

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

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|--|---|---|
| <input type="checkbox"/> Turnip Greens       | <input type="checkbox"/> Loquat                         | <input type="checkbox"/> Halibut                        |
| <input type="checkbox"/> Water Chestnut      | <input type="checkbox"/> Maqui                          | <input type="checkbox"/> Herring                        |
| <input type="checkbox"/> Watercress          | <input type="checkbox"/> Mulberry                       | <input type="checkbox"/> Mackerel                       |
| <input type="checkbox"/> Zucchini            | <input type="checkbox"/> Nectarines                     | <input type="checkbox"/> Mahi Mahi                      |
| <input type="checkbox"/> Alfalfa Sprouts     | <input type="checkbox"/> Noni                           | <input type="checkbox"/> Perch                          |
|  | <input type="checkbox"/> Passion Fruit                  | <input type="checkbox"/> Red Snapper                    |
| <input type="checkbox"/> <b>Fruits</b>       | <input type="checkbox"/> Peach                          | <input type="checkbox"/> Salmon, wild (fresh)           |
| <input type="checkbox"/> Acai                | <input type="checkbox"/> Pear                           | <input type="checkbox"/> Sardines                       |
| <input type="checkbox"/> Apple (all types)   | <input type="checkbox"/> Banana                         | <input type="checkbox"/> Sole                           |
| <input type="checkbox"/> Bilberry            | <input type="checkbox"/> Apricot                        | <input type="checkbox"/> Swai                           |
| <input type="checkbox"/> Boysenberry         |   | <input type="checkbox"/> Swordfish                      |
| <input type="checkbox"/> Golden Berry        | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Tilapia (Non-farmed)           |
| <input type="checkbox"/> Gooseberry          |   | <input type="checkbox"/> Trout                          |
| <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>    | <input type="checkbox"/> Walleye Pike                   |
| <input type="checkbox"/> Huckleberry         |   | <input type="checkbox"/> Whitefish/Turbot               |
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>    |   |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Bass                           | <input type="checkbox"/> <b>Meat &amp; Poultry</b>      |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Chilean Sea Bass               | <input type="checkbox"/> Applegate® organic ham         |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> Corvina                        | <input type="checkbox"/> Applegate® organic roast beef  |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Flounder                       | <input type="checkbox"/> Beef, Grass-fed only (organic) |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Haddock                        | <input type="checkbox"/> Bison (see also Buffalo)       |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Hake                           | <input type="checkbox"/> Buffalo (see also Bison)       |

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|---|--|--|
| <input type="checkbox"/> Chicken, free range (organic)  | <input type="checkbox"/> <b>Condiments</b>                 | <input type="checkbox"/> Cinnamon, Ceylon    |
| <input type="checkbox"/> Deer (see also Venison)        | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)    | <input type="checkbox"/> Cloves              |
| <input type="checkbox"/> Duck                           | <input type="checkbox"/> Horseradish Sauce, Gluten-free    | <input type="checkbox"/> Cloves, Madagascar  |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves, Penang      |
| <input type="checkbox"/> Lamb (organic)                 | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)  | <input type="checkbox"/> Cramp Bark Extract  |
| <input type="checkbox"/> Lard (pork)                    |  | <input type="checkbox"/> Cream of Tartar     |
| <input type="checkbox"/> Ostrich                        | <input type="checkbox"/> <b>Sweeteners</b>                 | <input type="checkbox"/> Cumin               |
| <input type="checkbox"/> Pheasant                       | <input type="checkbox"/> Rebiana Leaf (Stevia)             | <input type="checkbox"/> Curcumin            |
| <input type="checkbox"/> Pork, (organic)                | <input type="checkbox"/> Sweetleaf® Stevia                 | <input type="checkbox"/> Curry (must be GF)  |
| <input type="checkbox"/> Quail                          |  | <input type="checkbox"/> Dandelion Root      |
| <input type="checkbox"/> Rabbit                         | <input type="checkbox"/> <b>Herbs &amp; Spices</b>         | <input type="checkbox"/> Dill                |
| <input type="checkbox"/> Turkey (organic)               | <input type="checkbox"/> Allspice                          | <input type="checkbox"/> Dong Quai           |
| <input type="checkbox"/> Veal (organic)                 | <input type="checkbox"/> Anise                             | <input type="checkbox"/> Echinacea           |
| <input type="checkbox"/> Venison (see also Deer)        | <input type="checkbox"/> Astragalus                        | <input type="checkbox"/> Fennel              |
|   | <input type="checkbox"/> Basil                             | <input type="checkbox"/> Garlic              |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>    | <input type="checkbox"/> Bay Leaf                          | <input type="checkbox"/> Garlic Pepper       |
| <input type="checkbox"/> Coconut Kefir (No Tapioca,     | <input type="checkbox"/> Black Cohosh                      | <input type="checkbox"/> Garlic Powder       |
| <input type="checkbox"/> Coconut Milk(Native Forest or  | <input type="checkbox"/> Cardamom                          | <input type="checkbox"/> Garlic Salt         |
| <input type="checkbox"/> Egg, Whites, Pasture-raised    | <input type="checkbox"/> Celery Powder                     | <input type="checkbox"/> Ginger              |
|   | <input type="checkbox"/> Chicory Root                      | <input type="checkbox"/> Ginkgo Biloba       |
|   | <input type="checkbox"/> Cilantro/Coriander                | <input type="checkbox"/> Ginseng (All Types) |
|   | <input type="checkbox"/> Cinnamon                          | <input type="checkbox"/> Goldenseal          |

☐ Grapefruit Seed Extract☐ Gymnema Silvestre☐ Herbs De Provence☐ Hickory☐ Himalayan Salt☐ Juniper Berry☐ Lavender☐ Lemon Balm (Melissa Officinalis)☐ Lemon Pepper☐ Lemongrass☐ Licorice Root☐ Liquid Smoke gluten free (natural)☐ Maca Root☐ Mace Spice☐ Marjoram☐ Milk Thistle☐ Mint☐ Mustard (as a Powder)☐ Mustard Seeds (gluten free)☐ Nutmeg☐ Orange Salt☐ Oregano☐ Parsley☐ Pepper, Black (see Garlic/Lemon☐ Pepper/Peppercorns☐ Peppermint☐ Pine Bark Extract☐ Rosemary☐ Saffron☐ Sage☐ Saw Plametto☐ Spearmint☐ St. John's Wort☐ Tarragon☐ Thyme☐ Turmeric☐ Uva Ursi☐ Valerian☐ White Willow Bark Extract☐ Wintergreen☐ Rose Hips☐ Milk-Containing Foods☐ Gluten-Free Grains☐ Chicory Root☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour☐ Konjac Glucomannon Flour☐ Gluten-Containing Foods☐ Corn-Derived Foods☐ Beverages & Protein Powders☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Green Tea☐ Lemon Juice☐ Licorice Tea

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|---|---|
| <input type="checkbox"/> Lime Juice                         | <input type="checkbox"/> Glucomannon Flour          |
| <input type="checkbox"/> Mineral Water                      | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Sparkling Water, unflavored        | <input type="checkbox"/> Konjac Glucomannon Flour   |
| <input type="checkbox"/> Tea, Black                         | <input type="checkbox"/> Lard (pork)                |
| <input type="checkbox"/> Tea, Chamomile                     | <input type="checkbox"/> Lycopene                   |
| <input type="checkbox"/> Tea, Green                         | <input type="checkbox"/> Palm Wax                   |
| <input type="checkbox"/> Tea, Oolong                        | <input type="checkbox"/> Pycnogenol                 |
| <input type="checkbox"/> Tea, Roobios                       | <input type="checkbox"/> Silver                     |
| <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Latex                      |
| <input type="checkbox"/> Tea, White                         | <input type="checkbox"/> Formaldehyde               |
| <input type="checkbox"/> Water                              | <input type="checkbox"/> Red Food Dye               |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)     |   |

☐ **Miscellaneous**

- ☐ Antimony
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Chicory Root
- ☐ Cocoa/Cacao (raw, pure, &
- ☐ Coconut Aminos®
- ☐ Coconut Cream
- ☐ Collagen Protein (Powder)
- ☐ Garam Masala