

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Garlic
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Burdock	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Capers	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red

- | | | |
|-------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Red | <input type="checkbox"/> Squash, Acorn |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Russet | <input type="checkbox"/> Squash, Butternut |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Squash, Green |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Spaghetti |
| <input type="checkbox"/> Pea, Black-Eyed | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer |
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Winter |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Yellow |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sweet Potato, Red |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potatoes, White |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato Paste (gluten & V |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Sauce (gluten & V |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Cherry |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Heirloom |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Orange |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Red |
| <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Potato, Purple | <input type="checkbox"/> Squash | <input type="checkbox"/> Tomato, Sun-dried |

- | | | |
|--------------------------------------------|------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Sauce | <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, Blood |

- | | | |
|-------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Almond Flavor natural, gluten free | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Cashews | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut, shredded (raw, unsweete | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds |

- | | | |
|------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Almond | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Chickpea (see also Garbanzo Beans) | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the p | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Crayfish |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Miso | <input type="checkbox"/> Flounder |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Haddock |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Hake |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Halibut |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Peanut Butter (Organic, Maranatha) | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Soy Beans Oil (must be organic) | <input type="checkbox"/> Mussel |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Orange Roughy |
| <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Oyster |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> White Beans | <input type="checkbox"/> Perch |
| <input type="checkbox"/> Walnut, Black (few) | | <input type="checkbox"/> Red Snapper |

<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic chicken/apple	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic spinach & fet	Non-Dairy & Eggs
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic sausage swe	Almond Milk, unsweetened
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked chick	Almond Yogurt, unsweeten
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked turke	Coconut Kefir (No Tapioca
<input type="checkbox"/> Swai	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Coconut Milk(Native Fores
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Egg, Pasture-raised (from a
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Egg, Vital Farms® or Pas
<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken Broth (Imagine® gf/low s	<input type="checkbox"/> Egg, Whites, Pasture-raise
<input type="checkbox"/> Tuna	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Duck	<input type="checkbox"/> Egg
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Goat, Grass-fed only (organic)	Condiments
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> BodyPro Almond Mayo Gra
<input type="checkbox"/> Applegate® organic black foresth	<input type="checkbox"/> Ostrich	<input type="checkbox"/> BodyPro Almond Mayo with
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Carob
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Coconut Vinegar (Coconut
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Quail	<input type="checkbox"/> Earth Balance® Coconut
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Horseradish Sauce, Gluten
<input type="checkbox"/> Applegate® organic andouille sau	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Hummus

- | | | |
|-----------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart) | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber) | <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Molasses | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Cinnamon, Ceylon |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Splenda | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B (M&M) | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon | <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/C) | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn sc | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Allspice | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Anise | <input type="checkbox"/> Dong Quai |

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

- | | | |
|------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Applegate® organic spinach & feta | <input type="checkbox"/> Cheese, Romano | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Provolone | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, String (Mozzarella) | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Cream, Raw and Unpasteurized | <input type="checkbox"/> Ener-G Brown Rice Yeast |
| <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Garbanzo Flour |

<input type="checkbox"/> Glucomannon Flour (konjacfood	<input type="checkbox"/> Rice, Wild (Lundberg® - not the b	<input type="checkbox"/> Couscous
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Farro
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Gluten
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Kamut
<input type="checkbox"/> Millet	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Liquid Smoke (can have gl
<input type="checkbox"/> Oats	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Orzo
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitiv	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Panko
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Rye
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Semolina
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Se	<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Bran	<input type="checkbox"/> Triticale
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Bread	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/C	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Wheat Grass (Is Gluten-co
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	

- | | | |
|-----------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Beef broth (ImagineÂ® low sodium) |
| <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Chewing Gum, XylicewÂ® |
| <input type="checkbox"/> Coconut Milk(Native Forest or Native Forest) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Chicken Broth (ImagineÂ® low sodium) |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Coconut AminosÂ® |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wraps |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wraps |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> GemWrapsÂ®, Sandwich Wraps |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Glucomannon Flour (konjac) |
| <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Tea, White | <input type="checkbox"/> Great Lake'sÂ® Beef Gelatin |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Water | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> Julian Bakery Paleo Wraps |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Julian Bakery Coconut Bread |
| <input type="checkbox"/> Milk, Goat | | <input type="checkbox"/> Konjac Glucomannon Flour |

- | | |
|---------------------------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen®(gluten free) | <input type="checkbox"/> Red Dye |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Sherry Vinegar | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane) | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tagacanth Gum | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | |
| <input type="checkbox"/> Vinegar, Red Wine | |
| <input type="checkbox"/> Vinegar, Rice | |