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|--|---|---|
| <input type="checkbox"/> <b>Vegetables</b>       | <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) |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see Green) | <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)        | <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 uns)        | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Coconut Concentrate          | <input type="checkbox"/> Mushrooms          |

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|---|---|--|
| <input type="checkbox"/> Mushrooms, Button      | <input type="checkbox"/> Pepper, Chili      | <input type="checkbox"/> Rainbow Chard         |
| <input type="checkbox"/> Mushrooms, Cremini/Cri | <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®) |
| <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        | <input type="checkbox"/> Pickles, Bubbies®  | <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.       |
| <input type="checkbox"/> Pepper, Anaheim        | <input type="checkbox"/> Radish             | <input type="checkbox"/> Swiss Chard           |

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|---|--|---|
| <input type="checkbox"/> Tomatillo                  | <input type="checkbox"/> <b>Fruits</b>         | <input type="checkbox"/> Elderberry       |
| <input type="checkbox"/> Tomato Paste (gluten free) | <input type="checkbox"/> Acai                  | <input type="checkbox"/> Fig              |
| <input type="checkbox"/> Tomato Sauce               | <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Goji Berry       |
| <input type="checkbox"/> Tomato Vinegar (free)      | <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       |

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|--|---|---|
| <input type="checkbox"/> Litchi (aka Lvchee) | <input type="checkbox"/> Plantain                 | <input type="checkbox"/> Coconut Butter                 |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum                     | <input type="checkbox"/> Coconut Oil                    |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate              | <input type="checkbox"/> Coconut, shredded              |
| <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo                   | <input type="checkbox"/> Cola Nut <del>(aka Kola)</del> |
| <input type="checkbox"/> Mangosteen          | <input type="checkbox"/> Prune                    | <input type="checkbox"/> Corn Oil                       |
| <input type="checkbox"/> Maqui               | <input type="checkbox"/> Quince                   | <input type="checkbox"/> Cottonseed/ Cottonseed         |
| <input type="checkbox"/> Melon, Honevdew     | <input type="checkbox"/> Raisin (unsulfured.      | <input type="checkbox"/> Flax Meal                      |
| <input type="checkbox"/> Monk Fruit          | <input type="checkbox"/> Raspberry                | <input type="checkbox"/> Flax Oil                       |
| <input type="checkbox"/> Mulberry            | <input type="checkbox"/> Star Fruit               | <input type="checkbox"/> Flax Seed                      |
| <input type="checkbox"/> Nectarines          | <input type="checkbox"/> Strawberry               | <input type="checkbox"/> Grapeseed Oil. Oraanic         |
| <input type="checkbox"/> Noni                | <input type="checkbox"/> Tamarind                 | <input type="checkbox"/> Hazelnut Flour                 |
| <input type="checkbox"/> Orange              | <input type="checkbox"/> Tangelo                  | <input type="checkbox"/> Hazelnut/Filbert               |
| <input type="checkbox"/> Orange, Blood       | <input type="checkbox"/> Tangerine                | <input type="checkbox"/> Hemp Meal                      |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Watermelon               | <input type="checkbox"/> Hemp Protein                   |
| <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Wolfberry                | <input type="checkbox"/> Hemp Seed                      |
| <input type="checkbox"/> Papaya              | <input type="checkbox"/> Youngberry               | <input type="checkbox"/> Hydrogenated Oils              |
| <input type="checkbox"/> Passion Fruit       | <input type="checkbox"/> Nuts, Seeds, & Oils      | <input type="checkbox"/> Macadamia Nut Oil              |
| <input type="checkbox"/> Peach               | <input type="checkbox"/> Annatto Seed             | <input type="checkbox"/> Macadamia Nuts                 |
| <input type="checkbox"/> Pear                | <input type="checkbox"/> Arrowroot Flour/powder   | <input type="checkbox"/> Olive Leaf Extract             |
| <input type="checkbox"/> Pear, Asian         | <input type="checkbox"/> Caraway Seed             | <input type="checkbox"/> Olive Oil, Virain              |
| <input type="checkbox"/> Persimmons          | <input type="checkbox"/> Chestnut                 | <input type="checkbox"/> Palm Kernel Oil                |
| <input type="checkbox"/> Pineapple           | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan                          |

