

<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Vinegar, Rice
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Vinegar, White
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Balsamic Vinegar MiaBella NoCaramel/WineVinegar	<input type="checkbox"/> Vinegar, White Wine
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red W. Vinegar)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carob	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Hummus	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Mayonnaise	
<input type="checkbox"/> Tea, unflavored/cafeine-free only	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Teechino	<input type="checkbox"/> Ume Plum Vinegar	<input type="checkbox"/> Cheese, Cream
<input type="checkbox"/> Water	<input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Vinegar	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Corn, Blue

<input type="checkbox"/> Malt	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Millet
<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Oats
<input type="checkbox"/> Oats	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)
<input type="checkbox"/> Panko	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Starch (gluten free)
<input type="checkbox"/> Rye	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Quinoa (gluten free)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)
<input type="checkbox"/> Spelt	<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)
<input type="checkbox"/> Teechino	<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)
<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)
<input type="checkbox"/> Triticale	<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Japonica (gluten free)
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran
<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)
<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Kamut	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers

<input type="checkbox"/> Applegate® organic smoked turkey breasts	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Lactoalbumin
<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"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Cheese, Pecorino	<input type="checkbox"/> Whey

<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> <b>Snacks</b>	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Date(s)	<input type="checkbox"/> Maple Sugar
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Simple Mills Chocolate Chip Cookies	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Molasses
<input type="checkbox"/> Sesame Seeds, Black		<input type="checkbox"/> Monk Fruit
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Nutrasweet®
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Splenda
<input type="checkbox"/> Tahini	<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Swerve® Xylitol
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Agave Nectar
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Coconut Sugar
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Lo Han	
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	

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