

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

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

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

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

☐ Peanut (Organic, Valencia)☐ Peanut Butter (Organic, Maranatha®)☐ Peanut Oil (Organic)☐ Red Bean Paste☐ 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 h☐ Applegate® organic chicken☐ Applegate® organic ham☐ Applegate® organic herb roasted☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Applegate® organic andouille saus☐ Applegate® organic chicken/apple☐ Applegate® organic red pepper sa☐ Applegate® organic spinach & feta☐ Applegate® organic sausage swee☐ Applegate® organic smoked chick☐ Applegate® organic smoked turke☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)

- | | | |
|---|--|---|
| <input type="checkbox"/> Chicken Broth (Imagine®) 16 oz | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Earth Balance® Avocado Oil Butter |
| <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's) |
| <input type="checkbox"/> Deer (see also Venison) | <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Lamb (organic) | <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Egg | <input type="checkbox"/> Mustard, Brown (Eden®) 16 oz |
| <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 gluten-free |
| <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 Heart) |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Balsamic Vinegar (Caramel/Red Wine) | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet | <input type="checkbox"/> Vinegar, Distilled |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <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 Wizard) |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Dressing, Primal Kitchen Honey | |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Earth Balance® Coconut Spread | |

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Molasses	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Cardamom
<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda	<input type="checkbox"/> Chili Powder
<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 source)	<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 Wheat-derived)	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<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"/> Echinacea | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon P |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (glu |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Guarana | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Oregano | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Parsley | <input type="checkbox"/> Thyme |

<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<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 sausage	<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"/> 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 Bread	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed
<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"/> Gluten-Containing Foods
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Greens (Not for
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)
<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 Crackers	<input type="checkbox"/> Bread
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Brown Rice Syrup (contains MSG/G
<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 Version)	<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 Sensitive)	<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

- ☐ Graham (wheat)
- ☐ Kamut
- ☐ Liquid Smoke (can have gluten)
- ☐ Malt
- ☐ Maltodextrin (Can be Wheat-derived)
- ☐ Oats
- ☐ Orzo
- ☐ Panko
- ☐ Polish Wheat
- ☐ Rye
- ☐ Semolina
- ☐ Soy Sauce
- ☐ Spelt
- ☐ Teechino
- ☐ Teriyaki Sauce
- ☐ Triticale
- ☐ Vinegar
- ☐ Vinegar, Malt
- ☐ Vinegar, White
- ☐ Wheat (All Types)
- ☐ Wheat Grass (Is Gluten-contaminated)
- ☐ Crab, Immitation

- ☐ Corn-Derived Foods
- ☐ Barbeque Sauce, GF Annie's® Sweet
- ☐ Cheese, Cream
- ☐ Cheese, Daiya
- ☐ Cheese, Soy (Organic) (see Soy)
- ☐ Chewing Gum (has gluten and corn)
- ☐ Corn (Gluten-free & Non-GMO)
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ Corn Gluten
- ☐ Corn Meal (gluten free)
- ☐ Corn Oil
- ☐ Corn Starch (gluten free)
- ☐ Erythritol (non-GMO)
- ☐ Fructose
- ☐ GemWraps®, Sandwich Wrap (Carrot)
- ☐ Maltodextrin (Corn-based, non-GMO)
- ☐ Sriracha Sauce Organicville gluten-free
- ☐ Swerve® Xylitol
- ☐ Vegetable Oil
- ☐ Xanthan Gum
- ☐ Yogurt (See Xanthan Gum)

- ☐ Beverages & Protein Powders
- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Beer
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageen)
- ☐ Coconut Milk(Native Forest or Natural)
- ☐ Coconut Water (low sugar)
- ☐ Coffee Bean, Organic
- ☐ 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

<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Brags®)(has Soy)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum, Xylicew®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (glu)
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Resveratrol
<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Silver
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Skinny Crisps®(Plain Jane)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tagacanth Gum

- ☐ Tamari (Wheat Free)
- ☐ Tofu (Organic)
- ☐ Tomato Paste (gluten & Vinegar-free)
- ☐ Tomato Sauce (gluten & Vinegar-free)
- ☐ Tagacanth Gum
- ☐ Vegetable broth (ImagineÂ® Low Sodium)
- ☐ Vegetable Oil
- ☐ Vegetable Shortening (SpectrumÂ®)
- ☐ Vinegar, Red Wine
- ☐ Vinegar, Rice
- ☐ Vinegar, White Wine
- ☐ Xanthan Gum
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium
- ☐ Acacia Gum