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|---|--|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Cremini/Crimini |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms, Maitake |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Shiitake |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Chives | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Endive | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Garlic | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Ginger | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Broccoli Sprouts | <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"/> Scallions |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Leeks | <input type="checkbox"/> Swede |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Wasabi Root |

☐ Water Chestnut☐ Watercress☐ **Fruits**☐ Acai☐ Apple (all types)☐ Apricot☐ Bilberry☐ Blackberry☐ Blueberry☐ Boysenberry☐ Carambola☐ Cherry☐ Dragon Fruit (Pitaya)☐ Elderberry☐ Golden Berry☐ Grapefruit☐ Huckleberry☐ Lemon☐ Lemon Juice☐ Lemon Rind/Peel☐ Lime☐ Lime Juice☐ Loganberry☐ Longan Fruit☐ Loquat☐ Lychee☐ Maqui☐ Mulberry☐ Nectarines☐ Noni☐ Passion Fruit☐ Peach☐ Pear☐ Pear, Asian☐ Plum☐ Pomegranate☐ Rambutan☐ Raspberry☐ Star Fruit☐ Youngberry☐ **Legumes, Pods, & Pulses**☐ Vanilla Bean☐ **Nuts, Seeds, Drupes & Oils**☐ Almond☐ Almond, Marcona☐ Almond Butter (Artisana®)☐ Almond Flavor (natural, gluten free)☐ Almond Flour (gluten free)☐ Almond Meal (gluten free)☐ Almond Oil☐ Annatto Seed☐ Avocado Oil☐ Brazil Nut☐ Caraway Seed☐ Cashew Butter☐ Cashew Meal☐ Cashews☐ Chestnut☐ Coconut, shredded (raw, unsweetened)☐ Coconut Butter☐ Coconut Oil☐ Duck Fat☐ Hazelnut/Filbert☐ Hazelnut Flour☐ Lard/Tallow (pork)☐ MCT Oil

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|---|--|---|
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Dill | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Catnip | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Chaparral | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Ginger Powder | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Parsley |
| | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Pau D'arco |

<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Saffron	<input type="checkbox"/> Haddock	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Sage	<input type="checkbox"/> Hake	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Sassafras	<input type="checkbox"/> Halibut	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Savory	<input type="checkbox"/> Herring	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Lox	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Duck
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Octopus	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Perch	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb
<input type="checkbox"/> Thyme	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Sardines	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Sole	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Swai	<input type="checkbox"/> Quail
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Trout	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Wintergreen		

☐ Venison (see also Deer)☐ **Milk-Containing Foods**☐ No foods in this Category☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg Whites, Pasture-raised☐ **Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour (konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour☐ **Gluten-Containing Foods**☐ No foods in this Category☐ **Corn-Derived Foods**☐ No foods in this Category☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Coconut Aminos®☐ Coconut Cream☐ Horseradish Mustard, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Lo Han☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ 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☐ Great Lake's® Beef Gelatin☐ Green Tea☐ Lemon Juice☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Chicory Root☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Roobios☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks

☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Cacao (Raw, Pure, &
Unsweetened)☐ Collagen Protein (Powder)☐ Great Lake's® Beef Gelatin☐ Latex☐ Lycopene☐ Silver☐ Snacks

No foods in this Category

☐ Food Additives☐ Annatto Coloring☐ Chicory Root☐ Inulin☐ Palm Wax☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no
MSG)