

Vegetables	Bok Choy	Chard
Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccoli Rabe	Chives
Aloe Vera	Broccoli Sprouts	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccolini	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Corn (Gluten-free & Non-GMO)
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado	Cabbage, Green	Corn, White
Avocado Oil	Cabbage, Purple	Cucumber
Bamboo Shoot	Cactus (Nopales)	Daikon Radish
Barley Grass (can have gluten)	Capers	Dandelion Greens
Barley Greens (may contain gluten)	Capsicum	Dandelion Root
Bean Sprout	Carrot Juice	Eggplant
Bean, Green	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse

Kohlrabi	Pea, Black-Eyed	Prickly Pear
Kombu	Pea, Green	Psyllium Husk
Leeks	Pea, Snap	Pumpkin
Lettuce, all types	Pea, Snow	Pumpkin Powder
Mushrooms	Pea, Split	Radicchio
Mushrooms, Button	Pepper, Anaheim	Radish
Mushrooms, Cremini/Crimini	Pepper, Chili	Rainbow Chard
Mushrooms, Maitake	Pepper, Green	Rhubarb
Mushrooms, Shiitake	Pepper, Habanero	Rutabaga
Mustard Greens	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Nori	Pepper, Poblano	Scallions
Oat Grass (Not For Gluten Sensitive)	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea Protein	Potato, Yukon Gold	Squash, Summer

<input type="text" value="Squash, Winter"/>	Watercress	Dragon Fruit (Pitaya)
<input type="text" value="Squash, Yellow"/>	Wheat Grass (Is Gluten-contaminated)	Dried Fruit
Sugar Beet	Yams, Garnett	Elderberry
<input type="text" value="Sweet Potato, Red"/>	Yams, Japanese	Fig
<input type="text" value="Sweet Potatoes, White"/>	Yucca	Goji Berry
Swiss Chard	Zucchini	Golden Berry
<input type="text" value="Tomatillo"/>	Fruits	Gooseberry
<input type="text" value="Tomato"/>		Grape
<input type="text" value="Tomato Paste (gluten &amp;&lt;br/&gt;Vinegar-free)"/>		Grape, Green
<input type="text" value="Tomato Sauce (gluten &amp;&lt;br/&gt;Vinegar-free)"/>		Grape, Purple
<input type="text" value="Tomato, Cherry"/>		Grape, Red
<input type="text" value="Tomato, Heirloom"/>		Grape, White
<input type="text" value="Tomato, Orange"/>		Grapefruit
<input type="text" value="Tomato, Red"/>		Grapefruit Juice
<input type="text" value="Tomato, Roma"/>		Guava
<input type="text" value="Tomato, Sun-dried"/>		Huckleberry
<input type="text" value="Tomato, Yellow"/>		Jack fruit
<input type="text" value="Tomatoes, Big Beef"/>		Kiwi
Truffle		Kumquat
Turnip Greens		Lemon
Turnips		Lemon Juice
Water Chestnut		Lemon Rind/Peel
	<input type="text" value="Dates"/>	

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

Cottonseed/Cottonseed Oil	Poppy seeds	Walnuts
Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi

Mussel	Meat & Poultry	Collagen Protein (Powder)
Octopus	Applegate® organic andouille sausage	Deer (see also Venison)
Orange Roughy	Applegate® organic bacon	Duck
Oyster	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Perch	Applegate® organic chicken	Great Lake's® Beef Gelatin
Red Snapper	Applegate® organic chicken/apple sausage	Lamb
Salmon, wild (fresh)	Applegate® organic ham	Lard (pork)
Sardines	Applegate® organic herb roasted turkey	Ostrich
Scallop	Applegate® organic hot dogs	Pheasant
Shrimp	Applegate® organic red pepper sausage	Pork, (organic)
Sole	Applegate® organic roast beef	Quail
Squid	Applegate® organic sausage sweet italian	Rabbit
Swai	Applegate® organic smoked chicken breast	Turkey (organic)
Swordfish	Applegate® organic smoked turkey breast	Veal (organic)
Tilapia (Wild, Non-farmed)	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Trout	Applegate® organic turkey	
Tuna	Applegate® organic turkey bacon	Non-Dairy & Eggs
Walleye Pike	Beef, Grass-fed only (organic)	Almond Milk, unsweetened (no tapioca)
Whitefish/Turbot	Bison (see also Buffalo)	Almond Yogurt, unsweetened
	Buffalo (see also Bison)	BodyPro Avocado Oil Mayonnaise
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Daiya (Coconut, Tapioca, yeast, Å....)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

## Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A 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)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

## Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,  
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

## Herbs &amp; Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba



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

White Willow Bark Extract

[Cheese, Mascapone]

Milk, Goat

Wintergreen

[Cheese, Mozzarella (Raw)]

Milk, Sheep

Wormwood

[Cheese, Muenster]

[Mozzarella Cheese]

[Cheese, Parmesan]

[Sour Cream, Raw and Unpasteurized]

**Milk-Containing Foods**

Cheese, Pecorino

[Whey]

[Applegate® organic spinach &amp; feta sausage]

[Cheese, Provolone]

[Yogurt (See Xanthan Gum)]

[Butter, Raw and Pasture-raised]

[Cheese, Raw and Pasture-raised]

[Buttermilk]

Cheese, Ricotta

**Legumes & Pulses**

[Casein]

[Cheese, Romano]

Bean, Azuki

[Cheese, American]

Cheese, Sheep

Bean, Black

[Cheese, Asiago]

[Cheese, String (Mozzarella)]

Bean, Butter

[Cheese, Bleu]

[Cheese, Swiss]

Bean, Cannellini

[Cheese, Brie]

[Chocolate, Milk]

Bean, Chana Dahl

[Cheese, Cheddar (Raw)]

[Chocolate, White]

Bean, Chili

[Cheese, Cottage]

[Cream, Raw and Unpasteurized]

[Bean, Green]

[Cheese, Cream]

[Ghee (Pasture-Raised, Organic)]

Bean, Italian

Cheese, Feta

Goat Cheese

Bean, Kidney

Cheese, Goat

Goat Kefir

[Bean, Lima]

[Cheese, Gorgonzola]

[Kefir, Raw]

Bean, Mung

[Cheese, Gouda]

[Lactalbumin]

Bean, Navy

[Cheese, Havarti]

[Milk Chocolate]

Bean, Ninja

Cheese, Macheo

[Milk, Cow]

Bean, Pinto/Frijole

Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	<b>Gluten-Free Grains</b>	Hemp Protein (Powder)
Coffee Bean, Organic	<b>Almond Flour (gluten free)</b>	Hemp Seed
<b>Edamame (must be organic)</b>	Amaranth	<b>Konjac Glucomannon Flour</b>
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	<b>Potato Flour (gluten free)</b>
Kidney Bean	<b>Chicory Root</b>	<b>Potato Starch (gluten free)</b>
Lentil(s)	<b>Coconut Flour (gluten free)</b>	<b>ProGranola (Julian Bakery)</b>
<b>Miso</b>	<b>Coconut Meal (gluten free)</b>	Quinoa (gluten free)
<b>Pea, Snap</b>	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
<b>Pea, Snow</b>	Corn Meal (gluten free)	Quinoa, Red (gluten free)
<b>Pea, Split</b>	Corn Starch (gluten free)	Rice Bran
<b>Peanut (Organic, Valencia)</b>	Corn, Blue	Rice Flour (gluten free)
<b>Peanut Butter (Organic, Maranatha®)</b>	Corn, White	Rice Protein Powder (gluten free)
<b>Peanut Oil (Organic)</b>	<b>Ener-G Brown Rice Yeast-Free Bread</b>	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
<b>Soy Beans (must be organic)</b>	Flax Meal	Rice, Brown (gluten free)
<b>Soy Beans Oil (must be organic)</b>	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	<b>Glucomannon Flour (konjacfoods.com)</b>	Rice, Purple (gluten free)

Rice, Red (gluten free)	<b>Gluten-Containing Foods</b>	Maltitol
Rice, White (gluten free)	Barley	Maltodextrin (Barley-derived)
Rice, Wild (Lundberg® - not the blend)	Barley Grass (can have gluten)	Modified Food Starch
<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	Barley Juice (may contain gluten)	Oats
<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Beer	Oats, GF (not Certified) can have gluten
<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	Bran	Orzo
Sorghum	<input type="checkbox"/> Bread	Panko
<input type="checkbox"/> Sweet Potato Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat
Tapioca	Caramel Coloring	Rye
Tapioca Flour (gluten free)	<input type="checkbox"/> Cheese, Bleu	Semolina
Tapioca Starch (gluten free)	Chewing Gum (has gluten and corn)	<input type="checkbox"/> Soy Sauce
Teff	Coffee, Instant (has gluten)	Spelt
Tolerant Green Lentil & Pea Pasta	Couscous	<input type="checkbox"/> Teechino
Tolerant Red or Green Lentil Pasta	Crab, Immitation	<input type="checkbox"/> Teriyaki Sauce
Tortilla, Siete Almond	Durum Wheat	Triticale
Tortilla, Siete Cassava & Coconut	Farro	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	Gluten	<input type="checkbox"/> Vinegar, Malt
	Graham (wheat)	<input type="checkbox"/> Vinegar, White
	Kamut	Wheat (All Types)
	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	

**Corn-Derived Foods****Barbeque Sauce, GF Annie's®  
Sweet & Spicy****Cheese, Cream****Cheese, Daiya  
(Coconut, Tapioca, yeast, Å....)****Cheese, Soy (Organic) (see Soy)**

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

**GemWraps®  
(Carrot)**

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

**Sriracha Sauce Organicville  
gluten-free**

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

**Yogurt (See Xanthan Gum)****Beverages & Protein Powders****Almond Milk, unsweetened (no  
tapioca)****Apple Cider**

Apple Juice

**Beer**

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

Coffee, Instant (has gluten)

**Collagen Protein (Powder)**

Echinacea Tea

Grapefruit Juice

**Great Lake's® Beef Gelatin****Green Tea**

Hemp Protein (Powder)

**Komboucha Tea****Lactalbumin**

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, Komboucha****Tea, Oolong**

Tea, Ramon	<input type="text" value="Bone Broth, Beef"/>	<input type="text" value="Julian Bakery Almond Bread"/>
Tea, Roobios	Carrageenan Gum	<input type="text" value="Julian Bakery Coconut Bread"/>
<input type="text" value="Tea, Unflavored"/>	Chewing Gum (has gluten and corn)	<input type="text" value="Julian Bakery Paleo Wraps"/>
<input type="text" value="Tea, White"/>	Chewing Gum, Xylitol®	Konjac Glucomannan Flour
<input type="text" value="Teechino"/>	<input type="text" value="Chicken Broth (Imagine® gf/low sodium)"/>	<input type="text" value="Lard (pork)"/>
Water	Chicory Root	Latex
<input type="text" value="Whey"/>	<input type="text" value="Cocoa Butter"/>	<input type="text" value="Liquid Aminos (Bragg's®)(has Soy)"/>
<input type="text" value="Wine, Red"/>	<input type="text" value="Cocoa/Cacao (raw, pure, &amp; unsweetened)"/>	Locust Bean Gum
<input type="text" value="Wine, White (Champagne)"/>	Coconut Aminos®	Lycopene
Yerba Matte Tea (Organic/Pure)	Coconut Cream	Malt
Zevia Drinks	<input type="text" value="Collagen Protein (Powder)"/>	Maltodextrin (Barley-derived)
	Formaldehyde	Modified Food Starch
	Garam Masala	Modified Food Starch (Tapioca-based)
	<input type="text" value="GemWraps®, Sandwich Wrap (Carrot)"/>	Palm Wax
	<input type="text" value="GemWraps®, Sandwich Wrap (Kale-Apple)"/>	Pycnogenol
	GemWraps®, Sandwich Wrap (Mango/Chipotle)	<input type="text" value="Red Chili Paste Thai Kitchen® (gluten free)"/>
	<input type="text" value="GemWraps®, Sandwich Wrap (Tomato)"/>	Red Food Dye
	Glucomannan Flour (konjacfoods.com)	<input type="text" value="Red Tomato Paste (gluten free)"/>
Baking Soda (Arm & Hammer®)	<input type="text" value="Great Lakes® Beef Gelatin"/>	Resveratrol
Banana	Guar Gum	Rice Starch (if certified gluten free)
<input type="text" value="Beef broth (Imagine® low sodium/GF)"/>	Hops	<input type="text" value="Sherry Vinegar"/>
Blue Food Dye	Inulin	Silver

☐ Skinny Crisps® (Plain Jane)☐ Tamari (Wheat Free)☐ Tofu (Organic)☐ Tomato Paste (gluten & Vinegar-free)☐ Tomato Sauce (gluten & Vinegar-free)

Tragacanth Gum

☐ Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

☐ Vinegar, Red Wine☐ Vinegar, Rice☐ Vinegar, White Wine

Xanthan Gum

☐ Yeast, Baker's☐ Yeast, Brewer's☐ Yeast, Nutritional

## Snacks

Apple Sauce

☐ Dates☐ Simple Mills Chocolate Chip Cookies