

- | | | |
|---|---|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Endive | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Fennel | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Jicama | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Leeks | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mustard Greens | |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Okra | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Parsley | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Radish | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Lime Juice |

☐ Litchi (aka Lychee)☐ Loganberry☐ Loquat☐ Maqui☐ Mulberry☐ Nectarines☐ Noni☐ Passion Fruit☐ Peach☐ Pear☐ Hazelnut/Filbert☐ Palm Kernel Oil☐ Pepitas☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ Perch☐ Red Snapper☐ Sardines☐ Swai☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ Venison (see also Deer)☐ Nuts, Seeds, Drupes & Oils☐ Annatto Seed☐ Avocado Oil☐ Brazil Nut☐ Caraway Seed☐ Chestnut☐ Coconut Butter☐ Coconut Oil☐ Coconut, shredded (raw, unsweetened)☐ Grapeseed Oil, Organic☐ Hazelnut Flour

- | | | |
|---|---|---|
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Grapefruit Seed Extract |
| | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Cumin | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Mace Spice |
| | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Dill | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Orange Salt |

<input type="checkbox"/> Oregano	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Parsley	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)		
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Peppermint		<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)		<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Saffron	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sage	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Shallots	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Sumac	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Thyme		<input type="checkbox"/> Water
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Uva Ursi		<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Valerian		
<input type="checkbox"/> White Willow Bark Extract		

- | | |
|--|---------------------------------|
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Snacks |
|--|---------------------------------|
-
- | | |
|---|--|
| <input type="checkbox"/> Acacia Gum | |
| <input type="checkbox"/> Agar Gum | |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | |
| <input type="checkbox"/> Banana | |
| <input type="checkbox"/> Chewing Gum (has gluten and corn) | |
| <input type="checkbox"/> Chewing Gum, Xylitew® | |
| <input type="checkbox"/> Chicory Root | |
| <input type="checkbox"/> Coconut Aminos® | |
| <input type="checkbox"/> Coconut Cream | |
| <input type="checkbox"/> Garam Masala | |
| <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) | |
| <input type="checkbox"/> Inulin | |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Latex | |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen®
(gluten free) | |
| <input type="checkbox"/> Silver | |