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|---|---|--|
| <input type="checkbox"/> Pecan Flour                  | <input type="checkbox"/> Tea, Ramon                                 | <input type="checkbox"/> Chickpea<br>(see also           |
| <input type="checkbox"/> Pepitas                      | <input type="checkbox"/> Tiger Nuts                                 | <input type="checkbox"/> Edamame<br>(must be             |
| <input type="checkbox"/> Pili Nuts                    | <input type="checkbox"/> Vegetable Oil                              | <input type="checkbox"/> Fava Bean                       |
| <input type="checkbox"/> Pine Nut                     | <input type="checkbox"/> Vegetable<br>Shortening                    | <input type="checkbox"/> Fava Bean<br>Flour              |
| <input type="checkbox"/> Pistachios                   | <input type="checkbox"/> Walnut (few)                               | <input type="checkbox"/> Garbanzo<br>Bean                |
| <input type="checkbox"/> Poppy seeds                  | <input type="checkbox"/> Walnut Oil                                 | <input type="checkbox"/> Garbanzo<br>Flour               |
| <input type="checkbox"/> Psyllium<br>Husk             | <input type="checkbox"/> Walnut,<br>Black (few)                     | <input type="checkbox"/> Lentil(s)                       |
| <input type="checkbox"/> Pumpkin Oil                  | <input type="checkbox"/> Legumes &<br>Pulses                        | <input type="checkbox"/> Miso                            |
| <input type="checkbox"/> Pumpkin<br>Seed Oil          | <input type="checkbox"/> Bean, Azuki                                | <input type="checkbox"/> Pea, Snap                       |
| <input type="checkbox"/> Pumpkin<br>Seeds             | <input type="checkbox"/> Bean, Black                                | <input type="checkbox"/> Pea, Snow                       |
| <input type="checkbox"/> Ramon<br>Seeds               | <input type="checkbox"/> Bean, Butter                               | <input type="checkbox"/> Pea, Split                      |
| <input type="checkbox"/> Rice, Wild<br>(Lundberg® -   | <input type="checkbox"/> Bean,<br>Cannellini                        | <input type="checkbox"/> Peanut<br>(Organic.             |
| <input type="checkbox"/> Safflower/Sa<br>fflower Seed | <input type="checkbox"/> Bean, Chana<br>Dahl                        | <input type="checkbox"/> Peanut<br>Butter                |
| <input type="checkbox"/> Sacha Inchi<br>Seeds         | <input type="checkbox"/> Bean, Chili                                | <input type="checkbox"/> Peanut Oil<br>(Organic) (arrow) |
| <input type="checkbox"/> Sesame<br>Seed Oil           | <input type="checkbox"/> Bean, Green                                | <input type="checkbox"/> Red Bean<br>Paste               |
| <input type="checkbox"/> Sesame<br>Seeds              | <input type="checkbox"/> Bean, Italian                              | <input type="checkbox"/> Soy Beans<br>(must be           |
| <input type="checkbox"/> Sesame<br>Seeds. Black       | <input type="checkbox"/> Bean, Kidney                               | <input type="checkbox"/> Soy Beans<br>Oil (must be       |
| <input type="checkbox"/> Sunflower<br>Seed Butter     | <input type="checkbox"/> Bean, Lima                                 | <input type="checkbox"/> Vanilla Bean                    |
| <input type="checkbox"/> Sunflower<br>Seed            | <input type="checkbox"/> Bean, Mung                                 | <input type="checkbox"/> Vanilla<br>Powder               |
| <input type="checkbox"/> Sunflower<br>Seed Oil        | <input type="checkbox"/> Bean,<br>Navv/Ninia                        | <input type="checkbox"/> White Beans                     |
| <input type="checkbox"/> Sunflower<br>Seeds           | <input type="checkbox"/> Bean,<br>Pinto/Friole                      |  |
| <input type="checkbox"/> Tahini                       | <input type="checkbox"/> Bean, Red<br>(see also<br>Bean,<br>Kidney) |  |

<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic chick
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic red
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic sausage
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® turkey breast
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Chicken Broth
<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout	<input type="checkbox"/> Chicken, free range
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna	<input type="checkbox"/> Deer (see also
<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Duck
<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Tur bot	<input type="checkbox"/> Goat, Grass-fed
<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Lobster	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic black	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Quail
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic herb	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Turkey (organic)

