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

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| <input type="checkbox"/> Mushrooms, Button        | <input type="checkbox"/> Pepper, Red           | <input type="checkbox"/> Sea Vegetables        |
| <input type="checkbox"/> Mushrooms,               | <input type="checkbox"/> Pepper, Serrano       | <input type="checkbox"/> Seaweed               |
| <input type="checkbox"/> Mushrooms, Maitake       | <input type="checkbox"/> Pickles, Bubbies®     | <input type="checkbox"/> Shallots              |
| <input type="checkbox"/> Mushrooms, Shiitake      | <input type="checkbox"/> Pimento               | <input type="checkbox"/> Spinach               |
| <input type="checkbox"/> Mustard Greens           | <input type="checkbox"/> Potato, Fingerling    | <input type="checkbox"/> Spirulina             |
| <input type="checkbox"/> Nori                     | <input type="checkbox"/> Potato, Purple        | <input type="checkbox"/> Squash                |
| <input type="checkbox"/> Okra                     | <input type="checkbox"/> Potato, Red           | <input type="checkbox"/> Squash, Acorn         |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Potato, Russet        | <input type="checkbox"/> Squash, Butternut     |
| <input type="checkbox"/> Onion, Green             | <input type="checkbox"/> Potato, Sweet         | <input type="checkbox"/> Squash, Green         |
| <input type="checkbox"/> Onion, Maui              | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Squash, Spaghetti     |
| <input type="checkbox"/> Onion, Red               | <input type="checkbox"/> Potato, Yukon Gold    | <input type="checkbox"/> Squash, Summer        |
| <input type="checkbox"/> Onion, Sweet             | <input type="checkbox"/> Prickly Pear          | <input type="checkbox"/> Squash, Winter        |
| <input type="checkbox"/> Onion, Yellow            | <input type="checkbox"/> Psyllium Husk         | <input type="checkbox"/> Squash, Yellow        |
| <input type="checkbox"/> Parsley                  | <input type="checkbox"/> Pumpkin               | <input type="checkbox"/> Sugar Beet            |
| <input type="checkbox"/> Parsnip                  | <input type="checkbox"/> Pumpkin Powder        | <input type="checkbox"/> Sweet Potato, Red     |
| <input type="checkbox"/> Pea, Black-Eyed          | <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"/> Truffle               |
| <input type="checkbox"/> Pepper, Green            | <input type="checkbox"/> Rhubarb               | <input type="checkbox"/> Turnip Greens         |
| <input type="checkbox"/> Pepper, Habanero         | <input type="checkbox"/> Rutabaga              | <input type="checkbox"/> Turnips               |
| <input type="checkbox"/> Pepper, Jalapeño         | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Water Chestnut        |
| <input type="checkbox"/> Pepper, Poblano          | <input type="checkbox"/> Scallions             | <input type="checkbox"/> Watercress            |

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| <input type="checkbox"/> Yams, Garnett     | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Yams, Japanese    | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Yucca             | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> Agar Gum          | <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
| <input type="checkbox"/> Apple Cider       | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> Apple Juice       | <input type="checkbox"/> Grape                 | <input type="checkbox"/> Maqui               |
| <input type="checkbox"/> Apple Sauce       | <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Melon, Honeydew     |
| <input type="checkbox"/> Apricot           | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Banana            | <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Mulberry            |
| <input type="checkbox"/> Bilberry          | <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Nectarines          |
| <input type="checkbox"/> Blackberry        | <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Noni                |
| <input type="checkbox"/> Blueberry         | <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Papaya              |
| <input type="checkbox"/> Boysenberry       | <input type="checkbox"/> Guava                 | <input type="checkbox"/> Passion Fruit       |
| <input type="checkbox"/> Cantaloupe        | <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Peach               |
| <input type="checkbox"/> Cherry            | <input type="checkbox"/> Jack fruit            | <input type="checkbox"/> Persimmons          |
| <input type="checkbox"/> Clementine        | <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Pineapple           |
| <input type="checkbox"/> Cranberry         | <input type="checkbox"/> Kumquat               | <input type="checkbox"/> Plantain            |

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| <input type="checkbox"/> Plum                           | <input type="checkbox"/> Brazil Nut              | <input type="checkbox"/> Hemp Seed               |
| <input type="checkbox"/> Pomegranate                    | <input type="checkbox"/> Canola/Rapeseed Oil     | <input type="checkbox"/> Hydrogenated Oils       |
| <input type="checkbox"/> Pomelo                         | <input type="checkbox"/> Caraway Seed            | <input type="checkbox"/> Macadamia Nut Oil       |
| <input type="checkbox"/> Prune                          | <input type="checkbox"/> Cashews                 | <input type="checkbox"/> Macadamia Nuts          |
| <input type="checkbox"/> Quince                         | <input type="checkbox"/> Cashew Butter           | <input type="checkbox"/> Olive Leaf Extract      |
| <input type="checkbox"/> Raisin (unsulfured,            | <input type="checkbox"/> Cashew Meal             | <input type="checkbox"/> Olive Oil, Virgin       |
| <input type="checkbox"/> Raspberry                      | <input type="checkbox"/> Chestnut                | <input type="checkbox"/> Palm Kernel Oil         |
| <input type="checkbox"/> Star Fruit                     | <input type="checkbox"/> Chia Seed (1/4 cup,     | <input type="checkbox"/> Pecan                   |
| <input type="checkbox"/> Strawberry                     | <input type="checkbox"/> Coconut Butter          | <input type="checkbox"/> Pecan Flour             |
| <input type="checkbox"/> Tamarind                       | <input type="checkbox"/> Coconut Oil             | <input type="checkbox"/> Pepitas                 |
| <input type="checkbox"/> Tangerine                      | <input type="checkbox"/> Coconut, shredded       | <input type="checkbox"/> Pili Nuts               |
| <input type="checkbox"/> Watermelon                     | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut                |
| <input type="checkbox"/> Wolfberry                      | <input type="checkbox"/> Corn Oil                | <input type="checkbox"/> Pistachios              |
| <input type="checkbox"/> Youngberry                     | <input type="checkbox"/> Cottonseed/Cottonseed   | <input type="checkbox"/> Poppy seeds             |
| <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Flax Meal               | <input type="checkbox"/> Psyllium Husk           |
| <input type="checkbox"/> Almond Butter                  | <input type="checkbox"/> Flax Oil                | <input type="checkbox"/> Pumpkin Oil             |
| <input type="checkbox"/> Almond Flavor natural,         | <input type="checkbox"/> Flax Seed               | <input type="checkbox"/> Pumpkin Seed Oil        |
| <input type="checkbox"/> Almond Flour (gluten           | <input type="checkbox"/> Grapeseed Oil, Organic  | <input type="checkbox"/> Pumpkin Seeds           |
| <input type="checkbox"/> Almond Meal (gluten            | <input type="checkbox"/> Hazelnut Flour          | <input type="checkbox"/> Ramon Seeds             |
| <input type="checkbox"/> Almond, Marcona                | <input type="checkbox"/> Hazelnut/Filbert        | <input type="checkbox"/> Rice, Wild (Lundberg® - |
| <input type="checkbox"/> Annatto Seed                   | <input type="checkbox"/> Hemp Meal               | <input type="checkbox"/> Safflower/Safflower     |
| <input type="checkbox"/> Arrowroot Flour/powder         | <input type="checkbox"/> Hemp Protein (Powder)   | <input type="checkbox"/> Sacha Inchi Seeds       |

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| <input type="checkbox"/> Sesame Seed Oil             | <input type="checkbox"/> Bean, Chili             | <input type="checkbox"/> Soy Beans Oil (must be      |
| <input type="checkbox"/> Sesame Seeds                | <input type="checkbox"/> Bean, Green             | <input type="checkbox"/> Vanilla Bean                |
| <input type="checkbox"/> Sesame Seeds, Black         | <input type="checkbox"/> Bean, Italian           | <input type="checkbox"/> Vanilla Powder              |
| <input type="checkbox"/> Sunflower Seed Butter       | <input type="checkbox"/> Bean, Kidney            | <input type="checkbox"/> White Beans                 |
| <input type="checkbox"/> Sunflower Seed              | <input type="checkbox"/> Bean, Lima              | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> |
| <input type="checkbox"/> Sunflower Seed Oil          | <input type="checkbox"/> Bean, Mung              | <input type="checkbox"/> Anchovy                     |
| <input type="checkbox"/> Sunflower Seeds             | <input type="checkbox"/> Bean, Navy/Ninja        | <input type="checkbox"/> Bass                        |
| <input type="checkbox"/> Tahini                      | <input type="checkbox"/> Bean, Pinto/Frijole     | <input type="checkbox"/> Catfish                     |
| <input type="checkbox"/> Tea, Ramon                  | <input type="checkbox"/> Bean, Red (see also     | <input type="checkbox"/> Chilean Sea Bass            |
| <input type="checkbox"/> Tiger Nuts                  | <input type="checkbox"/> Chickpea (see also      | <input type="checkbox"/> Clam                        |
| <input type="checkbox"/> Vegetable Oil               | <input type="checkbox"/> Edamame (must be        | <input type="checkbox"/> Cod/ Cod Liver Oil          |
| <input type="checkbox"/> Vegetable Shortening        | <input type="checkbox"/> Fava Bean               | <input type="checkbox"/> Corvina                     |
| <input type="checkbox"/> Walnut (few)                | <input type="checkbox"/> Fava Bean Flour         | <input type="checkbox"/> Crab                        |
| <input type="checkbox"/> Walnut Oil                  | <input type="checkbox"/> Garbanzo Bean           | <input type="checkbox"/> Crayfish                    |
| <input type="checkbox"/> Walnut, Black (few)         | <input type="checkbox"/> Garbanzo Flour          | <input type="checkbox"/> Flounder                    |
| <input type="checkbox"/> Almond                      | <input type="checkbox"/> Lentil(s)               | <input type="checkbox"/> Haddock                     |
| <input type="checkbox"/> <b>Legumes &amp; Pulses</b> | <input type="checkbox"/> Miso                    | <input type="checkbox"/> Hake                        |
| <input type="checkbox"/> Bean, Azuki                 | <input type="checkbox"/> Peanut (Organic,        | <input type="checkbox"/> Halibut                     |
| <input type="checkbox"/> Bean, Black                 | <input type="checkbox"/> Peanut Butter (Organic, | <input type="checkbox"/> Herring                     |
| <input type="checkbox"/> Bean, Butter                | <input type="checkbox"/> Peanut Oil (Organic)    | <input type="checkbox"/> Lobster                     |
| <input type="checkbox"/> Bean, Cannellini            | <input type="checkbox"/> Red Bean Paste          | <input type="checkbox"/> Mackerel                    |
| <input type="checkbox"/> Bean, Chana Dahl            | <input type="checkbox"/> Soy Beans (must be      | <input type="checkbox"/> Mahi Mahi                   |

<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Quail
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic red	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Almond Milk,
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Almond Yogurt,
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> BodyPro Avocado Oil
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Cheese, Daiya (Coconu
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Cheese, Soy (Organic)
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Coconut Kefir (No
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Milk(Native
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Egg, Pasture-raised
<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken Broth	<input type="checkbox"/> Egg, Vital Farms® or
<input type="checkbox"/> Tuna	<input type="checkbox"/> Chicken, free range	<input type="checkbox"/> Egg, Whites,
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Yolks
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Duck	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Goat, Grass-fed only	<input type="checkbox"/> Sriracha Sauce
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Egg
<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Ostrich	
<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Pheasant	

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|---|---|---|
| <input type="checkbox"/> <b>Condiments</b>      | <input type="checkbox"/> Sriracha Sauce       | <input type="checkbox"/> Honey, (Organic)       |
| <input type="checkbox"/> Apple Cider Vinegar    | <input type="checkbox"/> Ume Plum Vinegar     | <input type="checkbox"/> Honey, Manuka          |
| <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Veganaise Soy-free   | <input type="checkbox"/> Honey, Wildflower from |
