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

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

<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Tahini	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard

<input type="checkbox"/> Chayote	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Chives	<input type="checkbox"/> Kombu	<input type="checkbox"/> Pea, Black-Eyed
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Pea, Green
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Anaheim
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Chili
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Green
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Habanero
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Jalapeño
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Poblano
<input type="checkbox"/> Endive	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Pimento
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Jicama	<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Sweet

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

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|---------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) |
| <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®) |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Harissa | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Hummus | <input type="checkbox"/> Vinegar, Beet |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Vinegar, Distilled |
| | <input type="checkbox"/> Liquid Aminos (Bragg's®) (has Soy) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> White/Distilled Vinegar |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Soy Sauce | |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Tabasco Sauce | |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Tamari (Wheat Free) | |

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Allspice
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Molasses	<input type="checkbox"/> Anise
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Basil
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xyla (Birchwood Xylitol)	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Xylitol	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Maltodextrin (Barley-derived)		<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)		<input type="checkbox"/> Cloves

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

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

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)	
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)	

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

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no tapioca)☐ Apple Cider☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca, Carrageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee Bean, Organic☐ Coffee, Instant (has gluten)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ 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, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Komboucha☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, Unflavored☐ Tea, White☐ Teechino☐ Vinegar, Red Wine☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Miscellaneous☐ Acacia Gum☐ Agar Gum☐ Antimony☐ Arabic Gum☐ Baking Powder☐ Baking Soda (Arm & Hammer®)☐ Blue Food Dye☐ Carrageenan Gum☐ Chewing Gum (has gluten and corn)☐ Chewing Gum, Xylitol®☐ Chicory Root☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Formaldehyde☐ GemWraps®, Sandwich Wrap (Carrot)☐ GemWraps®, Sandwich Wrap (Kale-Apple)☐ GemWraps®, Sandwich Wrap (Mango/Chipotle)☐ GemWraps®, Sandwich Wrap (Tomato)☐ Glucosannan Flour (konjacfoods.com)☐ Guar Gum

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|-----------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Hops | <input type="checkbox"/> Vegetable broth (ImagineÂ® Low Sodium) |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <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 CrispsÂ® (Plain Jane) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tragacanth Gum | |