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|--|---|--|
| <input type="checkbox"/> Venison (see also Deer)           | <input type="checkbox"/> Coconut Vinegar                        | <input type="checkbox"/> Chocolate, Dark           |
| <input type="checkbox"/> Non-Dairy & Eggs                  | <input type="checkbox"/> Dressing, <del>Seoul</del>             | <input type="checkbox"/> Coconut Palm Sugar        |
| <input type="checkbox"/> BodyPro Avocado Oil               | <input type="checkbox"/> Dressing, <del>Primal</del>            | <input type="checkbox"/> Date Sugar                |
| <input type="checkbox"/> Cheese, Daiva (Coco)              | <input type="checkbox"/> Earth Balance®                         | <input type="checkbox"/> Erythritol (non-GMO)      |
| <input type="checkbox"/> Cheese, Soy (Organic)             | <input type="checkbox"/> Earth Balance®                         | <input type="checkbox"/> Fructose                  |
| <input type="checkbox"/> Coconut Kefir (No Milk)           | <input type="checkbox"/> Horseradish Sauce.                     | <input type="checkbox"/> Fruit Pectin              |
| <input type="checkbox"/> Coconut Milk (Native)             | <input type="checkbox"/> Hummus (ATHLE S&W)                     | <input type="checkbox"/> Honey, (Organic)          |
| <input type="checkbox"/> Egg, Pasture-raised (from raised) | <input type="checkbox"/> Ketchup (Organicville)                 | <input type="checkbox"/> Honey, Manuka             |
| <input type="checkbox"/> Egg, Vital Farms® or              | <input type="checkbox"/> Mayonnaise                             | <input type="checkbox"/> Honey, Wildflower         |
| <input type="checkbox"/> Egg, Whites, Pasture-raised       | <input type="checkbox"/> Mayonnaise, <del>Primal</del>          | <input type="checkbox"/> Just Like Sugar®          |
| <input type="checkbox"/> Egg, Yolks Pasture-raised         | <input type="checkbox"/> Mayonnaise, <del>Primal</del>          | <input type="checkbox"/> Lo Han                    |
| <input type="checkbox"/> Milk, Soy (Organic)               | <input type="checkbox"/> Mustard, Brown                         | <input type="checkbox"/> Maltodextrin (Can be Whe  |
| <input type="checkbox"/> Sriracha Sauce                    | <input type="checkbox"/> Sauerkraut (Bubbies®)                  | <input type="checkbox"/> Maltodextrin (Corn-based. |
| <input type="checkbox"/> Egg gluten-free                   | <input type="checkbox"/> Sriracha Sauce                         | <input type="checkbox"/> Maple Sugar               |
| <input type="checkbox"/> Condiments                        | <input type="checkbox"/> Veganise Soy-free                      | <input type="checkbox"/> Maple Syrup (Grade A      |
| <input type="checkbox"/> Apple Cider Vinegar               | <input type="checkbox"/> Vinegar                                | <input type="checkbox"/> Molasses (Organic)        |
| <input type="checkbox"/> Balsamic Vinegar                  | <input type="checkbox"/> Vinegar, Malt                          | <input type="checkbox"/> Monk Fruit                |
| <input type="checkbox"/> Balsamic Vinegar/with             | <input type="checkbox"/> Worcestershire Sauce                   | <input type="checkbox"/> Nutrasweet®               |
| <input type="checkbox"/> Balsamic Vinegar (Car             | <input type="checkbox"/> Sweeteners                             | <input type="checkbox"/> Rebiana Leaf (Stevia)     |
| <input type="checkbox"/> Barbeque Sauce GF                 | <input type="checkbox"/> Agave Nectar                           | <input type="checkbox"/> Sorbitol                  |
| <input type="checkbox"/> BodyPro Avocado Oil               | <input type="checkbox"/> Aspartame/Nutrasweet                   | <input type="checkbox"/> Splenda                   |
| <input type="checkbox"/> Carob                             | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Sucanat                   |

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|---|--|--|
| <input type="checkbox"/> Sugar Beet                         | <input type="checkbox"/> Cinnamon            | <input type="checkbox"/> Goldenseal              |
| <input type="checkbox"/> Sugar Cane                         | <input type="checkbox"/> Cinnamon, Ceylon    | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Sweetleaf® Stevia                  | <input type="checkbox"/> Cloves              | <input type="checkbox"/> Grapeseed Extract       |
| <input type="checkbox"/> Swerve® Xylitol                    | <input type="checkbox"/> Cloves, Madagascar  | <input type="checkbox"/> Guarana                 |
| <input type="checkbox"/> Xylitol (Birchwood Xylitol Source) | <input type="checkbox"/> Cloves, Penang      | <input type="checkbox"/> Gymnema Sylvestre       |
| <input type="checkbox"/> Yacon Syrup                        | <input type="checkbox"/> Cramp Bark Extract  | <input type="checkbox"/> Herbs De Provence       |
| <input type="checkbox"/> Herbs & Spices                     | <input type="checkbox"/> Cream of Tartar     | <input type="checkbox"/> Hickory                 |
| <input type="checkbox"/> Allspice                           | <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"/> Ashwagandha                        | <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)    |
| <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)      |
| <input type="checkbox"/> Cardamom                           | <input type="checkbox"/> Garlic Pepper       | <input type="checkbox"/> Liquid Smoke            |
| <input type="checkbox"/> Celery Powder                      | <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Maca Root (natural)     |
| <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"/> Mint	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Saffron	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Mustard Seeds	<input type="checkbox"/> Sage	<input type="checkbox"/> Applegate® organic
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saw Palmetto	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Cheese, Machedo
<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds. Black	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Shallots	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Oregano	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Paprika	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Parsley	<input type="checkbox"/> Thyme	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Pepper, Black (see G)	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Whey
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Pepper/Peppercorns.	<input type="checkbox"/> Valerian	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Vanilla (gluten and	<input type="checkbox"/> Arrowroot Flour/powder
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Red Chili Paste Thai	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chicory Root

