

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

<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Corvina
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Crab
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Crayfish
<input type="checkbox"/> Worcestershire Sauce (The	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Flounder
<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Haddock
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Hake
<input type="checkbox"/> Dressing, Primal Kitchen Greek	<input type="checkbox"/> Fructose	<input type="checkbox"/> Halibut
<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Herring
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Lobster
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Mackerel
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Mussel
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy
	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Oyster
<input type="checkbox"/> <b>Corn-Derived Foods</b>		<input type="checkbox"/> Perch
<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid

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|---|--|--|
| <input type="checkbox"/> Swai                 | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Swordfish            | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Trout                | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> Tuna                 | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Walleye Pike         | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> Whitefish/Turbot     | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> Crab, Immitation     | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
|   | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> <b>Fruits</b>        | <input type="checkbox"/> Grape                 | <input type="checkbox"/> Maqui               |
| <input type="checkbox"/> Acai                 | <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Melon, Honeydew     |
| <input type="checkbox"/> Apple (all types)    | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Apple Cider          | <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Mulberry            |
| <input type="checkbox"/> Apple Juice          | <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Nectarines          |
| <input type="checkbox"/> Bilberry             | <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Noni                |
| <input type="checkbox"/> Blackberry           | <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Orange              |
| <input type="checkbox"/> Blueberry            | <input type="checkbox"/> Guava                 | <input type="checkbox"/> Orange, Blood       |
| <input type="checkbox"/> Boysenberry          | <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Orange Juice        |
| <input type="checkbox"/> Cantaloupe           | <input type="checkbox"/> Jack fruit            | <input type="checkbox"/> Orange Peel/Rind    |
| <input type="checkbox"/> Cherry               | <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Papaya              |
| <input type="checkbox"/> Clementine           | <input type="checkbox"/> Kumquat               | <input type="checkbox"/> Passion Fruit       |
| <input type="checkbox"/> Cranberry            | <input type="checkbox"/> Lemon                 | <input type="checkbox"/> Peach               |

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

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

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender
<input type="checkbox"/> Basil	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract

<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Paprika	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Taco Seasoning		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Tamari (Wheat Free)		<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic andouille	<input type="checkbox"/> Quail
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic chicken/apple	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic red pepper	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Applegate® organic sausage sweet	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic smoked	
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic smoked turkey	<input type="checkbox"/> <b>Milk-Containing Foods</b>
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein
<input type="checkbox"/> White Beans	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Cheese, Asiago
	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie
<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Applegate® organic black forest	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Applegate® organic herb roasted	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Gouda



<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Cheese, Romano		<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Chewing Gum, Xylite®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Lactalbumin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Maltodextrin (Can be

<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Acacia Gum	
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Almond
<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Silver	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Tofu (Organic)		<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Vegetable broth (Imagine® Low	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Canola/Rapeseed Oil
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Cashews
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Yeast, Baker's	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Yeast, Brewer's	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Yeast, Nutritional	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Latex	<input type="checkbox"/> Egg	<input type="checkbox"/> Cola Nut (aka Kola Nut)

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| <input type="checkbox"/> Corn Oil                  | <input type="checkbox"/> Pistachios                       | <input type="checkbox"/> Walnut (few)                |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds                      | <input type="checkbox"/> Walnut Oil                  |
| <input type="checkbox"/> Flax Meal                 | <input type="checkbox"/> Psyllium Husk                    | <input type="checkbox"/> Walnut, Black (few)         |
| <input type="checkbox"/> Flax Oil                  | <input type="checkbox"/> Pumpkin Oil                      |  |
| <input type="checkbox"/> Flax Seed                 | <input type="checkbox"/> Pumpkin Seed Oil                 | <input type="checkbox"/> Snacks                      |
| <input type="checkbox"/> Grapeseed Oil, Organic    | <input type="checkbox"/> Pumpkin Seeds                    | <input type="checkbox"/> Date(s)                     |
| <input type="checkbox"/> Hazelnut Flour            | <input type="checkbox"/> Ramon Seeds                      | <input type="checkbox"/> Simple Mills Chocolate Chip |
| <input type="checkbox"/> Hazelnut/Filbert          | <input type="checkbox"/> Rice, Wild (Lundberg® - not the  | <input type="checkbox"/> Apple Sauce                 |
| <input type="checkbox"/> Hemp Meal                 | <input type="checkbox"/> Safflower/Safflower Seed Oil     |  |
| <input type="checkbox"/> Hemp Protein (Powder)     | <input type="checkbox"/> Sacha Inchi Seeds                | <input type="checkbox"/> Sweeteners                  |
| <input type="checkbox"/> Hemp Seed                 | <input type="checkbox"/> Sesame Seed Oil                  | <input type="checkbox"/> Aspartame/Nutrasweet        |
| <input type="checkbox"/> Hydrogenated Oils         | <input type="checkbox"/> Sesame Seeds                     | <input type="checkbox"/> Brown Rice Syrup (contains  |
| <input type="checkbox"/> Macadamia Nut Oil         | <input type="checkbox"/> Sesame Seeds, Black              | <input type="checkbox"/> Chocolate, Dark             |
| <input type="checkbox"/> Macadamia Nuts            | <input type="checkbox"/> Sunflower Seed Butter            | <input type="checkbox"/> Chocolate, Milk             |
| <input type="checkbox"/> Olive Leaf Extract        | <input type="checkbox"/> Sunflower Seed Lecithin          | <input type="checkbox"/> Chocolate, White            |
| <input type="checkbox"/> Olive Oil, Virgin         | <input type="checkbox"/> Sunflower Seed Oil               | <input type="checkbox"/> Coconut Palm Sugar          |
| <input type="checkbox"/> Palm Kernel Oil           | <input type="checkbox"/> Sunflower Seeds                  | <input type="checkbox"/> Date Sugar                  |
| <input type="checkbox"/> Pecan                     | <input type="checkbox"/> Tahini                           | <input type="checkbox"/> Erythritol (non-GMO)        |
| <input type="checkbox"/> Pecan Flour               | <input type="checkbox"/> Tea, Ramon                       | <input type="checkbox"/> Fructose                    |
| <input type="checkbox"/> Pepitas                   | <input type="checkbox"/> Tiger Nuts                       | <input type="checkbox"/> Fruit Pectin                |
| <input type="checkbox"/> Pili Nuts                 | <input type="checkbox"/> Vegetable Oil                    | <input type="checkbox"/> Honey, (Organic)            |
| <input type="checkbox"/> Pine Nut                  | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Honey, Manuka               |

<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Burdock
<input type="checkbox"/> Lo Han		<input type="checkbox"/> Cabbage, Chinese (see also Bok
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers
<input type="checkbox"/> Molasses	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery
<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens

<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Serrano
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pickles, Bubbies® brand only
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pimento
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet
<input type="checkbox"/> Endive	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Jicama	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Kombu	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed

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|---|--|--|
| <input type="checkbox"/> Spinach                | <input type="checkbox"/> Tomato, Red       | <input type="checkbox"/> Bell Pepper         |
| <input type="checkbox"/> Spirulina              | <input type="checkbox"/> Tomato, Roma      | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Squash                 | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Squash, Acorn          | <input type="checkbox"/> Tomato, Yellow    |  |
| <input type="checkbox"/> Squash, Butternut      | <input type="checkbox"/> Truffle           |  |
| <input type="checkbox"/> Squash, Green          | <input type="checkbox"/> Turnip Greens     |  |
| <input type="checkbox"/> Squash, Spaghetti      | <input type="checkbox"/> Turnips           |  |
| <input type="checkbox"/> Squash, Summer         | <input type="checkbox"/> Water Chestnut    |  |
| <input type="checkbox"/> Squash, Winter         | <input type="checkbox"/> Watercress        |  |
| <input type="checkbox"/> Squash, Yellow         | <input type="checkbox"/> Yams, Garnett     |  |
| <input type="checkbox"/> Sugar Beet             | <input type="checkbox"/> Yams, Japanese    |  |
| <input type="checkbox"/> Sweet Potato, Red      | <input type="checkbox"/> Yucca             |  |
| <input type="checkbox"/> Sweet Potatoes, White  | <input type="checkbox"/> Zucchini          |  |
| <input type="checkbox"/> Swiss Chard            | <input type="checkbox"/> Alfalfa Sprouts   |  |
| <input type="checkbox"/> Tomatillo              | <input type="checkbox"/> Psyllium Husk     |  |
| <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Onion, Green      |  |
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Onion, Maui       |  |
| <input type="checkbox"/> Tomato                 | <input type="checkbox"/> Onion, Red        |  |
| <input type="checkbox"/> Tomatoes, Big Beef     | <input type="checkbox"/> Onion, Sweet      |  |
| <input type="checkbox"/> Tomato, Cherry         | <input type="checkbox"/> Onion, Yellow     |  |
| <input type="checkbox"/> Tomato, Heirloom       | <input type="checkbox"/> Chives            |  |
| <input type="checkbox"/> Tomato, Orange         | <input type="checkbox"/> Shallots          |  |