

<input type="checkbox"/> Vegetables	<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 & Non-GMO)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok	<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 and Yucca)	<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 unsweetened)	<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"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Onion, Yellow              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Summer                   |
| <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Winter                   |
| <input type="checkbox"/> Pea, Green                 | <input type="checkbox"/> Prickly Pear                 | <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"/> Pea Protein                | <input type="checkbox"/> Radish                       | <input type="checkbox"/> Swiss Chard                      |
| <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Rainbow Chard                | <input type="checkbox"/> Tomatillo                        |

<input type="checkbox"/> Tomato Paste (gluten &	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Tomato Sauce (gluten &	<input type="checkbox"/> Acai	<input type="checkbox"/> Fig
<input type="checkbox"/> Tomato	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Apple Cider	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Apple Juice	<input type="checkbox"/> Grape
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Banana	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Truffle	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Turnips	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Cherry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Watercress	<input type="checkbox"/> Clementine	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lemon
<input type="checkbox"/> Yucca	<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lime
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice

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

<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Almond	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Pumpkin Seeds		<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Miso
<input type="checkbox"/> Rice, Wild (Lundberg® - not the	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snap

<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut Butter (Organic,	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Herring	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> White Beans	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic andouille
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic chicken/apple
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper
<input type="checkbox"/> Clam	<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic spinach & feta
<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic sausage sweet
<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic smoked
<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic smoked turkey
<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Applegate® organic turkey

<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Carob
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Dressing, Primal Kitchen Greek
<input type="checkbox"/> Chicken Broth (Imagine® gf/low	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Dressing, Primal Kitchen Honey
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Hummus
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Sriracha Sauce Organicville	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Egg	<input type="checkbox"/> Mayonnaise, Primal Kitchen
<input type="checkbox"/> Pork, (organic)		<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Quail	<input type="checkbox"/> <b>Condiments</b>	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar MiaBella	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine	<input type="checkbox"/> Veganaise Soy-free (Follow Your
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W.	<input type="checkbox"/> Vinegar
	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Vinegar, Distilled
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Vinegar, Malt
<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Vinegar, Red Wine

<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Anise
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Worcestershire Sauce (The	<input type="checkbox"/> Maltodextrin (Corn-based,	<input type="checkbox"/> Astragalus
	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Basil
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Molasses	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> BodyPro Almond Mayo Grade B	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> BodyPro Almond Mayo with Yacon	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Chili Powder
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Chipotle Seasoning
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn	<input type="checkbox"/> Cloves
<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Honey, (Organic)		<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Allspice	<input type="checkbox"/> Cream of Tartar



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| <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Orange Peel/Rind                |
| <input type="checkbox"/> Curcumin                | <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Orange Salt                     |
| <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Juniper Berry                      | <input type="checkbox"/> Oregano                         |
| <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Paprika                         |
| <input type="checkbox"/> Dill                    | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Paprika (smoked)                |
| <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Lemon Pepper                       | <input type="checkbox"/> Parsley                         |
| <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root                      | <input type="checkbox"/> Pepper, Cayenne                 |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can have gluten)     | <input type="checkbox"/> Pepper/Peppercorns              |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan    |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Pepper, Red                     |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Peppermint                      |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Pine Bark Extract               |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Red Chili Paste Thai Kitchen®   |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> Red Pepper Flake                |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                               | <input type="checkbox"/> Rosemary                        |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder)              | <input type="checkbox"/> Saffron                         |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten free)        | <input type="checkbox"/> Sage                            |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Saw Plametto                    |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Sesame Seeds                    |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion                              | <input type="checkbox"/> Sesame Seeds, Black             |
| <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Onion Powder                       | <input type="checkbox"/> Shallots                        |

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| <input type="checkbox"/> Spearmint                         | <input type="checkbox"/> Cheese, American               | <input type="checkbox"/> Cheese, String (Mozzarella)    |
| <input type="checkbox"/> St. John's Wort                   | <input type="checkbox"/> Cheese, Asiago                 | <input type="checkbox"/> Cheese, Swiss                  |
| <input type="checkbox"/> Taco Seasoning                    | <input type="checkbox"/> Cheese, Bleu                   | <input type="checkbox"/> Chocolate, Milk                |
| <input type="checkbox"/> Tamari (Wheat Free)               | <input type="checkbox"/> Cheese, Brie                   | <input type="checkbox"/> Chocolate, White               |
| <input type="checkbox"/> Tarragon                          | <input type="checkbox"/> Cheese, Cheddar (Raw)          | <input type="checkbox"/> Cream, Raw and Unpasteurized   |
| <input type="checkbox"/> Thyme                             | <input type="checkbox"/> Cheese, Cottage                | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Tomatillo                         | <input type="checkbox"/> Cheese, Cream                  | <input type="checkbox"/> Goat Cheese                    |
| <input type="checkbox"/> Turmeric                          | <input type="checkbox"/> Cheese, Goat                   | <input type="checkbox"/> Goat Kefir                     |
| <input type="checkbox"/> Uva Ursi                          | <input type="checkbox"/> Cheese, Gorgonzola             | <input type="checkbox"/> Kefir, Raw                     |
| <input type="checkbox"/> Valerian                          | <input type="checkbox"/> Cheese, Gouda                  | <input type="checkbox"/> Lactoalbumin                   |
| <input type="checkbox"/> Vanilla (gluten and corn-free)    | <input type="checkbox"/> Cheese, Havarti                | <input type="checkbox"/> Milk Chocolate                 |
| <input type="checkbox"/> Vanilla Bean                      | <input type="checkbox"/> Cheese, Machego                | <input type="checkbox"/> Milk, Cow                      |
| <input type="checkbox"/> Vanilla Powder                    | <input type="checkbox"/> Cheese, Mascapone              | <input type="checkbox"/> Milk, Goat                     |
| <input type="checkbox"/> White Willow Bark Extract         | <input type="checkbox"/> Cheese, Mozzarella (Raw)       | <input type="checkbox"/> Milk, Sheep                    |
| <input type="checkbox"/> Wintergreen                       | <input type="checkbox"/> Cheese, Muenster               | <input type="checkbox"/> Mozzarella Cheese              |
| <input type="checkbox"/> Rose Hips                         | <input type="checkbox"/> Cheese, Parmesan               | <input type="checkbox"/> Sour Cream, Raw and            |
|  | <input type="checkbox"/> Cheese, Pecorino               | <input type="checkbox"/> Whey                           |
| <input type="checkbox"/> Milk-Containing Foods             | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum)       |
| <input type="checkbox"/> Applegate® organic spinach & feta | <input type="checkbox"/> Cheese, Ricotta                | <input type="checkbox"/> Cheese, Feta                   |
| <input type="checkbox"/> Butter, Raw and Pasture-raised    | <input type="checkbox"/> Cheese, Romano                 |   |
| <input type="checkbox"/> Buttermilk                        | <input type="checkbox"/> Cheese, Provolone              |   |
| <input type="checkbox"/> Casein                            | <input type="checkbox"/> Cheese, Sheep                  |   |

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

<input type="checkbox"/> Bran	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Bread	<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn Oil
<input type="checkbox"/> Brown Rice Syrup (contains	<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Triticale	<input type="checkbox"/> Fructose
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vinegar	<input type="checkbox"/> GemWraps®®, Sandwich Wrap
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Maltodextrin (Corn-based,
<input type="checkbox"/> Couscous	<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Sriracha Sauce Organicville
<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Farro	<input type="checkbox"/> Wheat Grass (Is	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Gluten	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Graham (wheat)		<input type="checkbox"/> Yogurt (See Xanthan Gum)
<input type="checkbox"/> Kamut	<input type="checkbox"/> <b>Corn-Derived Foods</b>	
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Barbeque Sauce, GF Annie's®	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Malt	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Maltodextrin (Can be	<input type="checkbox"/> Cheese, Daiya	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Oats	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Beer
<input type="checkbox"/> Orzo	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Panko	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Rye	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Corn Gluten	<input type="checkbox"/> Coffee Bean, Organic

<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chewing Gum, Xylitew®
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicken Broth (Imagine® gf/low
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Teechino	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap
<input type="checkbox"/> Milk, Sheep		<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> <b>Miscellaneous</b>	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Beef broth (Imagine® low	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)

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|---|--|
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) | <input type="checkbox"/> Vinegar, Red Wine   |
| <input type="checkbox"/> Locust Bean Gum                  | <input type="checkbox"/> Vinegar, Rice       |
| <input type="checkbox"/> Lycopene                         | <input type="checkbox"/> Vinegar, White Wine |
| <input type="checkbox"/> Malt                             | <input type="checkbox"/> Xanthan Gum         |
| <input type="checkbox"/> Maltodextrin (Can be             | <input type="checkbox"/> Yeast, Baker's      |
| <input type="checkbox"/> Palm Wax                         | <input type="checkbox"/> Yeast, Brewer's     |
| <input type="checkbox"/> Pycnogenol                       | <input type="checkbox"/> Yeast, Nutritional  |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen®    | <input type="checkbox"/> Latex               |
| <input type="checkbox"/> Red Tomato Paste (gluten free)   | <input type="checkbox"/> Formaldehyde        |
| <input type="checkbox"/> Resveratrol                      | <input type="checkbox"/> Red Dye             |
| <input type="checkbox"/> Sherry Vinegar                   | <input type="checkbox"/> Ispaghula/Psyllium  |
| <input type="checkbox"/> Silver                           | <input type="checkbox"/> Acacia Gum          |
| <input type="checkbox"/> Skinny Crisps®(Plain Jane)       |  |
| <input type="checkbox"/> Tagacanth Gum                    |  |
| <input type="checkbox"/> Tamari (Wheat Free)              |  |
| <input type="checkbox"/> Tofu (Organic)                   |  |
| <input type="checkbox"/> Tomato Paste (gluten &           |  |
| <input type="checkbox"/> Tomato Sauce (gluten &           |  |
| <input type="checkbox"/> Tagacanth Gum                    |  |
| <input type="checkbox"/> Vegetable broth (Imagine® Low    |  |
| <input type="checkbox"/> Vegetable Oil                    |  |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) |  |