

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk (Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Green Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Mineral Water
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Green
- ☐ Tea, Oolong
- ☐ Tea, Roobios
- ☐ Tea, unflavored/caffeine-free only
- ☐ Tea, White
- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)

☐ Corn-Derived Foods☐ Fish & Shellfish

- ☐ Bass
- ☐ Chilean Sea Bass
- ☐ Corvina
- ☐ Flounder
- ☐ Haddock
- ☐ Hake
- ☐ Halibut
- ☐ Herring
- ☐ Mackerel
- ☐ Mahi Mahi
- ☐ Perch
- ☐ Red Snapper
- ☐ Salmon, wild (fresh)

☐ Sardines

- ☐ Sole
- ☐ Swai
- ☐ Swordfish
- ☐ Tilapia (Non-farmed)
- ☐ Trout
- ☐ Walleye Pike
- ☐ Whitefish/Turbot

☐ Fruits

- ☐ Acai
- ☐ Apple (all types)
- ☐ Bilberry
- ☐ Boysenberry
- ☐ Golden Berry
- ☐ Gooseberry
- ☐ Grapefruit
- ☐ Huckleberry
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lemon Rind/Peel
- ☐ Lime

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| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Loganberry | | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Allspice | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Anise | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Basil | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Salt |
| | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Cloves | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt |

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| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Saffron | <input type="checkbox"/> Applegate® organic roast beef |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Sage | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Buffalo (see also Bison) |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Chicken, free range (organic) |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Deer (see also Venison) |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Duck |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Thyme | <input type="checkbox"/> Lamb (organic) |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Valerian | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Parsley | | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Pepper/Peppercorns | | |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> | |

Legumes & Pulses

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| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Red Food Dye | <input type="checkbox"/> Coconut Oil |
| | | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Coconut Aminos® | | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Almond | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Pycnogenol | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Silver | <input type="checkbox"/> Cashews | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Cashew Butter | |
| <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Cashew Meal | |
| <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Coconut Butter | |

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| <input type="checkbox"/> Snacks | <input type="checkbox"/> Burdock | <input type="checkbox"/> Jicama |
| | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Lettuce, all types |
| | <input type="checkbox"/> Capers | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Pumpkin Powder |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Endive | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Garlic | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |

- ☐ Spinach
- ☐ Squash, Acorn
- ☐ Squash, Green
- ☐ Squash, Spaghetti
- ☐ Squash, Winter
- ☐ Swiss Chard
- ☐ Turnip Greens
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green