

- | Beverages | | Condiments | | Clam | |
|--|--|---|--|------|--|
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Cod/ Cod Liver Oil | | | |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Carob | <input type="checkbox"/> Corvina | | | |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Hummus | <input type="checkbox"/> Crab | | | |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Ketchup (Organic) | <input type="checkbox"/> Crayfish | | | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Flounder | | | |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Haddock | | | |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Dressing, Primal Kitchen | <input type="checkbox"/> Hake | | | |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Halibut | | | |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Mayonnaise, Primal Kitchen | <input type="checkbox"/> Herring | | | |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> BodyPro Almond Milk | <input type="checkbox"/> Lobster | | | |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> BodyPro Almond Milk | <input type="checkbox"/> Mackerel | | | |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Corn-Deriv | <input type="checkbox"/> Mahi Mahi | | | |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Mussel | | | |
| <input type="checkbox"/> Soy Milk/Soy Cheesecake | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Orange Roughy | | | |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Oyster | | | |
| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Perch | | | |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Tea, Robobios | <input type="checkbox"/> Red Snapper | | | |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Water | <input type="checkbox"/> Salmon, wild (fresh) | | | |
| <input type="checkbox"/> Tea, Robobios | <input type="checkbox"/> Yerba Matte Tea (Cold) | <input type="checkbox"/> Sardines | | | |
| <input type="checkbox"/> Water | | <input type="checkbox"/> Scallop | | | |
| <input type="checkbox"/> Yerba Matte Tea (Cold) | | <input type="checkbox"/> Shrimp | | | |

- ☐ Sole

☐ Squid

☐ Swai

☐ Swordfish

☐ Tilapia (Non-farmed)

☐ Trout

☐ Tuna

☐ Walleye Pike

☐ Whitefish/Turbot

☐ Crab, Immitation

☐ Dragon Fruit (Pitaya)

☐ Dried Fruit

☐ Elderberry

☐ Fig

☐ Golden Berry

☐ Gooseberry

☐ Guava

☐ Huckleberry

☐ Jack fruit

☐ Kiwi

☐ Kumquat

☐ Lime

☐ Lime Juice

☐ Litchi (aka Lychee)

☐ Loganberry

☐ Loquat

☐ Mango

☐ Mangosteen

☐ Maqui

☐ Melon, Honeydew

☐ Monk Fruit

☐ Mulberry

☐ Nectarines

☐ Noni

☐ Papaya

☐ Passion Fruit

☐ Persimmons

☐ Plum

☐ Pomegranate

☐ Pomelo

☐ Prune

☐ Quince

☐ Raisin (unsulfured, organic)

☐ Raspberry

☐ Star Fruit

☐ Tamarind

☐ Tangerine

☐ Wolfberry

☐ Youngberry

☐ Apricot

☐ Goji Berry

- ☐ **Gluten-Co**

☐ Maltodextrin (Can)

☐ Crab, Immitation

☐ **Gluten-Free**

☐ Almond Flour (glut

☐ Amaranth

☐ Basmati Rice (glut

☐ Buckwheat

☐ Buckwheat Flour

☐ Chicory Root

☐ Fava Bean Flour

☐ Flax Meal

☐ Garbanzo Flour

☐ Glucomannon Flour

☐ Hazelnut Flour

☐ Hemp Meal

☐ Hemp Protein (Pow

☐ Hemp Seed

☐ Konjac Glucomannon Flour

☐ Millet

☐ Oats (Bob's Red Mill Gluten Free Versio
- ☐ Potato Flour (gluten

☐ Potato Starch (glut

☐ Quinoa (gluten free)

☐ Quinoa, Black (glut

☐ Quinoa, Red (gluten

☐ Rice, Wild (Lundber

☐ Sorghum

☐ Sweet Potato Flour

☐ Tapioca

☐ Tapioca Flour (glut

☐ Tapioca Starch (glu

☐ Teff

☐ Tolerant Green Len

☐ Tolerant Red or Gr

☐ Tortilla, Siete Almo

☐ Tortilla, Siete Cass

☐ Tortilla, Siete Chia

☐ Arrowroot Flour/pow
- ☐ Allspice

☐ Almond Flavor natural, gluten free)

☐ Anise

☐ Ashwaganda

☐ Astragalus

☐ Black Cohosh

☐ Caraway Seed

☐ Cardamom

☐ Chicory Root

☐ Chili Powder

☐ Chipotle Seasoning

☐ Cilantro/Coriander

☐ Cloves

☐ Cloves, Madagascar

☐ Cloves, Penang

☐ Cramp Bark Extract

☐ Cream of Tartar

☐ Cumin

☐ Curcumin

☐ Curry (must be GF)

☐ Dandelion Root

- ☐ Dong Quai

☐ Echinacea

☐ Fennel

☐ Ginkgo Biloba

☐ Ginseng (All Type)

☐ Goldenseal

☐ Grapeseed Extract

☐ Guarana

☐ Gymnema Sylvestre

☐ Herbs De Provence

☐ Hickory

☐ Himalayan Salt

☐ Jamaican Jerk

☐ Juniper Berry

☐ Lavender

☐ Lemon Balm (Melissa)

☐ Lemongrass

☐ Licorice Root

☐ Liquid Smoke (gluten-free)

☐ Maca Root

☐ Mace Spice

☐ Marjoram

☐ Mesquite

☐ Milk Thistle

☐ Mint

☐ Mustard Seeds (gluten-free)

☐ Nutmeg

☐ Olive Leaf Extract

☐ Orange Salt

☐ Parsley

☐ Pepper, Cayenne

☐ Pepper, Red

☐ Peppermint

☐ Pine Bark Extract

☐ Red Pepper Flake

☐ Rosemary

☐ Saffron

☐ Sage

☐ Saw Palmetto

☐ Sesame Seeds

☐ Sesame Seeds, Black

☐ Spearmint

☐ St. John's Wort

☐ Tamari (Wheat Free)

☐ Thyme

☐ Tomatillo

☐ Turmeric

☐ Uva Ursi

☐ Valerian

☐ Vanilla (gluten and corn-free)

☐ Vanilla Bean

☐ Vanilla Powder

☐ White Willow Bark Extract

☐ Wintergreen

☐ Rose Hips

☐ Pepper, Sichuan

☐ Pepper, Szechuan

☐ Onion Powder

☐ Onion

☐ Shallots

☐ Paprika (smoked)

☐ Paprika

- | | | |
|---|---|---|
| <input type="checkbox"/> Legumes | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Buffalo (see also Bison) |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Peanut (Organic, Meat) | <input type="checkbox"/> Chicken, free range (organic) |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Peanut Butter (Organic) | <input type="checkbox"/> Deer (see also Venison) |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Duck |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Soy Beans (must be) | <input type="checkbox"/> Lamb (organic) |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Soy Beans Oil (must be) | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Bean, Navy/Ninja | <input type="checkbox"/> White Beans | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Bean, Red (see also Bean, Kidney) | | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Chickpea (see also Meat &) | <input type="checkbox"/> Turkey (organic) | |
| <input type="checkbox"/> Edamame (must be Applegate® organic) | <input type="checkbox"/> Veal (organic) | |
| <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Applegate® organic Venison (see also Deer) | |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Applegate® organic ham | |
| <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Applegate® organic herb roasted turkey | |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Applegate® organic smoked turkey breast | |
| <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Applegate® organic turkey | |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Applegate® organic turkey bacon | |

- | | | |
|---|---|--|
| <input type="checkbox"/> Milk-Contai | <input type="checkbox"/> Cheese, Prov | <input type="checkbox"/> Miscellane |
| <input type="checkbox"/> Butter, Raw and Pa | <input type="checkbox"/> Cheese, Sheep | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, String (Mo | <input type="checkbox"/> Arabic Gum |
| <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Swiss | <input type="checkbox"/> Baking Soda (Arm & Hammer®) |
| <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cream, Raw and H | <input type="checkbox"/> Carrageenan Gum |
| <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Ghee (Pasture-Rais | <input type="checkbox"/> Chewing Gum, XylitcheW® |
| <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Cheese, Cheddar | <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> GumWraps®, Sandwich Wrap (Mango/Chi.) |
| <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Lactalbumin | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> Cheese, Gorgonz | <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Mozzarella Chees | <input type="checkbox"/> Julian Bakery Paleo Wraps |
| <input type="checkbox"/> Cheese, Marscap | <input type="checkbox"/> Sour Cream, Raw | <input type="checkbox"/> Julian Bakery Almond Bread |
| <input type="checkbox"/> Cheese, Mozzarella | <input type="checkbox"/> Whey | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Cheese, Parmesan | | <input type="checkbox"/> Liquid Aminos (Bragg's®)(has Soy) |
| <input type="checkbox"/> Cheese, Pecorino | | <input type="checkbox"/> Locust Bean Gum |
| <input type="checkbox"/> Cheese, Raw and Pasture-raised | | <input type="checkbox"/> Lycopene |
| <input type="checkbox"/> Cheese, Ricotta | | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) |
| <input type="checkbox"/> Cheese, Romano | | <input type="checkbox"/> Palm Wax |

- ☐ Pycnogenol

☐ Red Tomato Paste

☐ Resveratrol

☐ Silver

☐ Tamari (Wheat Free)

☐ Tofu (Organic)

☐ Tomato Paste (glut)

☐ Tomato Sauce (glut)

☐ Vegetable Shortening (Spectrum®)

☐ Latex

☐ Formaldehyde

☐ Acacia Gum

☐ Tragacanth Gum

☐ Blue Food Dye

☐ Skinny Crisps®

☐ Red Food Dye

☐ Agar Gum

☐ Non-Dairy

☐ Almond Milk, unsweetened

☐ Almond Yogurt, unsweetened

☐ Egg, Pasture-raised

☐ Egg, Vital Farms®

☐ Egg, Whites, Pastured

☐ Egg, Yolks Pastured

☐ Milk, Soy (Organic)

☐ Nuts, Unsweetened

☐ Almond

☐ Almond Butter (Artisan)

