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| <input type="checkbox"/> Beverages | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Condiments |
| <input type="checkbox"/> Almond Milk, unsweetened | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar) |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Rice Protein Powder | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar) |
| <input type="checkbox"/> Coconut Kefir (Not Native) | <input type="checkbox"/> Soy Milk/Soy Cheesecake | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Coconut Milk (Native) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Coconut Water (Low Sodium) | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Earth Balance® Coconut Spread |
| <input type="checkbox"/> Coffee, Instant (has sugar) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread |
| <input type="checkbox"/> Collagen Protein (Hydrolyzed) | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, unflavored/canister | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Teechino | <input type="checkbox"/> Ume Plum Vinegar |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Water | <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Wine, White (Chateau) | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Yerba Matte Tea (Cajun) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Vinegar, Red Wine |

- ☐ Vinegar, Rice ☐ Corn, White ☐ Corvina
- ☐ Vinegar, White ☐ Corn Gluten ☐ Crab
- ☐ Vinegar, White Wine ☐ Corn Meal (gluten-free) ☐ Crayfish
- ☐ Worcestershire Sauce ☐ Corn Oil ☐ Flounder
- ☐ Sriracha Sauce ☐ Corn Starch (gluten-free) ☐ Haddock
- ☐ Tabasco Sauce ☐ Erythritol (non-GMO) ☐ Hake
- ☐ Dressing, Primal Kitchen ☐ Fructose ☐ Halibut
- ☐ Dressing, Primal Kitchen ☐ GemWraps ☐ Herring (not)
- ☐ Mayonnaise, Primal Kitchen ☐ Maltodextrin (Corn Oil) ☐ Lobster
- ☐ Mayonnaise, Primal Kitchen ☐ Swerve ☐ Mackerel
- ☐ BodyPro Almond Meal ☐ Vegetable Oil ☐ Mahi Mahi
- ☐ BodyPro Almond Meal ☐ Xanthan Gum ☐ Mussel
- ☐ BodyPro Avocado Oil ☐ Yogurt (See Xanthan) ☐ Orange Roughy
- ☐ ☐ Sriracha Sauce ☐ Oyster
- ☐ Corn-Derived ☐ Perch
- ☐ Barbeque Sauce, Gluten-Free ☐ Fish & Seafood ☐ Red Snapper
- ☐ Cheese, Cream ☐ Anchovy ☐ Salmon, wild (fresh)
- ☐ Cheese, Daiya (Corn) ☐ Bass ☐ Sardines
- ☐ Cheese, Soy (Organic) ☐ Catfish ☐ Scallop
- ☐ Chewing Gum (Natural) ☐ Chilean Sea Bass ☐ Shrimp
- ☐ Corn (Gluten-free) ☐ Clam ☐ Sole
- ☐ Corn, Blue ☐ Cod/ Cod Liver Oil ☐ Squid

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| <input type="checkbox"/> Swai | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Crab, Imitation | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |

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|--|---|---|
| <input type="checkbox"/> Pear | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) |
| <input type="checkbox"/> Persimmons | | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Gluten-Co | <input type="checkbox"/> Orzo |
| <input type="checkbox"/> Plantain | <input type="checkbox"/> Barley | <input type="checkbox"/> Panko |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Barley Greens (Not for) | <input type="checkbox"/> Polish Wheat (ve) |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Barley Juice (Not for) | <input type="checkbox"/> Rye () |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Beer | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Bran | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Bread | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Raisin (unsulfured) | <input type="checkbox"/> Brown Rice Syrup () | <input type="checkbox"/> Teechino (iten) |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Chewing Gum (has) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coffee, Instant (has) | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Couscous | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Gluten | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Graham (wheat) | |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Kamut | |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Liquid Smoke (can have gluten) | |

- ☐ **Gluten-Free** ☐ Millet ☐ Simple Mills Tomato & Basil Almond Crackers
- ☐ Almond Flour (gluten free) ☐ Oats ☐ Sorghum
- ☐ Amaranth ☐ Oats (Bob's Red Mill) ☐ Sweet Potato Flour (gluten free)
- ☐ Basmati Rice (gluten free) ☐ Oat Grass (Not For) ☐ Tapioca
- ☐ Buckwheat ☐ Potato Flour (gluten free) ☐ Tapioca Flour (gluten free)
- ☐ Buckwheat Flour ☐ Potato Starch (gluten free) ☐ Tapioca Starch (gluten free)
- ☐ Chicory Root ☐ Quinoa (gluten free) ☐ Teff
- ☐ Coconut Meal (gluten free) ☐ Quinoa, Black (gluten free) ☐ Tolerant Green Lentil & Pea Pasta
- ☐ Corn (Gluten-free) ☐ Quinoa, Red (gluten free) ☐ Tolerant Red or Green Lentil Pasta
- ☐ Corn, Blue ☐ Rice, Basmati (gluten free) ☐ Tortilla, Siete Almond
- ☐ Corn, White ☐ Rice, Black (gluten free) ☐ Tortilla, Siete Cassava & Coconut
- ☐ Corn Starch (gluten free) ☐ Rice, Brown (gluten free) ☐ Tortilla, Siete Chia & Cassava
- ☐ Ener-G Brown Rice ☐ Rice, Japonica (gluten free) ☐ Simple Mills Everything Sprouted Seed Cracker
- ☐ Fava Bean Flour ☐ Rice, Purple (gluten free) ☐ Corn Meal (gluten free)
- ☐ Flax Meal ☐ Rice, Red (gluten free) ☐ Coconut Flour (gluten free)
- ☐ Garbanzo Flour ☐ Rice, White (gluten free) ☐ Arrowroot Flour/powder
- ☐ Glucomannon Flour ☐ Rice, Wild (Lundberg) - not the blend
- ☐ Hazelnut Flour ☐ Rice Bran
- ☐ Hemp Meal ☐ Rice Flour (gluten free)
- ☐ Hemp Protein (Powder) ☐ Rice Protein Powder (gluten free)
- ☐ Hemp Seed ☐ Simple Mills Grnd Sea Salt Almond Crackers
- ☐ Konjac Glucomannon ☐ Simple Mills Rosemary & Sea Salt Crackers

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

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|---|--|--|
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Legumes |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Thyme | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Pepper, Black (see page 1) | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Valerian | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Pepper/Peppercorn | <input type="checkbox"/> Vanilla (gluten and soy free) | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> White Willow Bark | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Red Chili Paste The | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Bean, Navy/Ninja |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Onion | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Shallots | <input type="checkbox"/> Edamame (must be organic) |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Paprika | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> St. John's Wort | | <input type="checkbox"/> Garbanzo Bean |
| <input type="checkbox"/> Taco Seasoning | | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Tamari (Wheat Free) | | <input type="checkbox"/> Lentil(s) |

- ☐ Miso ☐ Applegate® organic Pork, (organic)
- ☐ Pea, Snap ☐ Applegate® organic Quail sausage
- ☐ Pea, Snow ☐ Applegate® organic Rabbit sausage
- ☐ Pea, Split ☐ Applegate® organic Turkey (organic) sausage
- ☐ Peanut (Organic, dry) ☐ Applegate® organic Veal (organic) sausage
- ☐ Peanut Butter (Organic) ☐ Applegate® organic Venison (see also Deer)
- ☐ Peanut Oil (Organic) ☐ Applegate® organic smoked chicken breast
- ☐ Red Bean Paste ☐ Applegate® organic Milk-Content breast
- ☐ Soy Beans (must be organic) ☐ Applegate® organic Applegate® organic spinach & feta sausage
- ☐ Soy Beans Oil (must be organic) ☐ Applegate® organic Butter, Raw and Pasture-raised
- ☐ Vanilla Bean ☐ Beef, Grass-fed only Buttermilk
- ☐ Vanilla Powder ☐ Bison (see also Buffalo) Casein
- ☐ White Beans ☐ Buffalo (see also Buffalo) Cheese, American
- ☐ Coffee Bean, Organic ☐ Chicken Broth (Imagined) Cheese, Asiagdum
- ☐ ☐ Chicken, free range Cheese, Bleu
- ☐ Meat & ☐ Deer (see also Venison) Cheese, Brie
- ☐ Applegate® organic Duck ☐ Cheese, Cheddar (Raw)
- ☐ Applegate® organic Goat, Grass-fed only Cheese, Cottage
- ☐ Applegate® organic Lamb (organic) ☐ Cheese, Cream
- ☐ Applegate® organic Lard (pork) ☐ Cheese, Goat
- ☐ Applegate® organic Ostrich ☐ Cheese, Gorgonzola
- ☐ Applegate® organic Pheasant ☐ Cheese, Gouda

- ☐ Cheese, Havarti ☐ Milk Chocolate ☐ Coconut Aminos®
- ☐ Cheese, Mache ☐ Milk, Cow ☐ Coconut Cream
- ☐ Cheese, Marscap ☐ Milk, Goat ☐ Collagen Protein (Powder)
- ☐ Cheese, Mozzarella ☐ Milk, Sheep ☐ Garam Masala
- ☐ Cheese, Muenster ☐ Mozzarella Cheese ☐ GemWraps®, Sandwich Wrap (Carrot)
- ☐ Cheese, Parmesan ☐ Sour Cream, Raw ☐ GemWraps®, Sandwich Wrap (Kale-Apple)
- ☐ Cheese, Pecorino ☐ Whey ☐ GemWraps®, Sandwich Wrap (Mango/Chi.)
- ☐ Cheese, Raw and F ☐ Yogurt (See Xanthan ☐ GemWraps®, Sandwich Wrap (Tomato)
- ☐ Cheese, Ricotta ☐ Cheese, Feta ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Cheese, Romano ☐ Great Lake's® Beef Gelatin
- ☐ Cheese, Provolone ☐ Miscellaneous ☐ Guar Gum
- ☐ Cheese, Sheep ☐ Antimony ☐ Hops
- ☐ Cheese, String (Mozzarella) ☐ Arabic Gum ☐ Julian Bakery Paleo Wraps
- ☐ Cheese, Swiss ☐ Baking Powder ☐ Julian Bakery Almond Bread
- ☐ Chocolate, Milk ☐ Baking Soda (Arm & Hammer) ☐ Julian Bakery Coconut Bread
- ☐ Chocolate, White ☐ Beef broth (Imagine) ☐ Konjac Glucomannon Flour
- ☐ Cream, Raw and Unsalted ☐ Carrageenan Gum ☐ Lard (pork)
- ☐ Ghee (Pasture-Raised) ☐ Chewing Gum (has Xylitol) ☐ Liquid Aminos (Braggs®)(has Soy)
- ☐ Goat Cheese ☐ Chewing Gum, Xylitol ☐ Locust Bean Gum
- ☐ Goat Kefir ☐ Chicken Broth (Imagine) ☐ Lycopene (ium)
- ☐ Kefir, Raw ☐ Chicory Root ☐ Malt
- ☐ Lactoalbumin ☐ Cocoa/Cacao (raw) ☐ Maltodextrin (Candies) ☐ Wheat-derived

- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Red Chili Paste
- ☐ Red Tomato Paste
- ☐ Resveratrol
- ☐ Sherry Vinegar
- ☐ Silver
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten free)
- ☐ Tomato Sauce (gluten free)
- ☐ Vegetable broth (low sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Acacia Gum
- ☐ Tragacanth Gum
- ☐ Blue Food Dye
- ☐ Skinny Crisps
- ☐ Red Food Dye
- ☐ Cocoa Butter
- ☐ Agar Gum
- ☐ Non-Dairy
- ☐ Almond Milk, unsweetened
- ☐ Almond Yogurt, unsweetened
- ☐ Cheese, Daiya (Coconut)
- ☐ Cheese, Soy (Organic)
- ☐ Coconut Kefir (No Sugar)
- ☐ Coconut Milk (Native)
- ☐ Egg, Pasture-raised
- ☐ Egg, Vital Farms
- ☐ Egg, Whites, Pasture-raised
- ☐ Egg, Yolks Pasture-raised
- ☐ Milk, Soy (Organic)
- ☐ BodyPro Avocado Oil
- ☐ Nuts, Mixed
- ☐ Almond
- ☐ Almond Butter (Artisanal)
- ☐ Almond Flavor natural, gluten free)
- ☐ Almond Flour (gluten free)
- ☐ Almond Meal (gluten free)
- ☐ Almond, Marcona
- ☐ Annatto Seed
- ☐ Brazil Nut
- ☐ Canola/Rapeseed Oil
- ☐ Caraway Seed a)
- ☐ Cashews
- ☐ Cashew Butter st, unsweetened)
- ☐ Cashew Meal
- ☐ Chestnut
- ☐ Chia Seed (1/4 cup)
- ☐ Coconut Butter
- ☐ Coconut Oil
- ☐ Coconut, shredded (raw, unsweetened)
- ☐ Cola Nut (aka Kola Nut)
- ☐ Corn Oil
- ☐ Cottonseed/Cottonseed Oil

