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| <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"/> Acai |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Parsley | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Radish | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Lime |

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

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| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence |
| | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Sweeteners | <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"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Parsley |

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

☐ Latex

☐ Lycopene

☐ Palm Wax

☐ Pycnogenol

☐ Silver

☐ Snacks