

☐ **Fruits**☐ Acai☐ Apricot☐ Banana☐ **Nuts, Seeds, Drupes & Oils**☐ **Vegetables**☐ **Fish & Shellfish**☐ Chilean Sea Bass☐ Cod/ Cod Liver Oil☐ Corvina☐ Haddock☐ Halibut☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Orange Roughy☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Goat, Grass-fed only (organic)☐ Lamb☐ Ostrich☐ Pheasant☐ Rabbit☐ Turkey (organic)☐ **Non-Dairy & Eggs**☐ **Condiments, Spreads & Sauces**☐ **Sweeteners**☐ **Herbs & Spices**☐ Maca Root☐ Sumac☐ Wormwood☐ **Milk-Containing Foods**☐ **Legumes & Pulses**☐ **Gluten-Free Grains**

☐ Corn-Derived Foods

☐ Gluten-Containing Foods

☐ Beverages & Protein Powders

☐ Tea, Hibiscus

☐ Miscellaneous

☐ Latex

☐ Snacks