

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

<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables
<input type="checkbox"/> Nori	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed
<input type="checkbox"/> Okra	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Shallots
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spinach
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pimento	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomatillo

<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> Fruits	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Watercress	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yucca	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice

<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Prune	<input type="checkbox"/> Cashews
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Quince	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Loquat	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Mango	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Chia Seed (1/4 cup, max)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Tamarind	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Cola Nut (aka Kola Nut)
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Noni	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Papaya	<input type="checkbox"/> Nuts, Seeds, & Oils	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Peach	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Pear	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Plantain	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Plum	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil

<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Butter (Organic,
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be organic)

☐ Soy Beans Oil (must be organic)☐ Vanilla Bean☐ Vanilla Powder☐ White Beans☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Crab, Immitation☐ Meat & Poultry☐ Applegate® organic bacon☐ Applegate® organic black forest☐ Applegate® organic chicken☐ Applegate® organic ham☐ Applegate® organic herb roasted☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Applegate® organic andouille☐ Applegate® organic chicken/apple☐ Applegate® organic red pepper☐ Applegate® organic spinach & feta☐ Applegate® organic sausage sweet☐ Applegate® organic smoked☐ Applegate® organic smoked turkey☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken Broth (Imagine® gf/low☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)

<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Egg	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Condiments	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Quail	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Carob	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Dressing, Primal Kitchen Greek	<input type="checkbox"/> Worcestershire Sauce (The
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> Sweeteners
<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Earth Balance® Avocado Oil Butter	<input type="checkbox"/> Aspartame/Nutrasweet
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Horseradish Sauce, Gluten-free	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Hummus	<input type="checkbox"/> BodyPro Almond Mayo with Yacon
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Chocolate, Dark

<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Cloves
<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin
<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Lo Han	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Basil	<input type="checkbox"/> Dill
<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Molasses	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel
<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Splenda	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger

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

<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Glucomannon Flour

<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Juice (Not for
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Bread
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	<input type="checkbox"/> Brown Rice Syrup (contains
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free	<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn
<input type="checkbox"/> Oat Grass (Not For Gluten	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff	<input type="checkbox"/> Farro
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Gluten
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Kamut
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Malt
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills	<input type="checkbox"/> Maltodextrin (Can be
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Panko
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Polish Wheat

<input type="checkbox"/> Rye	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coffee
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Teechino	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Fructose	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Triticale	<input type="checkbox"/> GemWraps® [®] , Sandwich Wrap	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Komboucha Tea
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Swerve® [®] Xylitol	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Barbeque Sauce, GF Annie's® [®]	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Beer	<input type="checkbox"/> Pea Protein
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, Black

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|---|--|--|
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & | <input type="checkbox"/> Maltodextrin (Can be |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Chili Paste Thai Kitchen® |
| <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Sherry Vinegar |
| <input type="checkbox"/> Water | <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Wine, Red | <input type="checkbox"/> GemWraps®, Sandwich Wrap | <input type="checkbox"/> Skinny Crisps®(Plain Jane) |
| <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tagacanth Gum |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Hops | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Tagacanth Gum |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable broth (Imagine® Low |
| <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Vegetable Shortening (Spectrum® |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Liquid Aminos (Brags®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Chewing Gum, Xylicew® | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Vinegar, White Wine |

- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum