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|---|---|--|
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chard                         |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                       |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                        |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate           |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens                |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  |
| <input type="checkbox"/> Asparagus                          | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                    |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                   |
| <input type="checkbox"/> Avocado Oil                        | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                      |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                 |
| <input type="checkbox"/> Barley Grass (can have gluten)     | <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Greens              |
| <input type="checkbox"/> Barley Greens (may contain gluten) | <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Dandelion Root                |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Eggplant                      |
| <input type="checkbox"/> Bean, Green                        | <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 and Yucca)      | <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                    |

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

<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Watercress	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Dried Fruit
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Fig
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yucca	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomatillo		<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Truffle	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Turnips	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Rind/Peel

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| <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons                   | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple                    | <input type="checkbox"/> Almond                                |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain                     | <input type="checkbox"/> Almond Butter (Artisana®)             |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum                         | <input type="checkbox"/> Almond Flavor (natural, gluten free)  |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate                  | <input type="checkbox"/> Almond Flour (gluten free)            |
| <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo                       | <input type="checkbox"/> Almond Meal (gluten free)             |
| <input type="checkbox"/> Mangosteen          | <input type="checkbox"/> Prune                        | <input type="checkbox"/> Almond, Marcona                       |
| <input type="checkbox"/> Maqui               | <input type="checkbox"/> Quince                       | <input type="checkbox"/> Annatto Seed                          |
| <input type="checkbox"/> Melon, Honeydew     | <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Avocado Oil                           |
| <input type="checkbox"/> Monk Fruit (Pure)   | <input type="checkbox"/> Raspberry                    | <input type="checkbox"/> Brazil Nut                            |
| <input type="checkbox"/> Mulberry            | <input type="checkbox"/> Star Fruit                   | <input type="checkbox"/> Canola/Rapeseed Oil                   |
| <input type="checkbox"/> Nectarines          | <input type="checkbox"/> Strawberry                   | <input type="checkbox"/> Caraway Seed                          |
| <input type="checkbox"/> Noni                | <input type="checkbox"/> Tamarind                     | <input type="checkbox"/> Cashew Butter                         |
| <input type="checkbox"/> Orange              | <input type="checkbox"/> Tangelo                      | <input type="checkbox"/> Cashew Meal                           |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Tangerine                    | <input type="checkbox"/> Cashews                               |
| <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Watermelon                   | <input type="checkbox"/> Chestnut                              |
| <input type="checkbox"/> Orange, Blood       | <input type="checkbox"/> Wolfberry                    | <input type="checkbox"/> Chia Seed (1/4 cup, max)              |
| <input type="checkbox"/> Papaya              | <input type="checkbox"/> Youngberry                   | <input type="checkbox"/> Coconut Butter                        |
| <input type="checkbox"/> Passion Fruit       |   | <input type="checkbox"/> Coconut Oil                           |
| <input type="checkbox"/> Peach               |   | <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  |
| <input type="checkbox"/> Pear                |   | <input type="checkbox"/> Cola Nut (aka Kola Nut)               |
| <input type="checkbox"/> Pear, Asian         |   | <input type="checkbox"/> Corn Oil                              |

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| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds                            | <input type="checkbox"/> Walnuts            |
| <input type="checkbox"/> Flax Meal                 | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Walnuts, Black     |
| <input type="checkbox"/> Flax Oil                  | <input type="checkbox"/> Pumpkin Oil                            |   |
| <input type="checkbox"/> Flax Seed                 | <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Fish & Shellfish   |
| <input type="checkbox"/> Grapeseed Oil, Organic    | <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Anchovy            |
| <input type="checkbox"/> Hazelnut Flour            | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Bass               |
| <input type="checkbox"/> Hazelnut/Filbert          | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Catfish            |
| <input type="checkbox"/> Hemp Meal                 | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Chilean Sea Bass   |
| <input type="checkbox"/> Hemp Protein (Powder)     | <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Clam               |
| <input type="checkbox"/> Hemp Seed                 | <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Hydrogenated Oils         | <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Corvina            |
| <input type="checkbox"/> Macadamia Nut Oil         | <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Crab               |
| <input type="checkbox"/> Macadamia Nuts            | <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Crab, Immitation   |
| <input type="checkbox"/> Olive Leaf Extract        | <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Crayfish           |
| <input type="checkbox"/> Olive Oil, Virgin         | <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Flounder           |
| <input type="checkbox"/> Palm Kernel Oil           | <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Haddock            |
| <input type="checkbox"/> Pecan Flour               | <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Hake               |
| <input type="checkbox"/> Pecans                    | <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Halibut            |
| <input type="checkbox"/> Pepitas                   | <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Herring            |
| <input type="checkbox"/> Pili Nuts                 | <input type="checkbox"/> Vegetable Oil                          | <input type="checkbox"/> Lobster            |
| <input type="checkbox"/> Pine Nut                  | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Mackerel           |
| <input type="checkbox"/> Pistachios                | <input type="checkbox"/> Walnut Oil                             | <input type="checkbox"/> Mahi Mahi          |

<input type="checkbox"/> Mussel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Quail
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Trout	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Tuna	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Almond Yogurt, unsweetened
	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &...)
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)

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| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)                 | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread        | <input type="checkbox"/> Vinegar, Rice                           |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)           | <input type="checkbox"/> Earth Balance® Coconut Spread                   | <input type="checkbox"/> Vinegar, White                          |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer)                    | <input type="checkbox"/> Harissa   | <input type="checkbox"/> Vinegar, White Wine                     |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®                    | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)       | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                            | <input type="checkbox"/> Hummus  |  |
| <input type="checkbox"/> Egg, Yolks Pasture-raised                              | <input type="checkbox"/> Ketchup (Organicville)                          | <input type="checkbox"/> <b>Sweeteners</b>                       |
| <input type="checkbox"/> Milk, Soy (Organic)                                    | <input type="checkbox"/> Liquid Smoke (can have gluten)                  | <input type="checkbox"/> Agave Nectar                            |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or                      | <input type="checkbox"/> Liquid Smoke gluten free (natural)              | <input type="checkbox"/> Aspartame                               |
|   | <input type="checkbox"/> Mayonnaise                                      | <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup |
| <input type="checkbox"/> <b>Condiments</b>                                      | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Cane Syrup                              |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)      | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)               | <input type="checkbox"/> Chocolate, Dark                         |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)               | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Chocolate, Milk                         |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free         | <input type="checkbox"/> Chocolate, White                        |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy              | <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Coconut Palm Sugar                      |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup                | <input type="checkbox"/> Ume Plum Vinegar                                | <input type="checkbox"/> Coconut Sugar                           |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup                   | <input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)          | <input type="checkbox"/> Date Sugar                              |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise                         | <input type="checkbox"/> Vinegar   | <input type="checkbox"/> Erythritol (non-GMO)                    |
| <input type="checkbox"/> Carob  | <input type="checkbox"/> Vinegar, Beet                                   | <input type="checkbox"/> Fructose                                |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                       | <input type="checkbox"/> Vinegar, Distilled                              | <input type="checkbox"/> Fruit Pectin                            |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil             | <input type="checkbox"/> Vinegar, Malt                                   | <input type="checkbox"/> Honey, (Organic)                        |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard                 | <input type="checkbox"/> Vinegar, Red Wine                               | <input type="checkbox"/> Honey, Manuka                           |

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| <input type="checkbox"/> Honey, Wildflower from Mahava®           | <input type="checkbox"/> Swerve® Sweetener                    | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Jerusalem Artichoke Syrup                | <input type="checkbox"/> Tapioca Dextrose                     | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Just Like Sugar®                         | <input type="checkbox"/> Xyla (Birchwood Xylitol)             | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Lo Han                                   | <input type="checkbox"/> Xylitol                              | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Maltitol                                 | <input type="checkbox"/> Yacon Syrup                          | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Maltodextrin (Barley-derived)            |   | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Maltodextrin (Tapioca-based)             | <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Maple Sugar                              | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Anise                                | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Molasses                                 | <input type="checkbox"/> Ashwaganda                           | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Monk Fruit (Pure)                        | <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Monk Fruit Extract                       | <input type="checkbox"/> Basil                                | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Nutrasweet®                              | <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dong Quai          |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Echinacea          |
| <input type="checkbox"/> Sorbitol                                 | <input type="checkbox"/> Caramel Coloring                     | <input type="checkbox"/> Fennel             |
| <input type="checkbox"/> Splenda                                  | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garlic             |
| <input type="checkbox"/> Sucanat                                  | <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> Garlic Pepper      |
| <input type="checkbox"/> Sucralose                                | <input type="checkbox"/> Celery Powder                        | <input type="checkbox"/> Garlic Powder      |
| <input type="checkbox"/> Sugar Beet                               | <input type="checkbox"/> Chicory Root                         | <input type="checkbox"/> Garlic Salt        |
| <input type="checkbox"/> Sugar Cane                               | <input type="checkbox"/> Chili Powder                         | <input type="checkbox"/> Ginger             |
| <input type="checkbox"/> Sweetleaf® Stevia                        | <input type="checkbox"/> Chipotle Seasoning                   | <input type="checkbox"/> Ginkgo Biloba      |



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

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| <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Cheese, Marscapone             | <input type="checkbox"/> Milk, Goat                        |
| <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Cheese, Mozzarella (Raw)       | <input type="checkbox"/> Milk, Sheep                       |
| <input type="checkbox"/> Wormwood                                  | <input type="checkbox"/> Cheese, Muenster               | <input type="checkbox"/> Mozzarella Cheese                 |
|  | <input type="checkbox"/> Cheese, Parmesan               | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Cheese, Pecorino               | <input type="checkbox"/> Whey                              |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Provolone              | <input type="checkbox"/> Yogurt (See Xanthan Gum)          |
| <input type="checkbox"/> Butter, Raw and Pasture-raised            | <input type="checkbox"/> Cheese, Raw and Pasture-raised |  |
| <input type="checkbox"/> Buttermilk                                | <input type="checkbox"/> Cheese, Ricotta                | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>       |
| <input type="checkbox"/> Casein                                    | <input type="checkbox"/> Cheese, Romano                 | <input type="checkbox"/> Bean, Azuki                       |
| <input type="checkbox"/> Cheese, American                          | <input type="checkbox"/> Cheese, Sheep                  | <input type="checkbox"/> Bean, Black                       |
| <input type="checkbox"/> Cheese, Asiago                            | <input type="checkbox"/> Cheese, String (Mozzarella)    | <input type="checkbox"/> Bean, Butter                      |
| <input type="checkbox"/> Cheese, Bleu                              | <input type="checkbox"/> Cheese, Swiss                  | <input type="checkbox"/> Bean, Cannellini                  |
| <input type="checkbox"/> Cheese, Brie                              | <input type="checkbox"/> Chocolate, Milk                | <input type="checkbox"/> Bean, Chana Dahl                  |
| <input type="checkbox"/> Cheese, Cheddar (Raw)                     | <input type="checkbox"/> Chocolate, White               | <input type="checkbox"/> Bean, Chili                       |
| <input type="checkbox"/> Cheese, Cottage                           | <input type="checkbox"/> Cream, Raw and Unpasteurized   | <input type="checkbox"/> Bean, Green                       |
| <input type="checkbox"/> Cheese, Cream                             | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) | <input type="checkbox"/> Bean, Italian                     |
| <input type="checkbox"/> Cheese, Feta                              | <input type="checkbox"/> Goat Cheese                    | <input type="checkbox"/> Bean, Kidney                      |
| <input type="checkbox"/> Cheese, Goat                              | <input type="checkbox"/> Goat Kefir                     | <input type="checkbox"/> Bean, Lima                        |
| <input type="checkbox"/> Cheese, Gorgonzola                        | <input type="checkbox"/> Kefir, Raw                     | <input type="checkbox"/> Bean, Mung                        |
| <input type="checkbox"/> Cheese, Gouda                             | <input type="checkbox"/> Lactoalbumin                   | <input type="checkbox"/> Bean, Navy                        |
| <input type="checkbox"/> Cheese, Havarti                           | <input type="checkbox"/> Milk Chocolate                 | <input type="checkbox"/> Bean, Ninja                       |
| <input type="checkbox"/> Cheese, Machego                           | <input type="checkbox"/> Milk, Cow                      | <input type="checkbox"/> Bean, Pinto/Frijole               |

