

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Juice
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Coffee
- ☐ Coffee Bean, Organic
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Grapefruit Juice
- ☐ Green Tea
- ☐ Hemp Protein (Powder)
- ☐ Komboucha Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Milk, Cow
- ☐ Milk, Goat
- ☐ Milk, Sheep

☐ Milk, Soy (Organic)

- ☐ Mineral Water
- ☐ Orange Juice
- ☐ Pea Protein
- ☐ Rice Protein Powder (gluten free)
- ☐ Soy Milk/Soy Cheese (Organic)
- ☐ Soy Protein (Organic)
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Ramon
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Water
- ☐ Wine, White (Champagne)
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Balsamic Vinegar (with Red Wine Vinegar)
- ☐ Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
- ☐ Barbeque Sauce, GF Annie's® Sweet & Spicy
- ☐ BodyPro Almond Mayo Grade B Maple Syrup
- ☐ BodyPro Almond Mayo with Yacon Syrup
- ☐ BodyPro Avocado Oil Mayonnaise
- ☐ Carob
- ☐ Coconut Vinegar (Coconut Secret)
- ☐ Dressing, Primal Kitchen Greek Avocado Oil
- ☐ Dressing, Primal Kitchen Honey Mustard
- ☐ Earth Balance® Avocado Oil Butter Spread
- ☐ Earth Balance® Coconut Spread
- ☐ Harissa
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Hummus
- ☐ Ketchup (Organicville)
- ☐ Mayonnaise, Primal Kitchen Avocado Oil
- ☐ Mayonnaise, Primal Kitchen Chipotle Avocado Oil
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)

<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Haddock
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Hake
<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Fructose	<input type="checkbox"/> Halibut
<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Herring
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Lobster
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Mussel
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Octopus
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Orange Roughy
		<input type="checkbox"/> Oyster
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Perch
<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Bass	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, &....)	<input type="checkbox"/> Catfish	<input type="checkbox"/> Sardines
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Scallop
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Clam	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Sole
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Squid
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Crab	<input type="checkbox"/> Swai
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Non-farmed)

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

<input type="checkbox"/> Pear	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Pear, Asian		<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Plantain	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Plum	<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Millet
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Pomelo	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Prune	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Quince	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Brown (gluten free)
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Japonica (gluten free)
	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Purple (gluten free)

<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cumin
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Anise	<input type="checkbox"/> Curry (must be GF)
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers	<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dill
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Basil	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Fennel
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Teff	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract
	<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract
	<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana
	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre
	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence

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

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Miso	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Bean, Navy/Ninja	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> White Beans	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Bean, Red (see also Bean, Kidney)		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Duck
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Pheasant

<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"/> Cheese, Pecorino	<input type="checkbox"/> Whey
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Provolone	<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Raw and Pasture-raised	
<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Ricotta	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Romano	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)	<input type="checkbox"/> Antimony
<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Chewing Gum, Xylitechew®
<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)

<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Vinegar, Red Wine
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Locust Bean Gum	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Yeast, Baker's
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Red Food Dye	
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Rice Starch (if certified gluten free)	<input type="checkbox"/> Almond Yogurt, unsweetened
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sherry Vinegar	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Silver	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
<input type="checkbox"/> Guar Gum	<input type="checkbox"/> Skinny Crisps®(Plain Jane)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Hops	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Inulin	<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)
<input type="checkbox"/> Julian Bakery Coconut Bread	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®
<input type="checkbox"/> Julian Bakery Paleo Wraps	<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)	<input type="checkbox"/> Egg, Yolks Pasture-raised
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> Latex	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Paleo Cheese (Julianbakery.com or

<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Almond	<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Safflower/Safflower Seed Oil
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil

<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Snacks	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Date(s)	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)
<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup	<input type="checkbox"/> Molasses	<input type="checkbox"/> Arugula
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Avocado
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Splenda	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Beet
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Fructose	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Bell Pepper, Green
<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Bell Pepper, Orange
	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Bell Pepper, Red

<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"/> Brussels Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pea Protein

<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Psyllium Husk	<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"/> Pepper, Anaheim	<input type="checkbox"/> Radish	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Shallots	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pimento	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle
<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips
<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Water Chestnut

sundas malik

09/08/2017

- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini