

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Beer☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ 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☐ 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, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Teechino☐ Water☐ Wine, Red☐ Wine, White (Champagne)☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella☐ Balsamic Vinegar (with Red Wine☐ Balsamic Vinegar (Caramel/Red W.☐ Barbeque Sauce, GF Annie's®☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter☐ Horseradish Sauce, Gluten-free☐ Hummus☐ Ketchup (Organicville)☐ Mayonnaise☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Ume Plum Vinegar☐ Veganaise Soy-free (Follow Your☐ Vinegar☐ Vinegar, Distilled☐ Vinegar, Malt☐ Vinegar, Red Wine

<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Herring
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Lobster
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Worcestershire Sauce (The	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Mussel
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Orange Roughy
<input type="checkbox"/> Dressing, Primal Kitchen Greek	<input type="checkbox"/> Fructose	<input type="checkbox"/> Oyster
<input type="checkbox"/> Dressing, Primal Kitchen Honey	<input type="checkbox"/> GemWraps®®, Sandwich Wrap	<input type="checkbox"/> Perch
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Mayonnaise, Primal Kitchen	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> Sardines
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Scallop
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Shrimp
		<input type="checkbox"/> Sole
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Squid
<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Swai
<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Catfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Corvina	<input type="checkbox"/> Trout
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tuna
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot

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| <input type="checkbox"/> Crab, Imitation | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |

<input type="checkbox"/> Pomelo	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Orzo
<input type="checkbox"/> Prune	<input type="checkbox"/> Barley	<input type="checkbox"/> Panko
<input type="checkbox"/> Quince	<input type="checkbox"/> Barley Greens (Not for	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Barley Juice (Not for	<input type="checkbox"/> Rye
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Beer	<input type="checkbox"/> Semolina
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teechino
<input type="checkbox"/> Tangelo	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Tangerine	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Banana	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Apricot	<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is
<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Graham (wheat)	
	<input type="checkbox"/> Kamut	
	<input type="checkbox"/> Liquid Smoke (can have gluten)	
	<input type="checkbox"/> Malt	
	<input type="checkbox"/> Maltodextrin (Can be	
	<input type="checkbox"/> Oats	

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<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	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills
<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"/> Coconut Flour (gluten free)
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® - not the	
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt	

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Herbs De Provence
<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Hickory
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Cumin	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Anise	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Jamaican Jerk
<input type="checkbox"/> Ashwaganda	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lavender
<input type="checkbox"/> Basil	<input type="checkbox"/> Dill	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mint
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Guarana	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Olive Leaf Extract

<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Oregano	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Parsley	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Valerian	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Red Chili Paste Thai Kitchen®	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Saffron	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Sage	<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Onion	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Shallots	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Paprika	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Taco Seasoning		<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Tamari (Wheat Free)		<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Pea, Snap		<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> White Beans	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Applegate® organic spinach & feta	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactalbumin
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Machego	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Mascapone	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Mozzarella (Raw)	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Muenster	<input type="checkbox"/> Mozzarella Cheese

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| <input type="checkbox"/> Sour Cream, Raw and | <input type="checkbox"/> GemWraps®®, Sandwich Wrap | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Whey | <input type="checkbox"/> GemWraps®®, Sandwich Wrap | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Tomato Sauce (gluten & |
| | <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Vegetable broth (Imagine® Low |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Hops | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Beef broth (Imagine® low | <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Lycopene | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Chewing Gum, XylicheW® | <input type="checkbox"/> Malt | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Maltodextrin (Can be | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & | <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Acacia Gum |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Red Chili Paste Thai Kitchen® | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Red Tomato Paste (gluten free) | <input type="checkbox"/> Blue Food Dye |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Resveratrol | <input type="checkbox"/> Skinny Crisps®(Plain Jane) |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap | <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap | <input type="checkbox"/> Silver | <input type="checkbox"/> Cocoa Butter |

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| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hemp Meal |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Cheese, Daiya | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) | <input type="checkbox"/> Cashews | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Coconut, shredded (raw, | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut |
| | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios |
| | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds |
| <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 |

<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Snacks	<input type="checkbox"/> Maltodextrin (Corn-based,
<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	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber
<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	<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"/> Xyla (Birchwood Xylitol/non-corn
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fructose	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> BodyPro Almond Mayo Grade B
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sucralose
	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Agave Nectar
	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Coconut Sugar
	<input type="checkbox"/> Just Like Sugar®	
	<input type="checkbox"/> Lo Han	
	<input type="checkbox"/> Maltodextrin (Can be	

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Endive
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Fennel
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Beet	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Celery	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kombu
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Leeks
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Mushrooms, Shiitake

<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Squash, Butternut
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Parsley	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Squash, Summer
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Squash, Yellow
<input type="checkbox"/> Pea, Green	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato Paste (gluten &
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato Sauce (gluten &
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Pimento	<input type="checkbox"/> Squash	<input type="checkbox"/> Tomato, Sun-dried

- ☐ Tomato, Yellow
- ☐ Truffle
- ☐ Turnip Greens
- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green
- ☐ Onion, Maui
- ☐ Onion, Red
- ☐ Onion, Sweet
- ☐ Onion, Yellow
- ☐ Chives
- ☐ Shallots
- ☐ Bell Pepper
- ☐ Bell Pepper, Yellow
- ☐ Bell Pepper, Orange