☐ Almond Flavor natural

☐ Almond Flour (gluten free)

☐ Almond Meal (gluten free)

☐ Almond, Marcona

☐ Annatto Seed

☐ Brazil Nut

☐ Canola/Rapeseed Oil

☐ Caraway Seed

☐ Cashews

☐ Cashew Butter

☐ Cashew Meal

☐ Chestnut Flour

☐ Chia Seed (1/4 cup, max)

☐ Cola Nut (aka Kola Nut)

☐ Cottonseed/Cottonseed Oil

☐ Flax Meal

☐ Flax Oil

☐ Flax Seed

☐ Grapeseed Oil, Organic

☐ Hazelnut Flour

☐ Hazelnut/Filbert

☐ Hemp Meal

☐ Hemp Protein (Powder)

☐ Hemp Seed

☐ Hydrogenated Oils

☐ Macadamia Nut Oil

☐ Macadamia Nuts

☐ Olive Leaf Extract

☐ Olive Oil, Virgin

☐ Palm Kernel Oil

☐ Pecan

☐ Pecan Flour

- | | | |
|--|--|---|
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Vegetable Shortening | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Psyllium Husk | | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Snacks | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Pumpkin Seeds | | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Sweetener | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup |
| <input type="checkbox"/> Rice, Wild (Lundberg) | <input type="checkbox"/> Aspartame/NutraSweet | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Safflower/Safflower | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Coconut Sugar |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Just Like Sugar® | |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Lo Han | <input type="checkbox"/> vegetables |
| <input type="checkbox"/> Sesame Seeds, Blk | <input type="checkbox"/> Maltodextrin (Carr) | <input type="checkbox"/> Aloe Vera |
| <input type="checkbox"/> Sunflower Seed But | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Artichoke (not pickled) |
| <input type="checkbox"/> Sunflower Seed Lex | <input type="checkbox"/> Maple Syrup (Grade) | <input type="checkbox"/> Arugula (organic) |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Molasses | <input type="checkbox"/> Bamboo Shoot |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Monk Fruit | <input type="checkbox"/> Bean Sprout |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Beet |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Beet Greens |

- ☐ Burdock

☐ Cactus (Nopales)

☐ Capers

☐ Capsicum

☐ Cassava (see Tapioca)

☐ Chard

☐ Chayote

☐ Collard Greens

☐ Daikon Radish

☐ Dandelion Greens

☐ Dandelion Root

☐ Endive

☐ Fennel

☐ Hearts of Palm

☐ Horseradish

☐ Jicama

☐ Kohlrabi

☐ Kombu

☐ Leeks

☐ Mushrooms

☐ Mushrooms, Button

☐ Mushrooms, Cremini

☐ Mushrooms, Maitake

☐ Mushrooms, Shiitake

☐ Mustard Greens

☐ Nori

☐ Okra

☐ Olives (without vinegar)

☐ Parsley

☐ Parsnip

☐ Pea, Black-Eyed

☐ Pea, Green

☐ Pea, Snap

☐ Pea, Snow

☐ Pea, Split

☐ Pea Protein

☐ Pepper, Anaheim

☐ Pepper, Chili

☐ Pepper, Green

☐ Pepper, Habanero

☐ Pepper, Jalapeño

☐ Pepper, Poblano

☐ Pepper, Red

☐ Pepper, Serrano

☐ Pimento

☐ Potato, Fingerling

☐ Potato, Purple

☐ Potato, Red

☐ Potato, Russet

☐ Potato, Sweet

☐ Potato, White

☐ Potato, Yukon Gold

☐ Prickly Pear

☐ Pumpkin

☐ Pumpkin Powder

☐ Radicchio

☐ Radish

☐ Rainbow Chard

☐ Rhubarb

☐ Rutabaga

☐ Scallions

☐ Spinach

☐ Spirulina

☐ Squash

☐ Squash, Acorn

☐ Squash, Butternut

- ☐ Squash, Green

☐ Squash, Spaghetti

☐ Squash, Summer

☐ Squash, Winter

☐ Squash, Yellow

☐ Sugar Beet

☐ Sweet Potato, Red

☐ Sweet Potatoes, Wt

☐ Swiss Chard

☐ Tomatillo

☐ Tomato Paste (glut

☐ Tomato Sauce (glut

☐ Tomato

☐ Tomatoes, Big Be

☐ Tomato, Cherry

☐ Tomato, Heirloom

☐ Tomato, Orange

☐ Tomato, Red

☐ Tomato, Roma

☐ Tomato, Sun-dried

☐ Tomato, Yellow

☐ Truffle
- ☐ Turnip Greens

☐ Turnips

☐ Water Chestnut

☐ Watercress

☐ Yams, Garnett

☐ Yams, Japanese

☐ Yucca

☐ Zucchini

☐ Alfalfa Sprouts

☐ Psyllium Husk

☐ Onion, Green

☐ Onion, Maui)

☐ Onion, Red

☐ Onion, Sweet

☐ Onion, Yellow

☐ Chives

☐ Shallots