

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Bone Broth Protein, Beef☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Coffee☐ Coffee Bean, Organic☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Green Tea☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Milk, Soy (Organic)☐ Mineral Water☐ Pea Protein☐ Soy Milk/Soy Cheese (Organic)☐ Soy Protein (Organic)☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ **Condiments**☐ Carob☐ Harissa☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Hummus☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ **Corn-Derived Foods**☐ Swerve® Xylitol☐ **Fish & Shellfish**☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crab, Immitation☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi

<input type="checkbox"/> Mussel	<input type="checkbox"/> Fruits	<input type="checkbox"/> Maqui
<input type="checkbox"/> Octopus	<input type="checkbox"/> Acai	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Apricot	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Oyster	<input type="checkbox"/> Banana	<input type="checkbox"/> Noni
<input type="checkbox"/> Perch	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Peach
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Currant	<input type="checkbox"/> Pear
<input type="checkbox"/> Sardines	<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Tamarind
<input type="checkbox"/> Scallop	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Wolfberry
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Youngberry
<input type="checkbox"/> Sole	<input type="checkbox"/> Gooseberry	
<input type="checkbox"/> Squid	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Swai	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Jack fruit	
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Lemon	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Trout	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Tuna	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Lime	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Coconut Meal (gluten free)
	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Fava Bean Flour
	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Garbanzo Flour
	<input type="checkbox"/> Loquat	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)

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| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | <input type="checkbox"/> Cloves | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Hickory |
| | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dill | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard (as a Powder) |

<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sage	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Bean, Azuki
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Black
<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Butter
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Shallots	<input type="checkbox"/> Bean, Cannellini
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Bean, Chana Dahl
<input type="checkbox"/> Oregano	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Bean, Chili
<input type="checkbox"/> Paprika	<input type="checkbox"/> Sumac	<input type="checkbox"/> Bean, Green
<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Bean, Italian
<input type="checkbox"/> Parsley	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Bean, Kidney
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bean, Lima
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Thyme	<input type="checkbox"/> Bean, Mung
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Bean, Red (see also Bean, Kidney)
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Valerian	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Edamame (must be organic)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Lentil(s)

<input type="checkbox"/> Miso	<input type="checkbox"/> Duck	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Cocoa Butter
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Quail	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> White Beans	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Applegate® organic ham		<input type="checkbox"/> Inulin
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Applegate® organic red pepper sausage		<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Acacia Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Latex
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Antimony	<input type="checkbox"/> Liquid Aminos (Briggs®)(has Soy)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Palm Wax

<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Almond	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Silver	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Tofu (Organic)	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Pumpkin Oil
	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Ramon Seeds
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Cashews	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Sacha Inchi Seeds
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Hazelnut Flour	
	<input type="checkbox"/> Hazelnut/Filbert	
	<input type="checkbox"/> Olive Leaf Extract	

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| <input type="checkbox"/> Snacks | <input type="checkbox"/> Beet | <input type="checkbox"/> Celery |
| | <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Chayote |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Swerve® Xylitol | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Daikon Radish |
| | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Kombu |

<input type="checkbox"/> Leeks	<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Spinach
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Nori	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato
<input type="checkbox"/> Okra	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Parsley	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Shallots	<input type="checkbox"/> Water Chestnut

sundas malik

09/08/2017

☐ Watercress

☐ Zucchini