

☐ **Beverages & Protein Powders**

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)

☐ Coconut Water (low sugar)

☐ Coffee

☐ Collagen Protein (Powder)

☐ Echinacea Tea

☐ Green Tea

☐ Hemp Protein (Powder)

☐ Lemon Juice

☐ Licorice Tea

☐ Lime Juice

☐ Mineral Water

☐ Pea Protein

☐ Sparkling Water, unflavored

☐ Tea, Chamomile

☐ Tea, Ramon

☐ Tea, Roobios

☐ Water

☐ Yerba Matte Tea (Organic/Pure)

☐ Coffee Bean, Organic

☐ **Condiments**

☐ Apple Cider Vinegar (Bragg's®)

☐ Carob

☐ Earth Balance® Coconut Spread

☐ Earth Balance® Avocado Oil Butter Spread

☐ Horseradish Sauce, Gluten-free (Annie's®)

☐ Hummus

☐ Mustard, Brown (Eden® gf mustard)

☐ Sauerkraut (Bubbies® Brand only)

☐ **Corn-Derived Foods**

☐ Swerve® Xylitol

☐ **Fish & Shellfish**

☐ Bass

☐ Chilean Sea Bass

☐ Corvina

☐ Flounder

☐ Hake

☐ Halibut

☐ Herring

☐ Mackerel

☐ Mahi Mahi

☐ Perch

☐ Red Snapper

☐ Sardines

☐ Swai

☐ Tilapia (Non-farmed)

☐ Trout

☐ Walleye Pike

☐ Whitefish/Turbot

☐ **Fruits**

☐ Acai

☐ Apple (all types)

☐ Bilberry

☐ Boysenberry

☐ Elderberry

☐ Golden Berry

☐ Gooseberry

☐ Grapefruit

☐ Huckleberry

☐ Kumquat

☐ Lemon

<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Apricot	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Lime		<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Litchi (aka Lychee)		<input type="checkbox"/> Teff
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Loquat	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Maqui	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Fava Bean Flour	
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Noni	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Allspice
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Peach	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Anise
<input type="checkbox"/> Pear	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Basil
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Banana	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Cardamom

<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mint
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Cayenne
<input type="checkbox"/> Cumin	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Red
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Dill	<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Red Pepper Flake
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Echinacea	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Saffron
<input type="checkbox"/> Fennel	<input type="checkbox"/> Maca Root	<input type="checkbox"/> Sage
<input type="checkbox"/> Garlic	<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Saw Plametto
<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sesame Seeds

<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Spearmint		<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> White Beans
<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Cannellini	
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Duck
<input type="checkbox"/> Onion	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Pheasant

<input type="checkbox"/> Quail	<input type="checkbox"/> Konjac Glucomannan Flour	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
	<input type="checkbox"/> Pycnogenol	
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
	<input type="checkbox"/> Silver	<input type="checkbox"/> Almond
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Antimony	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Chewing Gum, Xylitew®	<input type="checkbox"/> Latex	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Cashews
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Glucomannan Flour (konjacfoods.com)		<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Great Lake's® Beef Gelatin		<input type="checkbox"/> Chestnut
<input type="checkbox"/> Guar Gum		<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Julian Bakery Paleo Wraps		<input type="checkbox"/> Coconut Butter

<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Snacks
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil	
<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Just Like Sugar®
<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Splenda
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Endive
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Fennel
<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	<input type="checkbox"/> Garlic
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Leeks
<input type="checkbox"/> Beet	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Burdock	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pea, Black-Eyed

<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Yucca
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomato	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Chives
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Shallots
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Bell Pepper, Yellow
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Bell Pepper, Orange
<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Sun-dried	
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Yellow	
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Truffle	
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Turnip Greens	
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Turnips	
<input type="checkbox"/> Scallions	<input type="checkbox"/> Water Chestnut	
<input type="checkbox"/> Spinach	<input type="checkbox"/> Watercress	