Mango	<input type="checkbox"/> Prune
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Quince

- | | | |
|--|---|---|
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cashews | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice Bran Oil |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Avocado Oil | <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"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Oil |

☐ Sunflower Seeds☐ Tahini☐ Tea, Ramon☐ Tiger Nuts☐ Truffle Oil☐ Truffle Oil, Black☐ Vegetable Oil☐ Vegetable Shortening
(Spectrum®)☐ Walnut Oil☐ Walnuts☐ Walnuts, Black☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crab, Immitation☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Octopus☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Vegetables☐ Agave Nectar☐ Alfalfa Grass☐ Alfalfa Sprouts☐ Aloe Vera☐ Artichoke (not pickled)☐ Artichoke, Jerusalem (not
pickled)☐ Arugula☐ Asparagus☐ Avocado☐ Bamboo Shoot☐ Barley Grass (can have gluten)☐ Barley Greens (may contain
gluten)☐ Bean, Green☐ Bean Sprout☐ Beet☐ Beet Greens☐ Bell Pepper☐ Bell Pepper, Green☐ Bell Pepper, Orange☐ Bell Pepper, Red☐ Bell Pepper, Yellow

Nanny Mai

11/01/2017

- | | | |
|---|--|---|
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chives | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Endive | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Fennel | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Garlic | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Jicama | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Split |

- | | | |
|---|---|---|
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Radish | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Squash | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Swiss Chard | |

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Condiments, Spreads & Sauces
<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Carob
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,...)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Deer (see also Venison)		

- | | | |
|--|--|---|
| <input type="checkbox"/> Harissa | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Coconut Sugar |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Date Sugar |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Fruit Pectin |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Jerusalem Artichoke Syrup |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Just Like Sugar® |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> White/Distilled Vinegar | <input type="checkbox"/> Maltitol |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltodextrin (Barley-derived) |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Maltodextrin (Tapioca-based) |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Aspartame | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | | <input type="checkbox"/> Sorbitol |

- | | | |
|---|---|---|
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Xylitol | <input type="checkbox"/> Cloves | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Cumin | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Maca Root |
| | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mace Spice |

- | | | |
|---|---|--|
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Chili Paste Thai Kitchen®
(gluten free) | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron | <input type="checkbox"/> Applegate® organic spinach & feta sausage |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage | <input type="checkbox"/> Butter, Raw and Pasture-raised |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Buttermilk |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Casein |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cheese, American |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, Asiago |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, Bleu |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Brie |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Sumac | <input type="checkbox"/> Cheese, Cheddar (Raw) |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Cottage |
| <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Pepper, Black (see
Garlic/Lemon Pepper) | <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Gorgonzola |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gouda |
| <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Havarti |
| <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Machego |
| <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Marscapone |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mozzarella (Raw) |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla Powder | |

<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Whey	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Miso
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Beans	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Mozzarella Cheese		

- | | | |
|---|---|---|
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Maltitol |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Maltodextrin (Barley-derived) |
| <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Barley | <input type="checkbox"/> Modified Food Starch |
| <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,....) | <input type="checkbox"/> Barley Grass (can have gluten) | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Barley Greens (may contain gluten) | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Barley Juice (may contain gluten) | <input type="checkbox"/> Oats, GF (not Certified) can have gluten |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Beer | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Bran | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Bread | <input type="checkbox"/> Polish Wheat |
| <input type="checkbox"/> Corn Gluten | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Couscous | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Maltitol | <input type="checkbox"/> Farro | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Gluten | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Kamut | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Liquid Smoke (can have gluten) | |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Malt | |
| <input type="checkbox"/> Xanthan Gum | | |

- | | | |
|--|--|--|
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Sweet Potato Flour (gluten free) |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> ProGranola (Julian Bakery) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Beverages & Protein Powders |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Beer |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Bone Broth Protein, Beef |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Casein |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers | |

<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Antimony
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum, Xylicew®
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Water	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Whey	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Orange Juice		<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Pea Protein		<input type="checkbox"/> Great Lake's® Beef Gelatin

- | | |
|---|--|
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> new category |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> alpha |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> bravo |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> charlie |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> new food |
| <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | |