

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee☐ Coffee, Instant (has gluten)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Komboucha Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Cow☐ Milk, Goat☐ Milk, Sheep☐ 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, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/cafeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella☐ Balsamic Vinegar (with Red Wine☐ Balsamic Vinegar (Caramel/Red W.☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter☐ Horseradish Sauce, Gluten-free☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Ume Plum Vinegar☐ Veganaise Soy-free (Follow Your☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine☐ Vinegar, Rice

<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Fructose	<input type="checkbox"/> Herring
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Lobster
<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Dressing, Primal Kitchen Greek	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Mussel
<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Oyster
<input type="checkbox"/> Mayonnaise, Primal Kitchen		<input type="checkbox"/> Perch
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot

- | | | |
|--|--|---|
| <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 |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |

<input type="checkbox"/> Pomelo	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Panko
<input type="checkbox"/> Prune	<input type="checkbox"/> Barley	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Quince	<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Rye
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Semolina
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Beer	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Bran	<input type="checkbox"/> Spelt
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Bread	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Banana	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is
<input type="checkbox"/> Apricot	<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Graham (wheat)	
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Kamut	<input type="checkbox"/> Gluten-Free Grains
	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Almond Flour (gluten free)
	<input type="checkbox"/> Malt	<input type="checkbox"/> Amaranth
	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Basmati Rice (gluten free)
	<input type="checkbox"/> Oats	<input type="checkbox"/> Buckwheat
	<input type="checkbox"/> Orzo	<input type="checkbox"/> Buckwheat Flour

<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Simple Mills
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Allspice
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Anise
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Basil
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oat Grass (Not For Gluten	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Celery Powder

- | | | |
|---|---|--|
| <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 Silvestre | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Rosemary |

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

<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Applegate® organic black forest	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Applegate® organic herb roasted	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Applegate® organic andouille	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Marscapone
<input type="checkbox"/> Applegate® organic chicken/apple	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Applegate® organic sausage sweet	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Applegate® organic smoked		<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, White

<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen®
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Silver
<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tomato Paste (gluten &
	<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Hops	<input type="checkbox"/> Vegetable broth (Imagine® Low
<input type="checkbox"/> Antimony	<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vinegar, White Wine

- | | | |
|--|--|--|
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Yeast, Baker's | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Yeast, Brewer's | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Coconut, shredded (raw, |
| <input type="checkbox"/> Yeast, Nutritional | <input type="checkbox"/> Egg | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Latex | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Formaldehyde | | <input type="checkbox"/> Cottonseed/Cottonseed Oil |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Tragacanth Gum | <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Oil |
| <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane) | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Red Food Dye | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Meal |
| | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Cheese, Daiya | <input type="checkbox"/> Cashews | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan |

<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 (Spectrum®)	<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®
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Lo Han
<input type="checkbox"/> Pumpkin Oil		<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Snacks	<input type="checkbox"/> Maltodextrin (Corn-based,
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Simple Mills Chocolate Chip	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Molasses
<input type="checkbox"/> Safflower/Safflower Seed Oil		<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Tahini	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn

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

<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/Crimini	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomatoes, Big Beef

sundas malik

09/06/2017

- | | |
|--|--|
| <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Tomato, Yellow | |
| <input type="checkbox"/> Truffle | |
| <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Watercress | |
| <input type="checkbox"/> Yams, Garnett | |
| <input type="checkbox"/> Yams, Japanese | |
| <input type="checkbox"/> Yucca | |
| <input type="checkbox"/> Zucchini | |
| <input type="checkbox"/> Alfalfa Sprouts | |
| <input type="checkbox"/> Psyllium Husk | |
| <input type="checkbox"/> Onion, Green | |
| <input type="checkbox"/> Onion, Maui | |
| <input type="checkbox"/> Onion, Red | |
| <input type="checkbox"/> Onion, Sweet | |