<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Chia
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Corn Meal
<input type="checkbox"/> Corn (Gluten-free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Greens (Not for Gluten)
<input type="checkbox"/> Ener-G Brown Rice Flour	<input type="checkbox"/> Rice, Japonica	<input type="checkbox"/> Barley Juice (Not for Gluten)
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Brown Rice Syrup
<input type="checkbox"/> Glucomannan Flour (konjac)	<input type="checkbox"/> Rice, Wild (Lundberg® - Organic)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Chewing Gum (has Gluten)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Coffee, Instant (has Gluten)
<input type="checkbox"/> Hemp Protein	<input type="checkbox"/> Rice Protein Powder	<input type="checkbox"/> Couscous
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Tomato & Potato Flour	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Konjac Glucomannan	<input type="checkbox"/> Sweet Potato Flour	<input type="checkbox"/> Farro
<input type="checkbox"/> Millet	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Gluten
<input type="checkbox"/> Oats	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Oats (Bob's Red Mill)	<input type="checkbox"/> Tapioca Starch	<input type="checkbox"/> Kamut
<input type="checkbox"/> Oat Grass (Not for Gluten)	<input type="checkbox"/> Tolerant Green Lentil	<input type="checkbox"/> Liquid Smoke (can be Gluten-free)
<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tolerant Red or Green	<input type="checkbox"/> Malt
<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)

Nanny Mai

25/08/2017

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| <input type="checkbox"/> Oats                      | <input type="checkbox"/> Corn Gluten                  | <input type="checkbox"/> Collagen Protein      |
| <input type="checkbox"/> Orzo                      | <input type="checkbox"/> Corn Meal (gluten free)      | <input type="checkbox"/> Echinacea Tea         |
| <input type="checkbox"/> Panko                     | <input type="checkbox"/> Corn Oil                     | <input type="checkbox"/> Grapefruit Juice      |
| <input type="checkbox"/> Polish Wheat              | <input type="checkbox"/> Corn Starch (gluten free)    | <input type="checkbox"/> Green Tea             |
| <input type="checkbox"/> Rye                       | <input type="checkbox"/> Erythritol (non-GMO)         | <input type="checkbox"/> Hemp Protein          |
| <input type="checkbox"/> Semolina                  | <input type="checkbox"/> Fructose                     | <input type="checkbox"/> Lemon Juice           |
| <input type="checkbox"/> Spelt                     | <input type="checkbox"/> GemWraps® . Sandwich         | <input type="checkbox"/> Licorice Tea          |
| <input type="checkbox"/> Teechino                  | <input type="checkbox"/> Maltodextrin (Corn-based)    | <input type="checkbox"/> Lime Juice            |
| <input type="checkbox"/> Triticale                 | <input type="checkbox"/> Sriracha Sauce               | <input type="checkbox"/> Milk, Goat            |
| <input type="checkbox"/> Vinegar                   | <input type="checkbox"/> Swerve® Xylitol-free         | <input type="checkbox"/> Milk, Sheep           |
| <input type="checkbox"/> Vinegar, Malt             | <input type="checkbox"/> Vegetable Oil                | <input type="checkbox"/> Milk, Soy (Organic)   |
| <input type="checkbox"/> Wheat (All Types)         | <input type="checkbox"/> Xanthan Gum                  | <input type="checkbox"/> Mineral Water         |
| <input type="checkbox"/> Wheat Grass (Is Gluten-co | <input type="checkbox"/> Beverages & Proteins         | <input type="checkbox"/> Orange Juice          |
| <input type="checkbox"/> Crab, Imitation           | <input type="checkbox"/> Apple Juice                  | <input type="checkbox"/> Pea Protein           |
| <input type="checkbox"/> Corn-Derived Foods        | <input type="checkbox"/> Beer                         | <input type="checkbox"/> Rice Protein Powder   |
| <input type="checkbox"/> Barbeque Sauce, GF        | <input type="checkbox"/> Carrot Juice                 | <input type="checkbox"/> Soy Milk/Soy Cheese   |
| <input type="checkbox"/> Cheese, Dairy (Coco       | <input type="checkbox"/> Coconut Kefir (No Milk)      | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Cheese, Soy (Organic)     | <input type="checkbox"/> Coconut Milk (Native)        | <input type="checkbox"/> Sparkling Water.      |
| <input type="checkbox"/> Chewing Gum (has Corn)    | <input type="checkbox"/> Coconut Water (low           | <input type="checkbox"/> Tea, Black            |
| <input type="checkbox"/> Corn (Gluten-free)        | <input type="checkbox"/> Coffee Bean, Organic         | <input type="checkbox"/> Tea, Chamomile        |
| <input type="checkbox"/> Corn, Blue                | <input type="checkbox"/> Coffee                       | <input type="checkbox"/> Tea, Green            |
| <input type="checkbox"/> Corn, White               | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Oolong           |

