

☐ Fruits

- ☐ Acai
- ☐ Apple (all types)
- ☐ Apricot
- ☐ Bilberry
- ☐ Boysenberry
- ☐ Golden Berry
- ☐ Gooseberry
- ☐ Grapefruit
- ☐ Huckleberry
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lemon Rind/Peel
- ☐ Lime
- ☐ Lime Juice
- ☐ Litchi (aka Lychee)
- ☐ Loganberry
- ☐ Loquat
- ☐ Maqui
- ☐ Mulberry
- ☐ Nectarines
- ☐ Noni

☐ Passion Fruit☐ Peach☐ Pear☐ Nuts, Seeds, Drupes & Oils

- ☐ Almond
- ☐ Almond Butter (Artisana®)
- ☐ Almond Flavor (natural, gluten free)
- ☐ Almond Flour (gluten free)
- ☐ Almond Meal (gluten free)
- ☐ Almond, Marcona
- ☐ Annatto Seed
- ☐ Avocado Oil
- ☐ Brazil Nut
- ☐ Caraway Seed
- ☐ Cashew Butter
- ☐ Cashew Meal
- ☐ Cashews
- ☐ Chestnut
- ☐ Coconut Butter
- ☐ Coconut Oil
- ☐ Coconut, shredded (raw, unsweetened)

☐ Hazelnut Flour☐ Hazelnut/Filbert☐ Olive Leaf Extract☐ Olive Oil, Virgin☐ Palm Kernel Oil☐ Pepitas☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ Sesame Seed Oil☐ Sesame Seeds☐ Sesame Seeds, Black☐ Vegetables

- ☐ Alfalfa Grass
- ☐ Alfalfa Sprouts
- ☐ Aloe Vera
- ☐ Artichoke (not pickled)
- ☐ Artichoke, Jerusalem (not pickled)

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|---|--|---|
| <input type="checkbox"/> Arugula                              | <input type="checkbox"/> Chard                         | <input type="checkbox"/> Mushrooms, Maitake               |
| <input type="checkbox"/> Asparagus                            | <input type="checkbox"/> Chives                        | <input type="checkbox"/> Mushrooms, Shiitake              |
| <input type="checkbox"/> Avocado                              | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Mustard Greens                   |
| <input type="checkbox"/> Avocado Oil                          | <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Okra                             |
| <input type="checkbox"/> Bamboo Shoot                         | <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Olives (without vinegar)         |
| <input type="checkbox"/> Bean Sprout                          | <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Onion, Green                     |
| <input type="checkbox"/> Beet Greens                          | <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Onion, Maui                      |
| <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Onion, Red                       |
| <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Onion, Sweet                     |
| <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Endive                        | <input type="checkbox"/> Onion, Yellow                    |
| <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Parsley                          |
| <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Pumpkin                          |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Pumpkin Powder                   |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Kale, all types               | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Kohlrabi                      | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Leeks                         | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Lettuce, all types            | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Mushrooms                     | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Mushrooms, Button             | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Celery                               | <input type="checkbox"/> Mushrooms, Cremini/Crimini    | <input type="checkbox"/> Spinach                          |

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|---|---|---|
| <input type="checkbox"/> Swiss Chard          | <input type="checkbox"/> Sole                           | <input type="checkbox"/> Ostrich                                      |
| <input type="checkbox"/> Turnip Greens        | <input type="checkbox"/> Swai                           | <input type="checkbox"/> Pheasant                                     |
| <input type="checkbox"/> Water Chestnut       | <input type="checkbox"/> Swordfish                      | <input type="checkbox"/> Pork, (organic)                              |
| <input type="checkbox"/> Watercress           | <input type="checkbox"/> Tilapia (Wild, Non-farmed)     | <input type="checkbox"/> Quail  |
| <input type="checkbox"/> Zucchini             | <input type="checkbox"/> Trout                          | <input type="checkbox"/> Rabbit                                       |
|   | <input type="checkbox"/> Walleye Pike                   | <input type="checkbox"/> Turkey (organic)                             |
| <input type="checkbox"/> Fish & Shellfish     | <input type="checkbox"/> Whitefish/Turbot               | <input type="checkbox"/> Veal (organic)                               |
| <input type="checkbox"/> Bass                 |   | <input type="checkbox"/> Venison (see also Deer)                      |
| <input type="checkbox"/> Chilean Sea Bass     | <input type="checkbox"/> Meat & Poultry                 |   |
| <input type="checkbox"/> Corvina              | <input type="checkbox"/> Applegate® organic ham         | <input type="checkbox"/> Non-Dairy & Eggs                             |
| <input type="checkbox"/> Flounder             | <input type="checkbox"/> Applegate® organic roast beef  | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        |
| <input type="checkbox"/> Haddock              | <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> Hake                 | <input type="checkbox"/> Bison (see also Buffalo)       | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Halibut              | <input type="checkbox"/> Buffalo (see also Bison)       | <input type="checkbox"/> Egg, Whites, Pasture-raised                  |
| <input type="checkbox"/> Herring              | <input type="checkbox"/> Chicken, free range (organic)  |   |
| <input type="checkbox"/> Mackerel             | <input type="checkbox"/> Collagen Protein (Powder)      | <input type="checkbox"/> Condiments, Spreads & Sauces                 |
| <input type="checkbox"/> Mahi Mahi            | <input type="checkbox"/> Deer (see also Venison)        | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)               |
| <input type="checkbox"/> Octopus              | <input type="checkbox"/> Duck                           | <input type="checkbox"/> Coconut Aminos®                              |
| <input type="checkbox"/> Perch                | <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Coconut Cream                                |
| <input type="checkbox"/> Red Snapper          | <input type="checkbox"/> Great Lake's® Beef Gelatin     | <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)    |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Lamb                           | <input type="checkbox"/> Liquid Smoke gluten free (natural)           |
| <input type="checkbox"/> Sardines             | <input type="checkbox"/> Lard (pork)                    | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)            |

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| <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Cinnamon, Ceylon    | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)     | <input type="checkbox"/> Cloves              | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> Sweeteners                           | <input type="checkbox"/> Cloves, Madagascar  | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Jerusalem Artichoke Syrup            | <input type="checkbox"/> Cloves, Penang      | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                | <input type="checkbox"/> Cramp Bark Extract  | <input type="checkbox"/> Hickory                          |
| <input type="checkbox"/> Sweetleaf® Stevia                    | <input type="checkbox"/> Cream of Tartar     | <input type="checkbox"/> Himalayan Salt                   |
|   | <input type="checkbox"/> Cumin               | <input type="checkbox"/> Juniper Berry                    |
|   | <input type="checkbox"/> Curcumin            | <input type="checkbox"/> Lavender                         |
| <input type="checkbox"/> Herbs & Spices                       | <input type="checkbox"/> Curry (must be GF)  | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Dandelion Root      | <input type="checkbox"/> Lemon Pepper                     |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Dill                | <input type="checkbox"/> Lemongrass                       |
| <input type="checkbox"/> Anise                                | <input type="checkbox"/> Dong Quai           | <input type="checkbox"/> Licorice Root                    |
| <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"/> Garam Masala        | <input type="checkbox"/> Marjoram                         |
| <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Garlic              | <input type="checkbox"/> Milk Thistle                     |
| <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garlic Pepper       | <input type="checkbox"/> Mint                             |
| <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Mustard (as a Powder)            |
| <input type="checkbox"/> Celery Powder                        | <input type="checkbox"/> Garlic Salt         | <input type="checkbox"/> Mustard Seeds (gluten free)      |
| <input type="checkbox"/> Chicory Root                         | <input type="checkbox"/> Ginger              | <input type="checkbox"/> Nutmeg                           |
| <input type="checkbox"/> Cilantro/Coriander                   | <input type="checkbox"/> Ginkgo Biloba       | <input type="checkbox"/> Olive Leaf Extract               |
| <input type="checkbox"/> Cinnamon                             | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Onion                            |

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| <input type="checkbox"/> Onion Powder                            | <input type="checkbox"/> Valerian                            | <input type="checkbox"/> <b>Corn-Derived Foods</b>                    |
| <input type="checkbox"/> Oregano                                 | <input type="checkbox"/> White Willow Bark Extract           |   |
| <input type="checkbox"/> Parsley                                 | <input type="checkbox"/> Wintergreen                         | <input type="checkbox"/> <b>Gluten-Containing Foods</b>               |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Wormwood                            |   |
| <input type="checkbox"/> Pepper/Peppercorns                      |  | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       |
| <input type="checkbox"/> Peppermint                              | <input type="checkbox"/> <b>Milk-Containing Foods</b>        | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        |
| <input type="checkbox"/> Pine Bark Extract                       |  | <input type="checkbox"/> Bone Broth Protein, Beef                     |
| <input type="checkbox"/> Rose Hips                               | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>         | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> Rosemary                                |  | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Saffron                                 | <input type="checkbox"/> <b>Gluten-Free Grains</b>           | <input type="checkbox"/> Coconut Water (low sugar)                    |
| <input type="checkbox"/> Sage                                    | <input type="checkbox"/> Almond Flour (gluten free)          | <input type="checkbox"/> Collagen Protein (Powder)                    |
| <input type="checkbox"/> Saw Plametto                            | <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Echinacea Tea                                |
| <input type="checkbox"/> Sesame Seeds                            | <input type="checkbox"/> Coconut Flour (gluten free)         | <input type="checkbox"/> Great Lake'sÂ® Beef Gelatin                  |
| <input type="checkbox"/> Sesame Seeds, Black                     | <input type="checkbox"/> Coconut Meal (gluten free)          | <input type="checkbox"/> Green Tea                                    |
| <input type="checkbox"/> Shallots                                | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Lemon Juice                                  |
| <input type="checkbox"/> Spearmint                               | <input type="checkbox"/> Hazelnut Flour                      | <input type="checkbox"/> Licorice Tea                                 |
| <input type="checkbox"/> St. John's Wort                         | <input type="checkbox"/> Konjac Glucomannon Flour            | <input type="checkbox"/> Lime Juice                                   |
| <input type="checkbox"/> Sumac                                   |  | <input type="checkbox"/> Mineral Water                                |
| <input type="checkbox"/> Tarragon                                |  | <input type="checkbox"/> Sparkling Water, unflavored                  |
| <input type="checkbox"/> Thyme                                   |  | <input type="checkbox"/> Tea, Black                                   |
| <input type="checkbox"/> Turmeric                                |  | <input type="checkbox"/> Tea, Chamomile                               |
| <input type="checkbox"/> Uva Ursi                                |  | <input type="checkbox"/> Tea, Green                                   |

☐ Tea, Hibiscus ☐ Silver☐ Tea, Oolong☐ Tea, Roobios☐ Snacks☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Chicory Root☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Collagen Protein (Powder)☐ Glucomannon Flour  
(konjacfoods.com)☐ Great Lake's® Beef Gelatin☐ Inulin☐ Konjac Glucomannon Flour☐ Lard (pork)☐ Latex☐ Lycopene☐ Palm Wax