

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

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| <input type="checkbox"/> Zucchini            | <input type="checkbox"/> Maqui                               | <input type="checkbox"/> Coconut, shredded (raw, |
| <input type="checkbox"/> Alfalfa Sprouts     | <input type="checkbox"/> Mulberry                            | <input type="checkbox"/> Grapeseed Oil, Organic  |
| <input type="checkbox"/> Psyllium Husk       | <input type="checkbox"/> Nectarines                          | <input type="checkbox"/> Hazelnut Flour          |
| <input type="checkbox"/> Onion, Green        | <input type="checkbox"/> Noni                                | <input type="checkbox"/> Hazelnut/Filbert        |
|  | <input type="checkbox"/> Passion Fruit                       | <input type="checkbox"/> Olive Leaf Extract      |
| <input type="checkbox"/> <b>Fruits</b>       | <input type="checkbox"/> Peach                               | <input type="checkbox"/> Olive Oil, Virgin       |
| <input type="checkbox"/> Acai                | <input type="checkbox"/> Pear                                | <input type="checkbox"/> Palm Kernel Oil         |
| <input type="checkbox"/> Apple (all types)   | <input type="checkbox"/> Banana                              | <input type="checkbox"/> Pepitas                 |
| <input type="checkbox"/> Bilberry            | <input type="checkbox"/> Apricot                             | <input type="checkbox"/> Pine Nut                |
| <input type="checkbox"/> Boysenberry         |  | <input type="checkbox"/> Poppy seeds             |
| <input type="checkbox"/> Golden Berry        | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>      | <input type="checkbox"/> Sesame Seed Oil         |
| <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Almond Butter (Artisana®)           | <input type="checkbox"/> Sesame Seeds            |
| <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Sesame Seeds, Black     |
| <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Almond                  |
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> Almond Meal (gluten free)           | <input type="checkbox"/> Psyllium Husk           |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Almond, Marcona                     | <input type="checkbox"/> Pili Nuts               |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Annatto Seed                        | <input type="checkbox"/> Pistachios              |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> Brazil Nut                          |  |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Caraway Seed                        |  |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Chestnut                            |  |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Coconut Butter                      |  |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Coconut Oil                         |  |

☐ Legumes & Pulses☐ Walleye Pike☐ Venison (see also Deer)☐ Whitefish/Turbot☐ Fish & Shellfish☐ Non-Dairy & Eggs☐ Bass☐ Meat & Poultry☐ Almond Milk, unsweetened (no☐ Chilean Sea Bass☐ Applegate® organic ham☐ Coconut Kefir (No Tapioca,☐ Corvina☐ Applegate® organic roast beef☐ Coconut Milk(Native Forest or☐ Flounder☐ Beef, Grass-fed only (organic)☐ Egg, Whites, Pasture-raised☐ Haddock☐ Bison (see also Buffalo)☐ Hake☐ Buffalo (see also Bison)☐ Condiments☐ Halibut☐ Chicken, free range (organic)☐ Apple Cider Vinegar (Bragg's®)☐ Herring☐ Deer (see also Venison)☐ Horseradish Sauce, Gluten-free☐ Mackerel☐ Duck☐ Mustard, Brown (Eden® gf mustard)☐ Mahi Mahi☐ Goat, Grass-fed only (organic)☐ Sauerkraut (Bubbies® Brand only)☐ Perch☐ Lamb (organic)☐ Red Snapper☐ Lard (pork)☐ Sweeteners☐ Salmon, wild (fresh)☐ Ostrich☐ Rebiana Leaf (Stevia)☐ Sardines☐ Pheasant☐ Sweetleaf® Stevia☐ Sole☐ Pork, (organic)☐ Swai☐ Quail☐ Swordfish☐ Rabbit☐ Tilapia (Non-farmed)☐ Turkey (organic)☐ Trout☐ Veal (organic)

<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"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Basil	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mint
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pine Bark Extract
<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"/> Hazelnut Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Sesame Seeds, Black		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Spearmint	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Tea, White
<input type="checkbox"/> Tarragon	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Water
<input type="checkbox"/> Thyme		<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Valerian	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Antimony
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Coconut Aminos®
	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Collagen Protein (Powder)
	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Lycopene

- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Silver
- ☐ Latex
- ☐ Formaldehyde
- ☐ Tragacanth Gum
- ☐ Tragacanth Gum
- ☐ Blue Food Dye
- ☐ Red Food Dye

- ☐ Snacks