

<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)
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Swiss Chard

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| <input type="checkbox"/> Turnip Greens     | <input type="checkbox"/> Lime Juice                          | <input type="checkbox"/> Cashew Butter           |
| <input type="checkbox"/> Water Chestnut    | <input type="checkbox"/> Litchi (aka Lychee)                 | <input type="checkbox"/> Cashew Meal             |
| <input type="checkbox"/> Watercress        | <input type="checkbox"/> Loganberry                          | <input type="checkbox"/> Chestnut                |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Loquat                              | <input type="checkbox"/> Coconut Butter          |
| <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Maqui                               | <input type="checkbox"/> Coconut Oil             |
| <input type="checkbox"/> Psyllium Husk     | <input type="checkbox"/> Mulberry                            | <input type="checkbox"/> Coconut, shredded (raw, |
|  | <input type="checkbox"/> Nectarines                          | <input type="checkbox"/> Grapeseed Oil, Organic  |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Noni                                | <input type="checkbox"/> Hazelnut Flour          |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Passion Fruit                       | <input type="checkbox"/> Hazelnut/Filbert        |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Peach                               | <input type="checkbox"/> Olive Leaf Extract      |
| <input type="checkbox"/> Apple Cider       | <input type="checkbox"/> Pear                                | <input type="checkbox"/> Olive Oil, Virgin       |
| <input type="checkbox"/> Apricot           |  | <input type="checkbox"/> Palm Kernel Oil         |
| <input type="checkbox"/> Bilberry          | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>      | <input type="checkbox"/> Pepitas                 |
| <input type="checkbox"/> Boysenberry       | <input type="checkbox"/> Almond Butter (ArtisanaÂ®)          | <input type="checkbox"/> Pine Nut                |
| <input type="checkbox"/> Golden Berry      | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Pistachios              |
| <input type="checkbox"/> Gooseberry        | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Poppy seeds             |
| <input type="checkbox"/> Grapefruit        | <input type="checkbox"/> Almond Meal (gluten free)           | <input type="checkbox"/> Pumpkin Oil             |
| <input type="checkbox"/> Huckleberry       | <input type="checkbox"/> Almond, Marcona                     | <input type="checkbox"/> Pumpkin Seed Oil        |
| <input type="checkbox"/> Lemon             | <input type="checkbox"/> Annatto Seed                        | <input type="checkbox"/> Pumpkin Seeds           |
| <input type="checkbox"/> Lemon Juice       | <input type="checkbox"/> Brazil Nut                          | <input type="checkbox"/> Sesame Seed Oil         |
| <input type="checkbox"/> Lemon Rind/Peel   | <input type="checkbox"/> Caraway Seed                        | <input type="checkbox"/> Sesame Seeds            |
| <input type="checkbox"/> Lime              | <input type="checkbox"/> Cashews                             | <input type="checkbox"/> Sesame Seeds, Black     |

<input type="checkbox"/> Almond	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Quail
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Rabbit
<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Trout	<input type="checkbox"/> Turkey (organic)
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> <b>Veal (organic)</b>
	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>		
<input type="checkbox"/> Bass	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Almond Milk, unsweetened (no
<input type="checkbox"/> Corvina	<input type="checkbox"/> <b>Applegate® organic hot dogs</b>	<input type="checkbox"/> Coconut Kefir (No Tapioca,
<input type="checkbox"/> Flounder	<input type="checkbox"/> <b>Applegate® organic roast beef</b>	<input type="checkbox"/> Coconut Milk(Native Forest or
<input type="checkbox"/> Haddock	<input type="checkbox"/> <b>Beef, Grass-fed only (organic)</b>	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Hake	<input type="checkbox"/> Bison (see also Buffalo)	
<input type="checkbox"/> Halibut	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> <b>Condiments</b>
<input type="checkbox"/> Herring	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Horseradish Sauce, Gluten-free
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Duck	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Perch	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb (organic)	
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Lard (pork)	
<input type="checkbox"/> Sardines	<input type="checkbox"/> Ostrich	
<input type="checkbox"/> Sole	<input type="checkbox"/> Pheasant	
<input type="checkbox"/> Swai	<input type="checkbox"/> Pork, (organic)	

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| <input type="checkbox"/> Sweeteners                          | <input type="checkbox"/> Cramp Bark Extract      | <input type="checkbox"/> Himalayan Salt                     |
| <input type="checkbox"/> Rebiana Leaf (Stevia)               | <input type="checkbox"/> Cream of Tartar         | <input type="checkbox"/> Juniper Berry                      |
| <input type="checkbox"/> Sweetleaf® Stevia                   | <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Lavender                           |
|  | <input type="checkbox"/> Curcumin                | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   |
| <input type="checkbox"/> Herbs & Spices                      | <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Lemon Pepper                       |
| <input type="checkbox"/> Allspice                            | <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Lemongrass                         |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dill                    | <input type="checkbox"/> Licorice Root                      |
| <input type="checkbox"/> Anise                               | <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Astragalus                          | <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Maca Root                          |
| <input type="checkbox"/> Basil                               | <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Mace Spice                         |
| <input type="checkbox"/> Bay Leaf                            | <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Marjoram                           |
| <input type="checkbox"/> Black Cohosh                        | <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Milk Thistle                       |
| <input type="checkbox"/> Caraway Seed                        | <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Mint                               |
| <input type="checkbox"/> Cardamom                            | <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mustard (as a Powder)              |
| <input type="checkbox"/> Celery Powder                       | <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Mustard Seeds (gluten free)        |
| <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Nutmeg                             |
| <input type="checkbox"/> Cilantro/Coriander                  | <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Olive Leaf Extract                 |
| <input type="checkbox"/> Cinnamon                            | <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Orange Salt                        |
| <input type="checkbox"/> Cinnamon, Ceylon                    | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Oregano                            |
| <input type="checkbox"/> Cloves                              | <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Parsley                            |
| <input type="checkbox"/> Cloves, Madagascar                  | <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon    |
| <input type="checkbox"/> Cloves, Penang                      | <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Pepper/Peppercorns                 |

<input type="checkbox"/> Pepper/Peppercorns, Szechuan	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Peppermint		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Saffron	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Sage	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Tarragon	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> Thyme		<input type="checkbox"/> Tea, White
<input type="checkbox"/> Turmeric	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Water
<input type="checkbox"/> Uva Ursi		<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Valerian	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Antimony
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Chicory Root
	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Coconut Aminos®

- ☐ Coconut Cream
- ☐ Collagen Protein (Powder)
- ☐ Garam Masala
- ☐ Glucomannon Flour
- ☐ Great Lake's® Beef Gelatin
- ☐ Konjac Glucomannon Flour
- ☐ Lard (pork)
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Silver
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium