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|--|---|---|
| <input type="checkbox"/> <b>Vegetables</b>       | <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Collard Greens               |
| <input type="checkbox"/> Alfalfa Sprouts         | <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Corn, Blue                   |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Corn, White                  |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Cucumber                     |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Daikon Radish                |
| <input type="checkbox"/> Avocado                 | <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"/> Rainbow Chard                    |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Yellow              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Summer                   |
| <input type="checkbox"/> Pea, Green                 | <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Squash, Winter                   |
| <input type="checkbox"/> Pea, Snap                  | <input type="checkbox"/> Psyllium Husk                | <input type="checkbox"/> Squash, Yellow                   |
| <input type="checkbox"/> Pea, Snow                  | <input type="checkbox"/> Pumpkin                      | <input type="checkbox"/> Sugar Beet                       |
| <input type="checkbox"/> Pea, Split                 | <input type="checkbox"/> Pumpkin Powder               | <input type="checkbox"/> Sweet Potato, Red                |
| <input type="checkbox"/> Pea Protein                | <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Sweet Potatoes, White            |
| <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Radish                       | <input type="checkbox"/> Swiss Chard                      |

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

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

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

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

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

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



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| <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® (gluten free) |
| <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"/> Rose Hips                                   |
| <input type="checkbox"/> Grapefruit Seed Extract          | <input type="checkbox"/> Mustard (as a Powder)                   | <input type="checkbox"/> Rosemary                                    |
| <input type="checkbox"/> Grapeseed Extract                | <input type="checkbox"/> Mustard Seeds (gluten free)             | <input type="checkbox"/> Saffron                                     |
| <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Nutmeg                                  | <input type="checkbox"/> Sage  |
| <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Olive Leaf Extract                      | <input type="checkbox"/> Saw Palmetto                                |
| <input type="checkbox"/> Herbs De Provence                | <input type="checkbox"/> Onion                                   | <input type="checkbox"/> Sesame Seeds                                |
| <input type="checkbox"/> Hickory                          | <input type="checkbox"/> Onion Powder                            | <input type="checkbox"/> Sesame Seeds, Black                         |
| <input type="checkbox"/> Himalayan Salt                   | <input type="checkbox"/> Orange Peel/Rind                        | <input type="checkbox"/> Shallots                                    |
| <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Orange Salt                             | <input type="checkbox"/> Spearmint                                   |
| <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Oregano                                 | <input type="checkbox"/> St. John's Wort                             |
| <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Paprika                                 | <input type="checkbox"/> Taco Seasoning                              |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Paprika (smoked)                        | <input type="checkbox"/> Tamari (Wheat Free)                         |
| <input type="checkbox"/> Lemon Pepper                     | <input type="checkbox"/> Parsley                                 | <input type="checkbox"/> Tarragon                                    |
| <input type="checkbox"/> Lemongrass                       | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Thyme                                       |

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| <input type="checkbox"/> Tomatillo                                 | <input type="checkbox"/> Corn, Blue                                | <input type="checkbox"/> Rice, Basmati (gluten free)                 |
| <input type="checkbox"/> Turmeric                                  | <input type="checkbox"/> Corn, White                               | <input type="checkbox"/> Rice, Black (gluten free)                   |
| <input type="checkbox"/> Uva Ursi                                  | <input type="checkbox"/> Corn Starch (gluten free)                 | <input type="checkbox"/> Rice, Brown (gluten free)                   |
| <input type="checkbox"/> Valerian                                  | <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread        | <input type="checkbox"/> Rice, Japonica (gluten free)                |
| <input type="checkbox"/> Vanilla (gluten and corn-free)            | <input type="checkbox"/> Fava Bean Flour                           | <input type="checkbox"/> Rice, Purple (gluten free)                  |
| <input type="checkbox"/> Vanilla Bean                              | <input type="checkbox"/> Flax Meal                                 | <input type="checkbox"/> Rice, Red (gluten free)                     |
| <input type="checkbox"/> Vanilla Powder                            | <input type="checkbox"/> Garbanzo Flour                            | <input type="checkbox"/> Rice, White (gluten free)                   |
| <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com)       | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)      |
| <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Hazelnut Flour                            | <input type="checkbox"/> Rice Bran                                   |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Hemp Meal                                 | <input type="checkbox"/> Rice Flour (gluten free)                    |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Hemp Protein (Powder)                     | <input type="checkbox"/> Rice Protein Powder (gluten free)           |
| <input type="checkbox"/> <b>Gluten-Free Grains</b>                 | <input type="checkbox"/> Hemp Seed                                 | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers  |
| <input type="checkbox"/> Almond Flour (gluten free)                | <input type="checkbox"/> Konjac Glucomannon Flour                  | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers   |
| <input type="checkbox"/> Amaranth                                  | <input type="checkbox"/> Millet                                    | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers |
| <input type="checkbox"/> Arrowroot Flour/powder                    | <input type="checkbox"/> Oats                                      | <input type="checkbox"/> Sweet Potato Flour (gluten free)            |
| <input type="checkbox"/> Basmati Rice (gluten free)                | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Tapioca                                     |
| <input type="checkbox"/> Buckwheat                                 | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)      | <input type="checkbox"/> Tapioca Flour (gluten free)                 |
| <input type="checkbox"/> Buckwheat Flour                           | <input type="checkbox"/> Potato Flour (gluten free)                | <input type="checkbox"/> Tapioca Starch (gluten free)                |
| <input type="checkbox"/> Chicory Root                              | <input type="checkbox"/> Potato Starch (gluten free)               | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta           |
| <input type="checkbox"/> Coconut Flour (gluten free)               | <input type="checkbox"/> Quinoa (gluten free)                      | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta          |
| <input type="checkbox"/> Coconut Meal (gluten free)                | <input type="checkbox"/> Quinoa, Black (gluten free)               | <input type="checkbox"/> Tortilla, Siete Almond                      |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)              | <input type="checkbox"/> Quinoa, Red (gluten free)                 | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut           |

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| <input type="checkbox"/> Tortilla, Siete Chia & Cassava                | <input type="checkbox"/> Liquid Smoke (can have gluten)            | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) |
| <input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker | <input type="checkbox"/> Malt                                      | <input type="checkbox"/> Cheese, Soy (Organic) (see Sov)               |
| <input type="checkbox"/> Corn Meal (gluten free)                       | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)       | <input type="checkbox"/> Chewing Gum (has gluten and corn)             |
| <input type="checkbox"/> Rice  | <input type="checkbox"/> Oats                                      | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                  |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b>                | <input type="checkbox"/> Orzo                                      | <input type="checkbox"/> Corn, Blue                                    |
| <input type="checkbox"/> Barley  | <input type="checkbox"/> Panko                                     | <input type="checkbox"/> Corn, White                                   |
| <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive)      | <input type="checkbox"/> Polish Wheat                              | <input type="checkbox"/> Corn Gluten                                   |
| <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive)       | <input type="checkbox"/> Rye                                       | <input type="checkbox"/> Corn Oil                                      |
| <input type="checkbox"/> Beer  | <input type="checkbox"/> Semolina                                  | <input type="checkbox"/> Corn Starch (gluten free)                     |
| <input type="checkbox"/> Bran  | <input type="checkbox"/> Soy Sauce                                 | <input type="checkbox"/> Erythritol (non-GMO)                          |
| <input type="checkbox"/> Bread   | <input type="checkbox"/> Spelt                                     | <input type="checkbox"/> Fructose                                      |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)        | <input type="checkbox"/> Teechino                                  | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)            |
| <input type="checkbox"/> Caramel Coloring                              | <input type="checkbox"/> Teriyaki Sauce                            | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)            |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)             | <input type="checkbox"/> Triticale                                 | <input type="checkbox"/> Sriracha Sauce                                |
| <input type="checkbox"/> Coffee, Instant (has gluten)                  | <input type="checkbox"/> Vinegar                                   | <input type="checkbox"/> Organicville gluten-free Swerve® Xylitol      |
| <input type="checkbox"/> Couscous                                      | <input type="checkbox"/> Vinegar, Malt                             | <input type="checkbox"/> Vegetable Oil                                 |
| <input type="checkbox"/> Crab, Imitation                               | <input type="checkbox"/> Vinegar, White                            | <input type="checkbox"/> Xanthan Gum                                   |
| <input type="checkbox"/> Durum Wheat                                   | <input type="checkbox"/> Wheat (All Types)                         | <input type="checkbox"/> Corn Meal (gluten free)                       |
| <input type="checkbox"/> Farro   | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)      |  |
| <input type="checkbox"/> Gluten  | <input type="checkbox"/> <b>Corn-Derived Foods</b>                 |  |
| <input type="checkbox"/> Graham (wheat)                                | <input type="checkbox"/> Baking Powder                             |  |
| <input type="checkbox"/> Kamut   | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |  |

