

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Fennel
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Burdock	<input type="checkbox"/> Garlic
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Ginger
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Arugula	<input type="checkbox"/> Capers	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Comfrey	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Endive	<input type="checkbox"/> Paprika

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<input type="checkbox"/> Parsley	<input type="checkbox"/> Scallions	<input type="checkbox"/> Fruits
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Shallots	<input type="checkbox"/> Acai
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Spinach	<input type="checkbox"/> Apple (all types)
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Swede	<input type="checkbox"/> Apricot
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Taro	<input type="checkbox"/> Blackberry
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Tomato	<input type="checkbox"/> Boysenberry
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Carambola
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Cherry
<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Pickles, Bubbies® brand only	<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Pimento	<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Gooseberries
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Lemon
<input type="checkbox"/> Radish	<input type="checkbox"/> Truffle	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Lemon Rind/Peel
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Wasabi Root	<input type="checkbox"/> Lime
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Watercress	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Longan Fruit

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<input type="checkbox"/> Loquat	<input type="checkbox"/> Legumes, Pods, & Pulses	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Lychee	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Almond
<input type="checkbox"/> Maqui	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Nectarines	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Noni	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Peach	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Almond Oil
<input type="checkbox"/> Pear	<input type="checkbox"/> Bean, Haricot	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Plum	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Rambutan	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Raspberry	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Cashews
<input type="checkbox"/> Tamarind	<input type="checkbox"/> Beans	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Wolfberry	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Youngberry	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Coconut Butter
	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Coconut Oil
	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Cola Nut (aka Kola Nut)
	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Duck Fat
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Fenugreek Seed
	<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Hazelnut/Filbert
	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Hazelnut Flour

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| <input type="checkbox"/> Lard/Tallow (pork) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> MCT Oil | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cloves, Penang |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Comfrey |
| <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Anise | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Pili Nuts | <input type="checkbox"/> Basil | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Catnip | <input type="checkbox"/> Fennel Seed |
| <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Sesame Seed Oil | <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Chaparral | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Chervil | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Tiger Nuts | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginger Powder |
| <input type="checkbox"/> Truffle Oil | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Truffle Oil, Black | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) |
| | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal |
| | <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Grapefruit Seed Extract |

<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Paprika	<input type="checkbox"/> Spearmint
<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Paprika (smoked)	<input type="checkbox"/> St. John's Wort
<input type="checkbox"/> Hickory	<input type="checkbox"/> Parsley	<input type="checkbox"/> Sumac
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pau D'arco	<input type="checkbox"/> Taco Seasoning
<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tarragon
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Thyme
<input type="checkbox"/> Lavender	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Turmeric
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Uva Ursi
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Valerian
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Vanilla (gluten and corn-free)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Red Clover	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> White Willow Bark Extract
<input type="checkbox"/> Mesquite	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Wintergreen
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wormwood
<input type="checkbox"/> Mint	<input type="checkbox"/> Saffron	<input type="checkbox"/> Fish & Shellfish
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Sage	<input type="checkbox"/> Bass
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sassafras	<input type="checkbox"/> Chilean Sea Bass
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Savory	<input type="checkbox"/> Corvina
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Flounder
<input type="checkbox"/> Onion	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Haddock
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Hake
<input type="checkbox"/> Oregano	<input type="checkbox"/> Shallots	

☐ Halibut☐ Herring☐ Lox☐ 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 black forest ham☐ Applegate® organic ham☐ Applegate® organic hot dogs☐ Applegate® organic roast beef☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Collagen Protein (Powder)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Great Lake's® Beef Gelatin☐ Lamb☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ 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)☐ Garbanzo Flour☐ Glucomannon Flour (konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour☐ Tolerant Green Lentil & Pea Pasta☐ Tolerant Red or Green Lentil Pasta☐ **Gluten-Containing Foods**☐ No foods in this Category

<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Tea, Chicory Root
<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Carob	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Harissa	<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Water
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Red Tomato Paste (gluten free)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Great Lake's® Beef Gelatin
	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Latex
	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Lycopene
	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Red Tomato Paste (gluten free)
	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Silver
	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Tobacco

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☐ Snacks

No foods in this Category

☐ Food Additives☐ Acacia Gum☐ Annatto Coloring☐ Arabic Gum☐ Asafoetida Powder☐ Chicory Root☐ Guar Gum☐ Inulin☐ Locust Bean Gum☐ Palm Wax☐ Pea Protein Isolate☐ Tragacanth Gum☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no MSG)