

<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Acai	<input type="checkbox"/> Bass	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> <b>Vegetables</b>
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Corvina	<input type="checkbox"/> Alfalfa Grass
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Flounder	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Lime	<input type="checkbox"/> Haddock	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Hake	<input type="checkbox"/> Artichoke (not pickled)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Herring	<input type="checkbox"/> Arugula
<input type="checkbox"/> Maqui	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Noni	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Avocado
	<input type="checkbox"/> Octopus	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Perch	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Bok Choy
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Sardines	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Sole	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Swai	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Trout	<input type="checkbox"/> Burdock
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)

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| <input type="checkbox"/> Cabbage, Green                | <input type="checkbox"/> Leeks                            | <input type="checkbox"/> Water Chestnut                 |
| <input type="checkbox"/> Cabbage, Purple               | <input type="checkbox"/> Lettuce, all types               | <input type="checkbox"/> Watercress                     |
| <input type="checkbox"/> Cactus (Nopales)              | <input type="checkbox"/> Mustard Greens                   |   |
| <input type="checkbox"/> Capers                        | <input type="checkbox"/> Okra                             | <input type="checkbox"/> <b>Meat &amp; Poultry</b>      |
| <input type="checkbox"/> Celery                        | <input type="checkbox"/> Olives (without vinegar)         | <input type="checkbox"/> Applegate® organic roast beef  |
| <input type="checkbox"/> Chard                         | <input type="checkbox"/> Onion, Green                     | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Chives                        | <input type="checkbox"/> Onion, Maui                      | <input type="checkbox"/> Bison (see also Buffalo)       |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Onion, Red                       | <input type="checkbox"/> Buffalo (see also Bison)       |
| <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Onion, Sweet                     | <input type="checkbox"/> Chicken, free range (organic)  |
| <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Onion, Yellow                    | <input type="checkbox"/> Collagen Protein (Powder)      |
| <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Parsley                          | <input type="checkbox"/> Deer (see also Venison)        |
| <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Prickly Pear                     | <input type="checkbox"/> Duck                           |
| <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Radicchio                        | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Radish                           | <input type="checkbox"/> Great Lake's® Beef Gelatin     |
| <input type="checkbox"/> Endive                        | <input type="checkbox"/> Rainbow Chard                    | <input type="checkbox"/> Lamb                           |
| <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Lard (pork)                    |
| <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Ostrich                        |
| <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Pheasant                       |
| <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Pork, (organic)                |
| <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Quail                          |
| <input type="checkbox"/> Kale, all types               | <input type="checkbox"/> Swiss Chard                      | <input type="checkbox"/> Rabbit                         |
| <input type="checkbox"/> Kohlrabi                      | <input type="checkbox"/> Turnip Greens                    | <input type="checkbox"/> Turkey (organic)               |

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| <input type="checkbox"/> Veal (organic)                               | <input type="checkbox"/> <b>Herbs &amp; Spices</b> | <input type="checkbox"/> Echinacea                        |
| <input type="checkbox"/> Venison (see also Deer)                      | <input type="checkbox"/> Allspice                  | <input type="checkbox"/> Fennel                           |
|   | <input type="checkbox"/> Anise                     | <input type="checkbox"/> Garam Masala                     |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Astragalus                | <input type="checkbox"/> Garlic                           |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Basil                     | <input type="checkbox"/> Garlic Pepper                    |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Bay Leaf                  | <input type="checkbox"/> Garlic Powder                    |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                  | <input type="checkbox"/> Black Cohosh              | <input type="checkbox"/> Garlic Salt                      |
|   | <input type="checkbox"/> Cardamom                  | <input type="checkbox"/> Ginger                           |
| <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>      | <input type="checkbox"/> Celery Powder             | <input type="checkbox"/> Ginkgo Biloba                    |
| <input type="checkbox"/> Coconut Aminos®                              | <input type="checkbox"/> Cilantro/Coriander        | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> Coconut Cream                                | <input type="checkbox"/> Cinnamon                  | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)           | <input type="checkbox"/> Cinnamon, Ceylon          | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Olives (without vinegar)                     | <input type="checkbox"/> Cloves                    | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)             | <input type="checkbox"/> Cloves, Madagascar        | <input type="checkbox"/> Hickory                          |
|   | <input type="checkbox"/> Cloves, Penang            | <input type="checkbox"/> Himalayan Salt                   |
| <input type="checkbox"/> <b>Sweeteners</b>                            | <input type="checkbox"/> Cream of Tartar           | <input type="checkbox"/> Lavender                         |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                        | <input type="checkbox"/> Cumin                     | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Sweetleaf® Stevia                            | <input type="checkbox"/> Curcumin                  | <input type="checkbox"/> Lemon Pepper                     |
|   | <input type="checkbox"/> Curry (must be GF)        | <input type="checkbox"/> Lemongrass                       |
|   | <input type="checkbox"/> Dandelion Root            | <input type="checkbox"/> Licorice Root                    |
|   | <input type="checkbox"/> Dill                      | <input type="checkbox"/> Maca Root                        |
|   | <input type="checkbox"/> Dong Quai                 | <input type="checkbox"/> Mace Spice                       |

<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sumac	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Mint	<input type="checkbox"/> Thyme	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Valerian	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Onion	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Onion Powder		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Oregano	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Parsley		<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Pepper/Peppercorns		<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Peppermint	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Rose Hips		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Rosemary	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Saffron		<input type="checkbox"/> Water
<input type="checkbox"/> Sage	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Shallots	<input type="checkbox"/> Coconut Meal (gluten free)	
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Konjac Glucomannon Flour	

☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Cocoa/Cacao (raw, pure, &  
unsweetened)☐ Collagen Protein (Powder)☐ Glucomannon Flour  
(konjacfoods.com)☐ Great Lake's® Beef Gelatin☐ Konjac Glucomannon Flour☐ Lard (pork)☐ Latex☐ Palm Wax☐ Silver☐ Snacks