

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

<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Swede
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Taro
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Tomato
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Paprika	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Parsley	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Shallots	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Spinach	<input type="checkbox"/> Wasabi Root

<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Longan Fruit
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Lychee
<input type="checkbox"/> Yucca	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Fruits	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Noni
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Ground Cherries	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Carambola	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cherry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Oranges, Mandarin
<input type="checkbox"/> Clementine	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Papaya
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Peach
<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear
<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Persimmons
	<input type="checkbox"/> Lime	<input type="checkbox"/> Pineapple

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| <input type="checkbox"/> Plum | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Walnuts, Black |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Almond | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Ashwaganda |
| <input type="checkbox"/> Rambutan | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Borage Seed Oil | <input type="checkbox"/> Bell Pepper, Red |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Capsicum |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Duck Fat | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Fenugreek Seed | <input type="checkbox"/> Catnip |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Krill Oil | <input type="checkbox"/> Celery Powder |
| <input type="checkbox"/> Legumes, Pods, & Pulses | <input type="checkbox"/> Lard/Tallow (pork) | <input type="checkbox"/> Celery Seed |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> MCT Oil | <input type="checkbox"/> Chaparral |
| | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Chervil |
| | <input type="checkbox"/> Rice Bran Oil | <input type="checkbox"/> Chili Powder |
| | <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Chipotle Seasoning |
| | <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Cilantro/Coriander |
| | <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Cinnamon |
| | <input type="checkbox"/> Walnuts | |

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|--|---|--|
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Guarana | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Comfrey | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Hickory | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Pau D'arco |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Szechuan |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper/Peppercorns |
| <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pine Bark Extract |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Clover |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Ginger Powder | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sassafras |

<input type="checkbox"/> Savory	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Shallots	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Sumac	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Thyme	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Krill	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon
<input type="checkbox"/> Valerian	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Bass	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic red pepper sausage
<input type="checkbox"/> Catfish	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Clam	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic smoked chicken breast
	<input type="checkbox"/> Scallop	

☐ Applegate® organic smoked turkey breast☐ Applegate® organic turkey☐ Applegate® organic turkey bacon☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Chicken Broth (Imagine® gf/low sodium)☐ Collagen Protein (Powder)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Great Lake's® Beef Gelatin☐ Lamb☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ **Milk-Containing Foods**☐ No foods in this Category☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Almond Yogurt, unsweetened☐ BodyPro Avocado Oil Mayonnaise☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg, Pasture-raised (from a farmer)☐ Egg, Vital Farms® or Pasture Verde®☐ Egg Whites, Pasture-raised☐ Egg Yolks, Pasture-raised☐ **Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Amaranth☐ Avenin (Gluten-free)☐ Basmati Rice (gluten free)☐ Brown Rice Flour☐ Buckwheat☐ Buckwheat Flour☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Meal (gluten free)☐ Corn Starch (gluten free)☐ Glucomannon Flour (konjacfoods.com)☐ Konjac Glucomannon Flour☐ Mikey's Original English Muffin☐ Mikey's Pizza crust☐ Millet☐ Oats (Bob's Red Mill Gluten Free Version)☐ Oats (Certified GF)☐ Potato Flour (gluten free)☐ Potato Starch (gluten free)☐ Quinoa (gluten free)☐ Quinoa, Black (gluten free)☐ Quinoa, Red (gluten free)☐ Rice, Basmati (gluten free)☐ Rice, Black (gluten free)☐ Rice, Brown (gluten free)☐ Rice, Japonica (gluten free)☐ Rice, Purple (gluten free)☐ Rice, Red (gluten free)☐ Rice, White (gluten free)☐ Rice Bran

<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Egyptian Wheat	<input type="checkbox"/> Citric Acid (can be corn-derived)
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Farro	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Gliadin	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Teff	<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Teff Flour	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Corn Syrup
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Oats	<input type="checkbox"/> Erythritol (non-GMO)
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Fructose
<input type="checkbox"/> Allulose	<input type="checkbox"/> Orzo	<input type="checkbox"/> Lactic Acid (corn-derived)
<input type="checkbox"/> Avenin	<input type="checkbox"/> Panko	<input type="checkbox"/> Maize
<input type="checkbox"/> Barley	<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Modified Food Starch
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Rye	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Semolina	<input type="checkbox"/> Vodka, Corn
<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Spelt	<input type="checkbox"/> Xanthan Gum
<input type="checkbox"/> Bran	<input type="checkbox"/> Teechino	
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Triticale	
<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Vodka, Rye or Grain	
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Wheat (All Types)	
<input type="checkbox"/> Couscous	<input type="checkbox"/> Wheat Germ	
	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	

<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Rebiana Leaf (Stevia)
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Sorbitol
<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Brown Sugar	<input type="checkbox"/> Sucanat
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Carob	<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Corn Syrup	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> Distilled White Vinegar	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Tapioca Syrup
<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Fructose	<input type="checkbox"/> Xyla (Birchwood Xylitol)
<input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Xylitol
<input type="checkbox"/> Kosher Salt	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Molasses	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Coffee (Brewed and Not Instant)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Vinegar, Beet		

<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Vodka, Potato	<input type="checkbox"/> Tobacco
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Vodka, Rye or Grain	<input type="checkbox"/> Snacks
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Dates
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Food Additives
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Antimony	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> alf
<input type="checkbox"/> Milk, Rice	<input type="checkbox"/> Bone Broth, Beef	<input type="checkbox"/> alfr
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> alfredo
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Asafoetida Powder
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Hops	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Latex	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Lycopene	<input type="checkbox"/> Citric Acid (can be corn-derived)
<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Modified Food Starch (Tapioca-based)	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Inulin
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Lactic Acid (beet-derived)
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Resveratrol	<input type="checkbox"/> Lactic Acid (corn-derived)
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Rice Starch (if certified gluten free)	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Teechino	<input type="checkbox"/> Silver	<input type="checkbox"/> MSG/MonosodiumGlutatmate
<input type="checkbox"/> Vodka, Corn		

- ☐ Palm Wax
- ☐ Potato Protein
- ☐ Red Food Dye
- ☐ Sodium Alginate
- ☐ Tragacanth Gum
- ☐ Tricalcium Phosphate
- ☐ Vegan Enzyme
- ☐ Vegan Natural Flavors (no MSG)
- ☐ Vegan Natural Flavors (with MSG)
- ☐ Xanthan Gum