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| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Condiments | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Pea Protein | <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) |
| <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar) | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Tabasco Sauce |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Carob | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil |
| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Hummus | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Mayonnaise | |
| <input type="checkbox"/> Tea, unflavored/cafeine-free only | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Water | <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....) |
| <input type="checkbox"/> Wine, Red | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Wine, White (Champagne) | <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Corn, Blue |

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| <input type="checkbox"/> Malt | <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Millet |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Amaranth | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) |
| <input type="checkbox"/> Orzo | <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Panko | <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Potato Flour (gluten free) |
| <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Potato Starch (gluten free) |
| <input type="checkbox"/> Rye | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Quinoa (gluten free) |
| <input type="checkbox"/> Semolina | <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten free) |
| <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa, Red (gluten free) |
| <input type="checkbox"/> Spelt | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice, Basmati (gluten free) |
| <input type="checkbox"/> Teechino | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Teriyaki Sauce | <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Rice, Brown (gluten free) |
| <input type="checkbox"/> Triticale | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice, Japonica (gluten free) |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Purple (gluten free) |
| <input type="checkbox"/> Vinegar, Malt | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Red (gluten free) |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, White (gluten free) |
| <input type="checkbox"/> Wheat (All Types) | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice Bran |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice Flour (gluten free) |
| <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers |

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| <input type="checkbox"/> Applegate® organic smoked turkey breasts | <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Raw and Pasture-raised |
| <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Romano |
| <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Provolone |
| <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, String (Mozzarella) |
| <input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium) | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Cheese, Goat | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Cheese, Gorgonzola | <input type="checkbox"/> Kefir, Raw |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Cheese, Gouda | <input type="checkbox"/> Lactoalbumin |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Cheese, Havarti | <input type="checkbox"/> Milk Chocolate |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Cheese, Machego | <input type="checkbox"/> Milk, Cow |
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Cheese, Marscapone | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Cheese, Mozzarella (Raw) | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Cheese, Muenster | <input type="checkbox"/> Mozzarella Cheese |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Cheese, Parmesan | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Cheese, Pecorino | <input type="checkbox"/> Whey |

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| <input type="checkbox"/> Safflower/Safflower Seed Oil | <input type="checkbox"/> Snacks | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Date(s) | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Sesame Seeds, Black | | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Sunflower Seed Butter | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Sunflower Seed Lecithin | <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Sunflower Seed Oil | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Tahini | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Walnut (few) | <input type="checkbox"/> Fructose | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Walnut, Black (few) | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Coconut Sugar |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Lo Han | |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived) | |

- ☐ 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
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange