

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

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<input type="checkbox"/> Watercress	<input type="checkbox"/> Maqui	<input type="checkbox"/> Almond Oil
<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Acai	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Noni	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Apricot	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Peach	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Pear	<input type="checkbox"/> Cashews
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Pear, Asian	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Plum	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Carambola	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Cherry	<input type="checkbox"/> Rambutan	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Duck Fat
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Youngberry	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> <b>Legumes, Pods, &amp; Pulses</b>	<input type="checkbox"/> Lard/Tallow (pork)
<input type="checkbox"/> Huckleberry	<div>No foods in this Category</div>	<input type="checkbox"/> MCT Oil
<input type="checkbox"/> Lemon	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Almond	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Longan Fruit	<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Loquat	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Lychee	<input type="checkbox"/> Almond Meal (gluten free)	

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

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| <input type="checkbox"/> Spearmint                   | <input type="checkbox"/> Octopus                             | <input type="checkbox"/> Goat, Grass-fed only (organic)                |
| <input type="checkbox"/> St. John's Wort             | <input type="checkbox"/> Perch                               | <input type="checkbox"/> Great Lake's® Beef Gelatin                    |
| <input type="checkbox"/> Sumac                       | <input type="checkbox"/> Red Snapper                         | <input type="checkbox"/> Lamb  |
| <input type="checkbox"/> Tarragon                    | <input type="checkbox"/> Salmon, wild (fresh)                | <input type="checkbox"/> Ostrich                                       |
| <input type="checkbox"/> Thyme                       | <input type="checkbox"/> Sardines                            | <input type="checkbox"/> Pheasant                                      |
| <input type="checkbox"/> Turmeric                    | <input type="checkbox"/> Sole                                | <input type="checkbox"/> Pork, (organic)                               |
| <input type="checkbox"/> Uva Ursi                    | <input type="checkbox"/> Swai                                | <input type="checkbox"/> Quail   |
| <input type="checkbox"/> Valerian                    | <input type="checkbox"/> Swordfish                           | <input type="checkbox"/> Rabbit  |
| <input type="checkbox"/> White Willow Bark Extract   | <input type="checkbox"/> Tilapia (Wild, Non-farmed)          | <input type="checkbox"/> Turkey (organic)                              |
| <input type="checkbox"/> Wintergreen                 | <input type="checkbox"/> Trout                               | <input type="checkbox"/> Veal (organic)                                |
| <input type="checkbox"/> Wormwood                    | <input type="checkbox"/> Walleye Pike                        | <input type="checkbox"/> Venison (see also Deer)                       |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Whitefish/Turbot                    | <input type="checkbox"/> <b>Milk-Containing Foods</b>                  |
| <input type="checkbox"/> Bass                        | <input type="checkbox"/> <b>Meat &amp; Poultry</b>           | <div>No foods in this Category</div>                                   |
| <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                   |
| <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Applegate® organic ham              | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         |
| <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Applegate® organic roast beef       | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        |
| <input type="checkbox"/> Haddock                     | <input type="checkbox"/> Beef, Grass-fed only (organic)      | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Hake                        | <input type="checkbox"/> Bison (see also Buffalo)            | <input type="checkbox"/> Egg Whites, Pasture-raised                    |
| <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Buffalo (see also Bison)            |  |
| <input type="checkbox"/> Herring                     | <input type="checkbox"/> Chicken, free range (organic)       |  |
| <input type="checkbox"/> Lox                         | <input type="checkbox"/> Collagen Protein (Powder)           |  |
| <input type="checkbox"/> Mackerel                    | <input type="checkbox"/> Deer (see also Venison)             |  |
| <input type="checkbox"/> Mahi Mahi                   | <input type="checkbox"/> Duck                                |  |

☐ **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☐ 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

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