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| <input type="checkbox"/> <b>Beverarages &amp; Protein Pow</b>         | <input type="checkbox"/> Orange Juice                      | <input type="checkbox"/> Antimony                               |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Pea Protein                       | <input type="checkbox"/> Arabic Gum                             |
| <input type="checkbox"/> Apple Juice                                  | <input type="checkbox"/> Rice Protein Powder (aluten free) | <input type="checkbox"/> Baking Powder                          |
| <input type="checkbox"/> Beer   | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic)     | <input type="checkbox"/> Baking Soda (Arm & Hammer®)            |
| <input type="checkbox"/> Carrot Juice                                 | <input type="checkbox"/> Soy Protein (Organic)             | <input type="checkbox"/> Beef broth (Imagine® low sodium/GF)    |
| <input type="checkbox"/> Coconut Kefir (No Tapioca. Caradeenan)       | <input type="checkbox"/> Sparkling Water, unflavored       | <input type="checkbox"/> Carrageenan Gum                        |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Tea, Black                        | <input type="checkbox"/> Chewing Gum (has gluten and corn)      |
| <input type="checkbox"/> Coconut Water (low sugar)                    | <input type="checkbox"/> Tea, Chamomile                    | <input type="checkbox"/> Chewing Gum, Xylicew®                  |
| <input type="checkbox"/> Coffee Bean, Organic                         | <input type="checkbox"/> Tea, Green                        | <input type="checkbox"/> Chicken Broth (Imagine® of/low sodium) |
| <input type="checkbox"/> Coffee                                       | <input type="checkbox"/> Tea, Oolong                       | <input type="checkbox"/> Chicory Root                           |
| <input type="checkbox"/> Coffee, Instant (has gluten)                 | <input type="checkbox"/> Tea, Ramon                        | <input type="checkbox"/> Coconut Aminos®                        |
| <input type="checkbox"/> Collagen Protein (Powder)                    | <input type="checkbox"/> Tea, Roobios                      | <input type="checkbox"/> Coconut Cream                          |
| <input type="checkbox"/> Echinacea Tea                                | <input type="checkbox"/> Tea, unflavored/caffeine-free     | <input type="checkbox"/> Collagen Protein (Powder)              |
| <input type="checkbox"/> Grapefruit Juice                             | <input type="checkbox"/> Tea, White                        | <input type="checkbox"/> Garam Masala                           |
| <input type="checkbox"/> Green Tea                                    | <input type="checkbox"/> Teechino                          | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)      |
| <input type="checkbox"/> Hemp Protein (Powder)                        | <input type="checkbox"/> Water                             | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)  |
| <input type="checkbox"/> Komboucha Tea                                | <input type="checkbox"/> Wine, Red                         | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)  |
| <input type="checkbox"/> Lemon Juice                                  | <input type="checkbox"/> Wine, White (Champagne)           | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)      |
| <input type="checkbox"/> Licorice Tea                                 | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)    | <input type="checkbox"/> Glucomannon Flour (koniacfoods.com)    |
| <input type="checkbox"/> Lime Juice                                   | <input type="checkbox"/> <b>Miscellaneous</b>              | <input type="checkbox"/> Great Lake's® Beef Gelatin             |
| <input type="checkbox"/> Milk, Soy (Organic)                          | <input type="checkbox"/> Acacia Gum                        | <input type="checkbox"/> Guar Gum                               |
| <input type="checkbox"/> Mineral Water                                | <input type="checkbox"/> Agar Gum                          | <input type="checkbox"/> Hops                                   |

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| <input type="checkbox"/> Julian Bakery Paleo Wraps                   | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)  |
| <input type="checkbox"/> Julian Bakery Almond Bread                  | <input type="checkbox"/> Tragacanth Gum                        |
| <input type="checkbox"/> Julian Bakery Coconut Bread                 | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Konjac Glucomannon Flour                    | <input type="checkbox"/> Vegetable Oil                         |
| <input type="checkbox"/> Lard (pork)                                 | <input type="checkbox"/> Vegetable Shortening (Spectrum®)      |
| <input type="checkbox"/> Liquid Aminos (Bragg's®)(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 Wheat-derived)         | <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® (gluten free) | <input type="checkbox"/> Anisakis                              |
| <input type="checkbox"/> Red Tomato Paste (gluten free)              | <input type="checkbox"/> Latex                                 |
| <input type="checkbox"/> Resveratrol                                 | <input type="checkbox"/> Ispaghula/Psyllium                    |
| <input type="checkbox"/> Sherry Vinegar                              | <input type="checkbox"/> Formaldehyde                          |
| <input type="checkbox"/> Silver                                      | <input type="checkbox"/> Carmine Red                           |
| <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 & Vinegar-free)        |  |