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|---|---|---|
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil | |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil | Snacks |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds | Date(s) |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice, Wild (Lundberg) | <input type="checkbox"/> Apple Sauce (d) |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sacha Inchi Seeds | Sweetener |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Aspartame/Nutrasweet |
| <input type="checkbox"/> Hydrogenated Oil | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Date Sugar |
| <input type="checkbox"/> Pecan | <input type="checkbox"/> Tahini | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Fruit Pectin |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Just Like Sugar® |

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|---|--|--|
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cabbage, Green |
| <input type="checkbox"/> Maltodextrin (Cane) | <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cabbage, Purple |
| <input type="checkbox"/> Maltodextrin (Corn) | <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cactus (Nopales) |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Arugula | <input type="checkbox"/> Capers |
| <input type="checkbox"/> Maple Syrup (Grade B) | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Capsicum |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Avocado | <input type="checkbox"/> Carrot Juice |
| <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Carrot, Orange |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Carrot, Purple |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Carrot, White |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Carrot, Yellow |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Beet | <input type="checkbox"/> Cassava (see Tapioca and Yucca) |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Cauliflower, Purple |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chayote |
| <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> BodyPro Almond Meal | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Burdock | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Cabbage, Chinese | <input type="checkbox"/> Corn, White (any) |

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|--|--|---|
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Potato, Fingerling |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Nori | <input type="checkbox"/> Potato, Purple |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Okra | <input type="checkbox"/> Potato, Red |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Olives (without vine) | <input type="checkbox"/> Potato, Russet |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Potato, Yukon Gold |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Kombu | <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sea Vegetables |
| <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Mushrooms, Cremini | <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pickles, Bubbies® | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pimento | <input type="checkbox"/> Squash |

- ☐ Squash, Acorn ☐ Tomato, Yellow
- ☐ Squash, Butternut ☐ Truffle
- ☐ Squash, Green ☐ Turnip Greens
- ☐ Squash, Spaghetti ☐ Turnips
- ☐ Squash, Summer ☐ Water Chestnut
- ☐ Squash, Winter ☐ Watercress
- ☐ Squash, Yellow ☐ Yams, Garnett
- ☐ Sugar Beet ☐ Yams, Japanese
- ☐ Sweet Potato, Red ☐ Yucca
- ☐ Sweet Potatoes, White ☐ Zucchini
- ☐ Swiss Chard ☐ Alfalfa Sprouts
- ☐ Tomatillo ☐ Psyllium Husk
- ☐ Tomato Paste (gluten free) ☐ Onion, Green
- ☐ Tomato Sauce (gluten free) ☐ Onion, Maui)
- ☐ Tomato ☐ Onion, Red
- ☐ Tomatoes, Big Boy ☐ Onion, Sweet
- ☐ Tomato, Cherry ☐ Onion, Yellow
- ☐ Tomato, Heirloom ☐ Chives
- ☐ Tomato, Orange ☐ Shallots
- ☐ Tomato, Red ☐ Bell Pepper
- ☐ Tomato, Roma ☐ Bell Pepper, Yellow
- ☐ Tomato, Sun-dried ☐ Bell Pepper, Orange