| <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Vinegar              | <input type="checkbox"/> Just Like SugarÂ®      |
| <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Vinegar, Distilled   | <input type="checkbox"/> Lo Han                 |
| <input type="checkbox"/> Barbeque Sauce, GF     | <input type="checkbox"/> Vinegar, Malt        | <input type="checkbox"/> Maltodextrin (Can be   |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Vinegar, Red Wine    | <input type="checkbox"/> Maltodextrin           |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Vinegar, Rice        | <input type="checkbox"/> Maple Sugar            |
| <input type="checkbox"/> BodyPro Avocado Oil    | <input type="checkbox"/> Vinegar, White       | <input type="checkbox"/> Maple Syrup (Grade A   |
| <input type="checkbox"/> Carob                  | <input type="checkbox"/> Vinegar, White Wine  | <input type="checkbox"/> Molasses               |
| <input type="checkbox"/> Coconut Vinegar        | <input type="checkbox"/> Worcestershire Sauce | <input type="checkbox"/> Monk Fruit             |
| <input type="checkbox"/> Dressing, Primal       | <input type="checkbox"/> <b>Sweeteners</b>    | <input type="checkbox"/> NutrasweetÂ®           |
| <input type="checkbox"/> Dressing, Primal       | <input type="checkbox"/> Agave Nectar         | <input type="checkbox"/> Rebiana Leaf (Stevia)  |
| <input type="checkbox"/> Earth BalanceÂ®        | <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Sorbitol               |
| <input type="checkbox"/> Earth BalanceÂ®        | <input type="checkbox"/> BodyPro Almond Mayo  | <input type="checkbox"/> Splenda                |
| <input type="checkbox"/> Horseradish Sauce,     | <input type="checkbox"/> BodyPro Almond Mayo  | <input type="checkbox"/> Sucanat                |
| <input type="checkbox"/> Hummus                 | <input type="checkbox"/> Brown Rice Syrup     | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Mayonnaise             | <input type="checkbox"/> Coconut Palm Sugar   | <input type="checkbox"/> Sugar Cane             |
| <input type="checkbox"/> Mayonnaise, Primal     | <input type="checkbox"/> Date Sugar           | <input type="checkbox"/> SweetleafÂ® Stevia     |
| <input type="checkbox"/> Mayonnaise, Primal     | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> SwerveÂ® Xylitol       |
| <input type="checkbox"/> Mustard, Brown (EdenÂ® | <input type="checkbox"/> Fructose             | <input type="checkbox"/> Xyla (Birchwood        |
| <input type="checkbox"/> Sauerkraut (BubbiesÂ®  | <input type="checkbox"/> Fruit Pectin         | <input type="checkbox"/> Yacon Syrup            |

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|---|--|--|
| <input type="checkbox"/> Herbs & Spices         | <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)  |
| <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     |
| <input type="checkbox"/> Cardamom               | <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten   |
| <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 |
| <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    |



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| <input type="checkbox"/> Onion                | <input type="checkbox"/> Shallots                     | <input type="checkbox"/> Cheese, Asiago     |
| <input type="checkbox"/> Onion Powder         | <input type="checkbox"/> Spearmint                    | <input type="checkbox"/> Cheese, Bleu       |
| <input type="checkbox"/> Orange Salt          | <input type="checkbox"/> St. John's Wort              | <input type="checkbox"/> Cheese, Brie       |
| <input type="checkbox"/> Oregano              | <input type="checkbox"/> Taco Seasoning               | <input type="checkbox"/> Cheese, Cheddar    |
| <input type="checkbox"/> Paprika              | <input type="checkbox"/> Tamari (Wheat Free)          | <input type="checkbox"/> Cheese, Cottage    |
| <input type="checkbox"/> Paprika (smoked)     | <input type="checkbox"/> Tarragon                     | <input type="checkbox"/> Cheese, Cream      |
| <input type="checkbox"/> Parsley              | <input type="checkbox"/> Thyme                        | <input type="checkbox"/> Cheese, Goat       |
| <input type="checkbox"/> Pepper, Black (see   | <input type="checkbox"/> Turmeric                     | <input type="checkbox"/> Cheese, Gorgonzola |
| <input type="checkbox"/> Pepper, Cayenne      | <input type="checkbox"/> Uva Ursi                     | <input type="checkbox"/> Cheese, Gouda      |
| <input type="checkbox"/> Pepper/Peppercorns   | <input type="checkbox"/> Valerian                     | <input type="checkbox"/> Cheese, Havarti    |
| <input type="checkbox"/> Pepper/Peppercorns,  | <input type="checkbox"/> Vanilla (gluten and          | <input type="checkbox"/> Cheese, Machego    |
| <input type="checkbox"/> Pepper, Red          | <input type="checkbox"/> Vanilla Bean                 | <input type="checkbox"/> Cheese, Mascapone  |
| <input type="checkbox"/> Peppermint           | <input type="checkbox"/> Vanilla Powder               | <input type="checkbox"/> Cheese, Mozzarella |
| <input type="checkbox"/> Pine Bark Extract    | <input type="checkbox"/> White Willow Bark            | <input type="checkbox"/> Cheese, Muenster   |
| <input type="checkbox"/> Red Chili Paste Thai | <input type="checkbox"/> Wintergreen                  | <input type="checkbox"/> Cheese, Parmesan   |
| <input type="checkbox"/> Red Pepper Flake     | <input type="checkbox"/> Rose Hips                    | <input type="checkbox"/> Cheese, Pecorino   |
| <input type="checkbox"/> Rosemary             | <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Cheese, Raw and    |
| <input type="checkbox"/> Saffron              | <input type="checkbox"/> Applegate® organic           | <input type="checkbox"/> Cheese, Ricotta    |
| <input type="checkbox"/> Sage                 | <input type="checkbox"/> Butter, Raw and              | <input type="checkbox"/> Cheese, Romano     |
| <input type="checkbox"/> Saw Plametto         | <input type="checkbox"/> Buttermilk                   | <input type="checkbox"/> Cheese, Provolone  |
| <input type="checkbox"/> Sesame Seeds         | <input type="checkbox"/> Casein                       | <input type="checkbox"/> Cheese, Sheep      |
| <input type="checkbox"/> Sesame Seeds, Black  | <input type="checkbox"/> Cheese, American             | <input type="checkbox"/> Cheese, String     |

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| <input type="checkbox"/> Cheese, Swiss             | <input type="checkbox"/> Chicory Root          | <input type="checkbox"/> Quinoa (gluten free)      |
| <input type="checkbox"/> Cream, Raw and            | <input type="checkbox"/> Coconut Flour (gluten | <input type="checkbox"/> Quinoa, Black (gluten     |
| <input type="checkbox"/> Ghee (Pasture-Raised,     | <input type="checkbox"/> Coconut Meal (gluten  | <input type="checkbox"/> Quinoa, Red (gluten       |
| <input type="checkbox"/> Goat Cheese               | <input type="checkbox"/> Corn (Gluten-free &   | <input type="checkbox"/> Rice, Basmati (gluten     |
| <input type="checkbox"/> Goat Kefir                | <input type="checkbox"/> Corn, Blue            | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Kefir, Raw                | <input type="checkbox"/> Corn, White           | <input type="checkbox"/> Rice, Brown (gluten       |
| <input type="checkbox"/> Lactoalbumin              | <input type="checkbox"/> Corn Starch (gluten   | <input type="checkbox"/> Rice, Japonica (gluten    |
| <input type="checkbox"/> Milk, Cow                 | <input type="checkbox"/> Fava Bean Flour       | <input type="checkbox"/> Rice, Purple (gluten      |
| <input type="checkbox"/> Milk, Goat                | <input type="checkbox"/> Flax Meal             | <input type="checkbox"/> Rice, Red (gluten free)   |
| <input type="checkbox"/> Milk, Sheep               | <input type="checkbox"/> Garbanzo Flour        | <input type="checkbox"/> Rice, White (gluten       |
| <input type="checkbox"/> Mozzarella Cheese         | <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Rice, Wild (Lundberg® -   |
| <input type="checkbox"/> Sour Cream, Raw and       | <input type="checkbox"/> Hazelnut Flour        | <input type="checkbox"/> Rice Bran                 |
| <input type="checkbox"/> Whey                      | <input type="checkbox"/> Hemp Meal             | <input type="checkbox"/> Rice Flour (gluten free)  |
| <input type="checkbox"/> Yogurt (See Xanthan       | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder       |
| <input type="checkbox"/> Cheese, Feta              | <input type="checkbox"/> Hemp Seed             | <input type="checkbox"/> Simple Mills Grnd Sea     |
| <input type="checkbox"/> <b>Gluten-Free Grains</b> | <input type="checkbox"/> Konjac Glucomannon    | <input type="checkbox"/> Simple Mills Rosemary     |
| <input type="checkbox"/> Almond Flour (gluten      | <input type="checkbox"/> Millet                | <input type="checkbox"/> Simple Mills Tomato &     |
| <input type="checkbox"/> Amaranth                  | <input type="checkbox"/> Oats                  | <input type="checkbox"/> Sorghum                   |
| <input type="checkbox"/> Arrowroot Flour/powder    | <input type="checkbox"/> Oats (Bob's Red Mill  | <input type="checkbox"/> Sweet Potato Flour        |
| <input type="checkbox"/> Basmati Rice (gluten      | <input type="checkbox"/> Oat Grass (Not For    | <input type="checkbox"/> Tapioca                   |
| <input type="checkbox"/> Buckwheat                 | <input type="checkbox"/> Potato Flour (gluten  | <input type="checkbox"/> Tapioca Flour (gluten     |
| <input type="checkbox"/> Buckwheat Flour           | <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tapioca Starch (gluten    |

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|---|---|--|
| <input type="checkbox"/> Teff                           | <input type="checkbox"/> Farro                | <input type="checkbox"/> Wheat Grass (Is           |
| <input type="checkbox"/> Tolerant Green Lentil &        | <input type="checkbox"/> Gluten               | <input type="checkbox"/> Crab, Immitation          |
| <input type="checkbox"/> Tolerant Red or Green          | <input type="checkbox"/> Graham (wheat)       | <input type="checkbox"/> <b>Corn-Derived Foods</b> |
| <input type="checkbox"/> Tortilla, Siete Almond         | <input type="checkbox"/> Kamut                | <input type="checkbox"/> Barbeque Sauce, GF        |
| <input type="checkbox"/> Tortilla, Siete Cassava        | <input type="checkbox"/> Liquid Smoke (can    | <input type="checkbox"/> Cheese, Cream             |
| <input type="checkbox"/> Tortilla, Siete Chia &         | <input type="checkbox"/> Malt                 | <input type="checkbox"/> Cheese, Daiya (Coconu     |
| <input type="checkbox"/> Simple Mills Everything        | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Cheese, Soy (Organic)     |
| <input type="checkbox"/> Corn Meal (gluten free)        | <input type="checkbox"/> Oats                 | <input type="checkbox"/> Chewing Gum (has          |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b> | <input type="checkbox"/> Orzo                 | <input type="checkbox"/> Corn (Gluten-free &       |
| <input type="checkbox"/> Barley                         | <input type="checkbox"/> Panko                | <input type="checkbox"/> Corn, Blue                |
| <input type="checkbox"/> Barley Greens (Not for         | <input type="checkbox"/> Polish Wheat         | <input type="checkbox"/> Corn, White               |
| <input type="checkbox"/> Barley Juice (Not for          | <input type="checkbox"/> Rye                  | <input type="checkbox"/> Corn Gluten               |
| <input type="checkbox"/> Beer                           | <input type="checkbox"/> Semolina             | <input type="checkbox"/> Corn Meal (gluten free)   |
| <input type="checkbox"/> Bran                           | <input type="checkbox"/> Soy Sauce            | <input type="checkbox"/> Corn Oil                  |
| <input type="checkbox"/> Bread                          | <input type="checkbox"/> Spelt                | <input type="checkbox"/> Corn Starch (gluten       |
| <input type="checkbox"/> Brown Rice Syrup               | <input type="checkbox"/> Teechino             | <input type="checkbox"/> Erythritol (non-GMO)      |
| <input type="checkbox"/> Caramel Coloring               | <input type="checkbox"/> Teriyaki Sauce       | <input type="checkbox"/> Fructose                  |
| <input type="checkbox"/> Cheese, Bleu                   | <input type="checkbox"/> Triticale            | <input type="checkbox"/> GemWraps®®, Sandwich      |
| <input type="checkbox"/> Chewing Gum (has               | <input type="checkbox"/> Vinegar              | <input type="checkbox"/> Maltodextrin              |
| <input type="checkbox"/> Coffee, Instant (has           | <input type="checkbox"/> Vinegar, Malt        | <input type="checkbox"/> Sriracha Sauce            |
| <input type="checkbox"/> Couscous                       | <input type="checkbox"/> Vinegar, White       | <input type="checkbox"/> Swerve® Xylitol           |
| <input type="checkbox"/> Durum Wheat                    | <input type="checkbox"/> Wheat (All Types)    | <input type="checkbox"/> Vegetable Oil             |

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|---|--|---|
| <input type="checkbox"/> Xanthan Gum                      | <input type="checkbox"/> Milk, Goat            | <input type="checkbox"/> <b>Miscellaneous</b> |
| <input type="checkbox"/> Yogurt (See Xanthan              | <input type="checkbox"/> Milk, Sheep           | <input type="checkbox"/> Agar Gum             |
| <input type="checkbox"/> <b>Beverarages &amp; Protein</b> | <input type="checkbox"/> Milk, Soy (Organic)   | <input type="checkbox"/> Antimony             |
| <input type="checkbox"/> Almond Milk,                     | <input type="checkbox"/> Mineral Water         | <input type="checkbox"/> Arabic Gum           |
| <input type="checkbox"/> Apple Juice                      | <input type="checkbox"/> Rice Protein Powder   | <input type="checkbox"/> Baking Powder        |
| <input type="checkbox"/> Beer                             | <input type="checkbox"/> Soy Milk/Soy Cheese   | <input type="checkbox"/> Baking Soda (Arm &   |
| <input type="checkbox"/> Carrot Juice                     | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Beef broth (Imagine® |
| <input type="checkbox"/> Coconut Kefir (No                | <input type="checkbox"/> Sparkling Water,      | <input type="checkbox"/> Carrageenan Gum      |
| <input type="checkbox"/> Coconut Milk(Native              | <input type="checkbox"/> Tea, Black            | <input type="checkbox"/> Chewing Gum (has     |
| <input type="checkbox"/> Coconut Water (low               | <input type="checkbox"/> Tea, Chamomile        | <input type="checkbox"/> Chewing Gum,         |
| <input type="checkbox"/> Coffee Bean, Organic             | <input type="checkbox"/> Tea, Green            | <input type="checkbox"/> Chicken Broth        |
| <input type="checkbox"/> Coffee, Instant (has             | <input type="checkbox"/> Tea, Oolong           | <input type="checkbox"/> Chicory Root         |
| <input type="checkbox"/> Collagen Protein                 | <input type="checkbox"/> Tea, Ramon            | <input type="checkbox"/> Coconut Aminos®      |
| <input type="checkbox"/> Echinacea Tea                    | <input type="checkbox"/> Tea, Roobios          | <input type="checkbox"/> Coconut Cream        |
| <input type="checkbox"/> Grapefruit Juice                 | <input type="checkbox"/> Tea,                  | <input type="checkbox"/> Collagen Protein     |
| <input type="checkbox"/> Green Tea                        | <input type="checkbox"/> Tea, White            | <input type="checkbox"/> Garam Masala         |
| <input type="checkbox"/> Hemp Protein (Powder)            | <input type="checkbox"/> Teechino              | <input type="checkbox"/> GemWraps®, Sandwich  |
| <input type="checkbox"/> Komboucha Tea                    | <input type="checkbox"/> Water                 | <input type="checkbox"/> GemWraps®, Sandwich  |
| <input type="checkbox"/> Lemon Juice                      | <input type="checkbox"/> Wine, Red             | <input type="checkbox"/> GemWraps®, Sandwich  |
| <input type="checkbox"/> Licorice Tea                     | <input type="checkbox"/> Wine, White           | <input type="checkbox"/> Glucomannon Flour    |
| <input type="checkbox"/> Lime Juice                       | <input type="checkbox"/> Yerba Matte Tea       | <input type="checkbox"/> Great Lake's® Beef   |
| <input type="checkbox"/> Milk, Cow                        |  | <input type="checkbox"/> Guar Gum             |

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|--|---|
| <input type="checkbox"/> Hops                  | <input type="checkbox"/> Vegetable Oil        |
| <input type="checkbox"/> Julian Bakery Paleo   | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Julian Bakery Almond  | <input type="checkbox"/> Vinegar, Red Wine    |
| <input type="checkbox"/> Julian Bakery Coconut | <input type="checkbox"/> Vinegar, Rice        |
| <input type="checkbox"/> Konjac Glucomannon    | <input type="checkbox"/> Vinegar, White Wine  |
| <input type="checkbox"/> Lard (pork)           | <input type="checkbox"/> Xanthan Gum          |
| <input type="checkbox"/> Liquid Aminos         | <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"/> Malt                  | <input type="checkbox"/> Latex                |
| <input type="checkbox"/> Maltodextrin (Can be  | <input type="checkbox"/> Ispaghula/Psyllium   |
| <input type="checkbox"/> Palm Wax              | <input type="checkbox"/> Formaldehyde         |
| <input type="checkbox"/> Pycnogenol            | <input type="checkbox"/> Red Dye              |
| <input type="checkbox"/> Red Chili Paste Thai  | <input type="checkbox"/> Acacia Gum           |
| <input type="checkbox"/> Resveratrol           |   |
| <input type="checkbox"/> Sherry Vinegar        |   |
| <input type="checkbox"/> Silver                |   |
| <input type="checkbox"/> Skinny Crisps®(Plain  |   |
| <input type="checkbox"/> Tagacanth Gum         |   |
| <input type="checkbox"/> Tamari (Wheat Free)   |   |
| <input type="checkbox"/> Tofu (Organic)        |   |
| <input type="checkbox"/> Tragacanth Gum        |   |