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| <input type="checkbox"/> Tea, Ramon                 | <input type="checkbox"/> Garam Masala                                | <input type="checkbox"/> Red Tomato Paste (gluten) |
| <input type="checkbox"/> Tea, Roobios               | <input type="checkbox"/> GemWraps® . Sandwich                        | <input type="checkbox"/> Resveratrol               |
| <input type="checkbox"/> Tea, unflavored/cafeine-fr | <input type="checkbox"/> GemWraps® . Sandwich                        | <input type="checkbox"/> Silver                    |
| <input type="checkbox"/> Tea, White                 | <input type="checkbox"/> GemWraps® . Sandwich                        | <input type="checkbox"/> Tagacanth Gum             |
| <input type="checkbox"/> Teechino                   | <input type="checkbox"/> GemWraps® . Sandwich                        | <input type="checkbox"/> Tamari (Wheat Free)       |
| <input type="checkbox"/> Water                      | <input type="checkbox"/> Glucomannan Flour/koni                      | <input type="checkbox"/> Tofu (Organic)            |
| <input type="checkbox"/> Yerba Matte Tea (Organic)  | <input type="checkbox"/> Great Lake's® Beef                          | <input type="checkbox"/> Tomato Paste (gluten)     |
| <input type="checkbox"/> Miscellaneous              | <input type="checkbox"/> Guar Gum                                    | <input type="checkbox"/> Tomato Sauce              |
| <input type="checkbox"/> Agar Gum                   | <input type="checkbox"/> Hops  | <input type="checkbox"/> Tragacanth Gum            |
| <input type="checkbox"/> Antimony                   | <input type="checkbox"/> Julian Bakery Paleo                         | <input type="checkbox"/> Vegetable Oil             |
| <input type="checkbox"/> Arabic Gum                 | <input type="checkbox"/> Julian Bakery                               | <input type="checkbox"/> Vegetable Shortening      |
| <input type="checkbox"/> Baking Powder              | <input type="checkbox"/> Julian Bakery                               | <input type="checkbox"/> Xanthan Gum               |
| <input type="checkbox"/> Baking Soda (Arm & Hammer) | <input type="checkbox"/> Konjac Glucomannan                          | <input type="checkbox"/> Latex                     |
| <input type="checkbox"/> Carrageenan Gum            | <input type="checkbox"/> Lard (pork)                                 | <input type="checkbox"/> Ispaghula/Psyllium        |
| <input type="checkbox"/> Chewing Gum (has Gum)      | <input type="checkbox"/> Liquid Aminos (Bragg)                       | <input type="checkbox"/> Formaldehyde              |
| <input type="checkbox"/> Chewing Gum                | <input type="checkbox"/> Locust Bean Gum                             | <input type="checkbox"/> Red Dye                   |
| <input type="checkbox"/> Chicken Broth              | <input type="checkbox"/> Lycopene                                    | <input type="checkbox"/> Acacia Gum                |
| <input type="checkbox"/> Chicory Root               | <input type="checkbox"/> Malt  |  |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure)    | <input type="checkbox"/> Maltodextrin (Can be Wheat)                 |  |
| <input type="checkbox"/> Coconut Aminos®            | <input type="checkbox"/> Palm Wax                                    |  |
| <input type="checkbox"/> Coconut Cream              | <input type="checkbox"/> Pycnogenol                                  |  |
| <input type="checkbox"/> Collagen Protein (Powder)  | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |  |