

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Leeks
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Celery	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Beet	<input type="checkbox"/> Chard	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsley
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Endive	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Burdock	<input type="checkbox"/> Fennel	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Garlic	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pumpkin Powder

<input type="checkbox"/> Radicchio	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Radish	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Gooseberry
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Grape
<input type="checkbox"/> Rutabaga		<input type="checkbox"/> Grape, Green
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Fruits	<input type="checkbox"/> Grape, Purple
<input type="checkbox"/> Scallions	<input type="checkbox"/> Acai	<input type="checkbox"/> Grape, Red
<input type="checkbox"/> Shallots	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, White
<input type="checkbox"/> Spinach	<input type="checkbox"/> Apricot	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Squash	<input type="checkbox"/> Banana	<input type="checkbox"/> Grapefruit Juice
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Guava
<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Blueberry	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Cherry	<input type="checkbox"/> Lemon
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Clementine	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Cranberry	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Lime
<input type="checkbox"/> Truffle	<input type="checkbox"/> Currant	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Litchi (aka Lychee)
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Watercress	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Loquat

<input type="checkbox"/> Mango	<input type="checkbox"/> Prune	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Quince	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Maqui	<input type="checkbox"/> Raisin (unsulfured, organic)	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Melon, Honeydew	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Tangelo	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tangerine	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Noni	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Orange	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Orange Peel/Rind	<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Orange, Blood	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Papaya	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Peach	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Pear	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Cashews	
<input type="checkbox"/> Persimmons	<input type="checkbox"/> Chestnut	
<input type="checkbox"/> Plantain	<input type="checkbox"/> Grapeseed Oil, Organic	
<input type="checkbox"/> Plum	<input type="checkbox"/> Hazelnut Flour	
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Hazelnut/Filbert	
<input type="checkbox"/> Pomelo		

☐ Fish & Shellfish☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Applegate® organic bacon☐ Applegate® organic black forest ham☐ Applegate® organic ham☐ Applegate® organic roast beef☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Collagen Protein (Powder)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Great Lake's® Beef Gelatin☐ Lamb☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Veal (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ Egg, Whites, Pasture-raised☐ Condiments, Spreads & Sauces☐ Apple Cider Vinegar (Bragg's®)☐ Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)☐ Dressing, Primal Kitchen Honey Mustard☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ Vinegar, Beet

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| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Aspartame | <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Chocolate, Dark | | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Anise | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Lo Han | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Guarana |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |

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| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Pepper, Black (see
Garlic/Lemon Pepper) | |
| <input type="checkbox"/> Pepper/Peppercorns | |
| <input type="checkbox"/> Peppermint | |
| <input type="checkbox"/> Pine Bark Extract | |

☐ Milk-Containing Foods☐ Legumes & Pulses☐ Gluten-Free Grains☐ Chicory Root☐ Glucomannon Flour
(konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour☐ Rice, Wild (Lundberg® - not the
blend)☐ Gluten-Containing Foods☐ Corn-Derived Foods☐ Beverages & Protein Powders☐ Apple Cider☐ Apple Juice☐ Bone Broth Protein, Beef☐ Carrot Juice☐ Collagen Protein (Powder)☐ Echinacea Tea

<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Yeast, Nutritional
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Antimony	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Snacks
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Apple Sauce
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Bone Broth, Beef	
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Formaldehyde	
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Great Lake's® Beef Gelatin	
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Inulin	
<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Konjac Glucomannon Flour	
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Lard (pork)	
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Latex	
<input type="checkbox"/> Tea, White	<input type="checkbox"/> Lycopene	
<input type="checkbox"/> Water	<input type="checkbox"/> Palm Wax	
<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Pycnogenol	
<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Red Food Dye	
	<input type="checkbox"/> Resveratrol	
	<input type="checkbox"/> Silver	
	<input type="checkbox"/> Yeast, Baker's	