

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Alfalfa Sprouts	<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"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Arugula	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Okra
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Radish
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Squash, Spaghetti

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|--|---|---|
| <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Cashews |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Loquat | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Maqui | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| | <input type="checkbox"/> Noni | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Peach | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Pear | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Banana | | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Almond | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Caraway Seed | |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Cashew Butter | |

☐ Fish & Shellfish

- ☐ Bass
- ☐ Chilean Sea Bass
- ☐ Corvina
- ☐ Flounder
- ☐ Haddock
- ☐ Hake
- ☐ Halibut
- ☐ Herring
- ☐ Mackerel
- ☐ Mahi Mahi
- ☐ Perch
- ☐ Red Snapper
- ☐ Salmon, wild (fresh)
- ☐ Sardines
- ☐ Sole
- ☐ Swai
- ☐ Swordfish
- ☐ Tilapia (Wild, Non-farmed)
- ☐ Trout
- ☐ Walleye Pike
- ☐ Whitefish/Turbot

☐ Meat & Poultry

- ☐ Applegate® organic ham
- ☐ 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)
- ☐ Ostrich
- ☐ Pheasant
- ☐ Pork, (organic)
- ☐ Quail
- ☐ Rabbit
- ☐ Turkey (organic)
- ☐ Veal (organic)
- ☐ Venison (see also Deer)

☐ Non-Dairy & Eggs

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Egg, Whites, Pasture-raised

☐ Condiments

- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Liquid Smoke gluten free (natural)
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)

☐ Sweeteners

- ☐ Jerusalem Artichoke Syrup
- ☐ Rebiana Leaf (Stevia)
- ☐ Sweetleaf® Stevia

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Basil	<input type="checkbox"/> Fennel	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mint
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Saffron

<input type="checkbox"/> Sage	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Saw Plametto		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Sumac	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Thyme	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Valerian		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Wintergreen		<input type="checkbox"/> Water
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Zevia Drinks
	<input type="checkbox"/> Bone Broth Protein, Beef	
	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	
	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	
	<input type="checkbox"/> Coconut Water (low sugar)	
	<input type="checkbox"/> Collagen Protein (Powder)	
	<input type="checkbox"/> Echinacea Tea	

☐

Miscellaneous

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Snacks

☐

Antimony

☐

Baking Soda (Arm & Hammer®)

☐

Bone Broth, Beef

☐

Chicory Root

☐Cocoa/Cacao (raw, pure, &
unsweetened)☐

Coconut Aminos®

☐

Coconut Cream

☐

Collagen Protein (Powder)

☐

Formaldehyde

☐

Garam Masala

☐Glucomannon Flour
(konjacfoods.com)☐

Great Lake's® Beef Gelatin

☐

Inulin

☐

Konjac Glucomannon Flour

☐

Lard (pork)

☐

Latex

☐

Lycopene

☐

Palm Wax

☐

Pycnogenol

☐

Silver