

Manny Woo

11/18/2017

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

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<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Radish
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Scallions
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash
<input type="checkbox"/> Paprika	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Swede

<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Durian Fruit
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Yucca	<input type="checkbox"/> Fig
<input type="checkbox"/> Taro	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Fruits	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato	<input type="checkbox"/> Acai	<input type="checkbox"/> Gooseberries
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Ground Cherries
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Carambola	<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"/> Wasabi Root	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel
	<input type="checkbox"/> Dragon Fruit (Pitaya)	

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| <input type="checkbox"/> Lime | <input type="checkbox"/> Pear, Asian | <input type="checkbox"/> Legumes, Pods, & Pulses |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Bean, Azuki |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Bean, Black |
| <input type="checkbox"/> Longan Fruit | <input type="checkbox"/> Plantain | <input type="checkbox"/> Bean, Butter |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Plum | <input type="checkbox"/> Bean, Cannellini |
| <input type="checkbox"/> Lychee | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Bean, Chana Dahl |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Bean, Chili |
| <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Prune | <input type="checkbox"/> Bean, Green |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Quince | <input type="checkbox"/> Bean, Haricot |
| <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Bean, Italian |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Rambutan | <input type="checkbox"/> Bean, Kidney |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Bean, Lima |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Bean, Mung |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Bean, Navy |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Tamarind | <input type="checkbox"/> Bean, Ninja |
| <input type="checkbox"/> Orange, Blood | <input type="checkbox"/> Tangelo | <input type="checkbox"/> Bean, Pinto/Frijole |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Tangerine | <input type="checkbox"/> Bean, Red |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Bean, White |
| <input type="checkbox"/> Oranges, Mandarin | <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Beans |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Youngberry | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Passion Fruit | | <input type="checkbox"/> Coffee Bean, Organic |
| <input type="checkbox"/> Peach | | <input type="checkbox"/> Edamame (must be organic) |
| <input type="checkbox"/> Pear | | <input type="checkbox"/> Fava Bean |
| | | <input type="checkbox"/> Fava Bean Flour |

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| <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Borage Seed Oil | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Canola Oil, Non-GMO | <input type="checkbox"/> Krill Oil |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Lard/Tallow (pork) |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Cashews | <input type="checkbox"/> MCT Oil |
| <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Soybean oil(must be organic) | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Peanut Oil (Organic) |
| <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Duck Fat | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Fenugreek Seed | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Avocado Oil | | |

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| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Clove Powder |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Rice Bran Oil | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Anise | <input type="checkbox"/> Comfrey |
| <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Basil | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Sunflower Seed Flour | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Catnip | <input type="checkbox"/> Fennel Seed |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Chaparral | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Chervil | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginger Powder |
| <input type="checkbox"/> Walnuts, Black | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) |
| | <input type="checkbox"/> Cinnamon, Ceylon | |

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<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Saffron
<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Onion	<input type="checkbox"/> Sage
<input type="checkbox"/> Guarana	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sassafras
<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Savory
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Hickory	<input type="checkbox"/> Oregano	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Paprika	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Shallots
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Parsley	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pau D'arco	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Sumac
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Thyme
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Mint	<input type="checkbox"/> Red Clover	<input type="checkbox"/> Valerian
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Vanilla Bean

<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Crab	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Krill		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Lobster		<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Lox		<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Mackerel		<input type="checkbox"/> Deer (see also Venison)

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| <input type="checkbox"/> Duck | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Lactic Acid (milk-derived) |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk, Buffalo |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Cheese, Provolone | <input type="checkbox"/> Whey |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Ricotta | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Romano | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, String (Mozzarella) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® |
| <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Cream, Raw and Unpasteurized | <input type="checkbox"/> Egg Whites, Pasture-raised |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Egg Yolks, Pasture-raised |
| <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |
| <input type="checkbox"/> Cheese, Feta | | |

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Mikey's Pizza crust	<input type="checkbox"/> Simple Mills Cracked Black Pepper Almond Crackers
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Mikey's Sliced Bread Loaf	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sunflower Seed Flour
<input type="checkbox"/> Brown Rice Flour	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Teff Flour
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Allulose
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Avenin
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Beer
<input type="checkbox"/> Mikey's Original English Muffin		<input type="checkbox"/> Bran

<input type="checkbox"/> Bread	<input type="checkbox"/> Rye	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Semolina	<input type="checkbox"/> Carob
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Spelt	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Teechino	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Couscous	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Triticale	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Distilled White Vinegar
<input type="checkbox"/> Egyptian Wheat	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Gliadin	<input type="checkbox"/> Vodka, Rye or Grain	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Gluten	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Wheat Germ	<input type="checkbox"/> Harissa
<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Hummus
<input type="checkbox"/> Malt	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Kosher Salt
<input type="checkbox"/> Miso	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Oats	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Panko	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	

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| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Maltodextrin (Tapioca-based) |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Aspartame | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Tapioca Syrup |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Jerusalem Artichoke Syrup | |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Just Like Sugar® | |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Lo Han | |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Malt | |
| | <input type="checkbox"/> Maltodextrin (Barley-derived) | |

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, Unflavored
<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Teechino
<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Vodka, Potato
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Rice	<input type="checkbox"/> Vodka, Rye or Grain
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Water
<input type="checkbox"/> Casein	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Whey
<input type="checkbox"/> Cocoa	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, Red
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Wine, White (Champagne)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Antimony
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Cocoa
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle)
<input type="checkbox"/> Lemon Juice		<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)

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| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Food Additives | <input type="checkbox"/> Tricalcium Phosphate |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Vegan Enzyme |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Vegan Natural Flavors (no MSG) |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Annatto Coloring | <input type="checkbox"/> Vegan Natural Flavors (with MSG) |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Arabic Gum | |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Asafoetida Powder | |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Blue Food Dye | |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Carrageenan Gum | |
| <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Silver | <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Tobacco | <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Tofu (Organic) | <input type="checkbox"/> Lactic Acid (beet-derived) | |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) | <input type="checkbox"/> Lactic Acid (milk-derived) | |
| <input type="checkbox"/> Yeast, Baker's | <input type="checkbox"/> Locust Bean Gum | |
| <input type="checkbox"/> Yeast, Brewer's | <input type="checkbox"/> Maltodextrin (Barley-derived) | |
| <input type="checkbox"/> Yeast, Nutritional | <input type="checkbox"/> MSG/MonosodiumGlutamate | |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Pea Protein Isolate | |
| <input type="checkbox"/> Chewing Gum, Xylicew® | <input type="checkbox"/> Pea Starch | |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Potato Protein | |
| <input type="checkbox"/> Simple Mills Chocolate Chip Cookies | <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Simple Mills Cracked Black Pepper Almond Crackers | <input type="checkbox"/> Sodium Alginate | |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | <input type="checkbox"/> Tragacanth Gum | |