

<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Haddock
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Water	<input type="checkbox"/> Hake
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Halibut
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)		<input type="checkbox"/> Herring
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Mahi Mahi
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Perch
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Sardines
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)	<input type="checkbox"/> Sole
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Swai
<input type="checkbox"/> Mineral Water		<input type="checkbox"/> Swordfish
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Trout
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Tea, Black		<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Fish & Shellfish	
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Bass	
<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Chilean Sea Bass	
<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Corvina	
<input type="checkbox"/> Tea, unflavored/caffeine-free only	<input type="checkbox"/> Flounder	

<input type="checkbox"/> Fruits	<input type="checkbox"/> Pear	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Acai	<input type="checkbox"/> Banana	<input type="checkbox"/> Allspice
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Apricot	<input type="checkbox"/> Almond Flavor natural, gluten free)
<input type="checkbox"/> Boysenberry		<input type="checkbox"/> Anise
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)	<input type="checkbox"/> Basil
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Teriyaki Sauce	<input type="checkbox"/> Black Cohosh
<input type="checkbox"/> Lemon		<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Cardamom
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Celery Powder
<input type="checkbox"/> Lime	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Cilantro/Coriander
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Loquat	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Cloves
<input type="checkbox"/> Maqui	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Mulberry	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Nectarines		<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Noni		<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Passion Fruit		<input type="checkbox"/> Cumin
<input type="checkbox"/> Peach		<input type="checkbox"/> Curcumin

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| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Saw Plametto |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Maca Root | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Marjoram | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Tamari (Wheat Free) |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mint | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Oregano | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Parsley | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Pepper, Sichuan |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Pepper/Peppercorns | |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Peppermint | |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Pine Bark Extract | |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Rosemary | |

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Miso	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Maltodextrin (Can be Wheat-derived)
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Antimony	<input type="checkbox"/> Pycnogenol
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Silver
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Tofu (Organic)
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Latex
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Duck	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)	<input type="checkbox"/> Red Food Dye
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Ostrich	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Quail		<input type="checkbox"/> Egg, Whites, Pasture-raised

☐ Milk, Soy (Organic)☐ Olive Oil, Virgin☐ Vegetables☐ Palm Kernel Oil☐ Aloe Vera☐ Nuts, Seeds, Drupes & Oils☐ Pepitas☐ Artichoke (not pickled)☐ Almond☐ Pine Nut☐ Arugula☐ Almond Butter (Artisana®)☐ Pistachios☐ Asparagus☐ Almond Flavor natural, gluten free)☐ Poppy seeds☐ Avocado☐ Almond Flour (gluten free)☐ Psyllium Husk☐ Avocado Oil☐ Almond Meal (gluten free)☐ Pumpkin Oil☐ Bamboo Shoot☐ Almond, Marcona☐ Pumpkin Seed Oil☐ Bean Sprout☐ Annatto Seed☐ Pumpkin Seeds☐ Beet Greens☐ Brazil Nut☐ Sesame Seed Oil☐ Bok Choy☐ Caraway Seed☐ Sesame Seeds☐ Broccoli☐ Cashews☐ Sesame Seeds, Black☐ Broccoli Rabe☐ Cashew Butter☐ Broccoli Sprouts☐ Cashew Meal☐ Snacks☐ Broccolini☐ Coconut Butter☐ Brussels Sprout☐ Coconut Oil☐ Sweeteners☐ Burdock☐ Coconut, shredded (raw, unsweetened)☐ Maltodextrin (Can be Wheat-derived)☐ Cabbage, Chinese (see also Bok Choy)☐ Grapeseed Oil, Organic☐ Rebiana Leaf (Stevia)☐ Cabbage, Green☐ Hazelnut Flour☐ Sweetleaf® Stevia☐ Cabbage, Purple☐ Hazelnut/Filbert☐ Cactus (Nopales)☐ Olive Leaf Extract☐ Capers

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| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Okra | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Parsley | |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Prickly Pear | |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Pumpkin | |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Pumpkin Powder | |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Radicchio | |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Radish | |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Rainbow Chard | |
| <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rutabaga | |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Squash, Acorn | |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Squash, Green | |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Squash, Spaghetti | |
| <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Squash, Winter | |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Swiss Chard | |