<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Beans		<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)

<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Maltitol
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Maltodextrin (Barley-derived)
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Oats
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Beer	<input type="checkbox"/> Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Bran	<input type="checkbox"/> Orzo
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Bread	<input type="checkbox"/> Panko
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Rye
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Semolina
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Teff	<input type="checkbox"/> Couscous	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Triticale
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Farro	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Gluten	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Vinegar, White
	<input type="checkbox"/> Kamut	<input type="checkbox"/> Wheat (All Types)
	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
	<input type="checkbox"/> Malt	

<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Cheese, Cream		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Beer	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Coffee	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Fructose	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Maltitol	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Swerve® Sweetener	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Komboucha
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Oolong

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| <input type="checkbox"/> Tea, Ramon                          | <input type="checkbox"/> Bone Broth, Beef                          | <input type="checkbox"/> Julian Bakery Almond Bread                  |
| <input type="checkbox"/> Tea, Roobios                        | <input type="checkbox"/> Carrageenan Gum                           | <input type="checkbox"/> Julian Bakery Coconut Bread                 |
| <input type="checkbox"/> Tea, Unflavored                     | <input type="checkbox"/> Chewing Gum (has gluten and corn)         | <input type="checkbox"/> Julian Bakery Paleo Wraps                   |
| <input type="checkbox"/> Tea, White                          | <input type="checkbox"/> Chewing Gum, Xylitol®                     | <input type="checkbox"/> Konjac Glucomannon Flour                    |
| <input type="checkbox"/> Teechino                            | <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)    | <input type="checkbox"/> Lard (pork)                                 |
| <input type="checkbox"/> Water                               | <input type="checkbox"/> Chicory Root                              | <input type="checkbox"/> Latex                                       |
| <input type="checkbox"/> Whey                                | <input type="checkbox"/> Cocoa Butter                              | <input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy)           |
| <input type="checkbox"/> Wine, Red                           | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)    | <input type="checkbox"/> Locust Bean Gum                             |
| <input type="checkbox"/> Wine, White (Champagne)             | <input type="checkbox"/> Coconut Aminos®                           | <input type="checkbox"/> Lycopene                                    |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)      | <input type="checkbox"/> Coconut Cream                             | <input type="checkbox"/> Malt  |
| <input type="checkbox"/> Zevia Drinks                        | <input type="checkbox"/> Collagen Protein (Powder)                 | <input type="checkbox"/> Maltodextrin (Barley-derived)               |
|  | <input type="checkbox"/> Formaldehyde                              | <input type="checkbox"/> Modified Food Starch                        |
| <input type="checkbox"/> <b>Miscellaneous</b>                | <input type="checkbox"/> Garam Masala                              | <input type="checkbox"/> Modified Food Starch (Tapioca-based)        |
| <input type="checkbox"/> Acacia Gum                          | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)         | <input type="checkbox"/> Palm Wax                                    |
| <input type="checkbox"/> Agar Gum                            | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)     | <input type="checkbox"/> Pycnogenol                                  |
| <input type="checkbox"/> Antimony                            | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Arabic Gum                          | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)         | <input type="checkbox"/> Red Food Dye                                |
| <input type="checkbox"/> Baking Powder                       | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com)       | <input type="checkbox"/> Red Tomato Paste (gluten free)              |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®)         | <input type="checkbox"/> Great Lake's® Beef Gelatin                | <input type="checkbox"/> Resveratrol                                 |
| <input type="checkbox"/> Banana                              | <input type="checkbox"/> Guar Gum                                  | <input type="checkbox"/> Rice Starch (if certified gluten free)      |
| <input type="checkbox"/> Beef broth (Imagine® low sodium/GF) | <input type="checkbox"/> Hops                                      | <input type="checkbox"/> Sherry Vinegar                              |
| <input type="checkbox"/> Blue Food Dye                       | <input type="checkbox"/> Inulin                                    | <input type="checkbox"/> Silver                                      |

- ☐ Skinny Crisps® (Plain Jane)
- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tragacanth Gum
- ☐ Vegetable broth (Imagine® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional

☐ Snacks

- ☐ Apple Sauce
- ☐ Dates
- ☐ Simple Mills Chocolate Chip Cookies