

☐ Beverages & Protein Powders

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

☐ Milk, Soy (Organic)

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

☐ Condiments

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

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

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

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

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

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

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

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



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

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

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

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|---|--|---|
| <input type="checkbox"/> Bell Pepper, Orange                  | <input type="checkbox"/> Cauliflower                   | <input type="checkbox"/> Jicama                     |
| <input type="checkbox"/> Bell Pepper, Red                     | <input type="checkbox"/> Cauliflower, Purple           | <input type="checkbox"/> Kale, all types            |
| <input type="checkbox"/> Bell Pepper, Yellow                  | <input type="checkbox"/> Celery                        | <input type="checkbox"/> Kelp/Dulse                 |
| <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Chard                         | <input type="checkbox"/> Kohlrabi                   |
| <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Chayote                       | <input type="checkbox"/> Kombu                      |
| <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Chives                        | <input type="checkbox"/> Leeks                      |
| <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Lettuce, all types         |
| <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Mushrooms                  |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Mushrooms, Button          |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                    | <input type="checkbox"/> Mushrooms, Maitake         |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                   | <input type="checkbox"/> Mushrooms, Shiitake        |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Mustard Greens             |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Nori                       |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Okra                       |
| <input type="checkbox"/> Capsicum                             | <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Olives (without vinegar)   |
| <input type="checkbox"/> Carrot Juice                         | <input type="checkbox"/> Eggplant                      | <input type="checkbox"/> Onion, Green               |
| <input type="checkbox"/> Carrot, Orange                       | <input type="checkbox"/> Endive                        | <input type="checkbox"/> Onion, Maui                |
| <input type="checkbox"/> Carrot, Purple                       | <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Onion, Red                 |
| <input type="checkbox"/> Carrot, White                        | <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Onion, Sweet               |
| <input type="checkbox"/> Carrot, Yellow                       | <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Onion, Yellow              |
| <input type="checkbox"/> Cassava (see Tapioca and Yucca)      | <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Parsley                    |

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

- ☐ Turnips
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Yams, Garnett
- ☐ Yams, Japanese
- ☐ Yucca
- ☐ Zucchini