

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Okra
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Celery	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Chard	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Arugula	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Avocado	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Parsley
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Radish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Endive	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Fennel	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Scallions
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Shallots
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Jicama	<input type="checkbox"/> Spinach
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Squash, Winter

☐ Swiss Chard☐ Turnip Greens☐ Water Chestnut☐ Watercress☐ Zucchini☐ **Fruits**☐ Acai☐ Lemon☐ Lemon Juice☐ Lemon Rind/Peel☐ Lime☐ Lime Juice☐ Litchi (aka Lychee)☐ Loganberry☐ Loquat☐ Maqui☐ Noni☐ **Nuts, Seeds, Drupes & Oils**☐ Annatto Seed☐ Coconut Butter☐ Coconut Oil☐ Coconut, shredded (raw, unsweetened)☐ Olive Leaf Extract☐ Olive Oil, Virgin☐ Palm Kernel Oil☐ **Fish & Shellfish**☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Applegate® organic roast beef☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb☐ Lard (pork)

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| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Rabbit | | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Anise | <input type="checkbox"/> Garlic |
| | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Basil | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Himalayan Salt |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lemon Pepper |

- ☐ Lemongrass
- ☐ Licorice Root
- ☐ Maca Root
- ☐ Mace Spice
- ☐ Marjoram
- ☐ Milk Thistle
- ☐ Mint
- ☐ Mustard (as a Powder)
- ☐ Mustard Seeds (gluten free)
- ☐ Nutmeg
- ☐ Olive Leaf Extract
- ☐ Onion
- ☐ Onion Powder
- ☐ Orange Salt
- ☐ Oregano
- ☐ Parsley
- ☐ Pepper, Black (see Garlic/Lemon Pepper)
- ☐ Pepper/Peppercorns
- ☐ Peppermint
- ☐ Rose Hips
- ☐ Rosemary
- ☐ Saffron

- ☐ Sage
- ☐ Saw Plametto
- ☐ Shallots
- ☐ Spearmint
- ☐ St. John's Wort
- ☐ Sumac
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Uva Ursi
- ☐ Valerian
- ☐ Wintergreen
- ☐ Wormwood

☐ Milk-Containing Foods☐ Legumes & Pulses

- ☐ Gluten-Free Grains
- ☐ Amaranth
- ☐ Coconut Flour (gluten free)
- ☐ Coconut Meal (gluten free)
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Konjac Glucomannon Flour

☐ Gluten-Containing Foods☐ Corn-Derived Foods☐ Beverages & Protein Powders

- ☐ Bone Broth Protein, Beef
- ☐ 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

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| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) |
| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Tea, Roobios | |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Water | |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | |
| <input type="checkbox"/> Zevia Drinks | |
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| <input type="checkbox"/> Miscellaneous | |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | |
| <input type="checkbox"/> Banana | |
| <input type="checkbox"/> Bone Broth, Beef | |
| <input type="checkbox"/> Coconut Aminos® | |
| <input type="checkbox"/> Coconut Cream | |
| <input type="checkbox"/> Collagen Protein (Powder) | |
| <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Garam Masala | |