

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

☐ Fruits

- ☐ Acai
- ☐ alpha
- ☐ Apricot
- ☐ Bilberry
- ☐ Blackberry
- ☐ Blueberry
- ☐ Boysenberry
- ☐ bravo
- ☐ Carambola
- ☐ charlie
- ☐ Cherry
- ☐ Dragon Fruit (Pitaya)
- ☐ Elderberry
- ☐ food name
- ☐ Golden Berry
- ☐ Grapefruit
- ☐ Huckleberry
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lemon Rind/Peel
- ☐ Lime
- ☐ Lime Juice



Loganberry

- ☐ Longan Fruit
- ☐ Loquat
- ☐ Lychee
- ☐ Maqui
- ☐ Mulberry
- ☐ Nectarines
- ☐ Noni
- ☐ Passion Fruit
- ☐ Peach
- ☐ Pear
- ☐ Pear, Asian
- ☐ Plum
- ☐ Pomegranate
- ☐ Rambutan
- ☐ Raspberry
- ☐ Star Fruit
- ☐ Youngberry
- ☐ Vanilla Bean



Nuts, Seeds, Drupes & Oils

- ☐ Annatto Seed
- ☐ Avocado Oil
- ☐ Brazil Nut
- ☐ Caraway Seed
- ☐ Cashew Butter
- ☐ Cashew Meal
- ☐ Cashews
- ☐ Chestnut
- ☐ Coconut, shredded (raw, unsweetened)
- ☐ Coconut Butter
- ☐ Coconut Oil
- ☐ Duck Fat
- ☐ Hazelnut/Filbert
- ☐ Hazelnut Flour
- ☐ Lard/Tallow (pork)
- ☐ MCT Oil
- ☐ Olive Leaf Extract
- ☐ Olive Oil, Virgin
- ☐ Palm Kernel Oil
- ☐ Pine Nut
- ☐ Pistachios
- ☐ Poppy seeds

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

<input type="checkbox"/> Shallots	<input type="checkbox"/> Lox	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Lamb
<input type="checkbox"/> Sumac	<input type="checkbox"/> Octopus	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Perch	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Thyme	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Quail
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Sardines	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Valerian	<input type="checkbox"/> Sole	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Swai	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Trout	No foods in this Category
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Bass	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Corvina	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Haddock	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Hake	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Halibut	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Herring	<input type="checkbox"/> Deer (see also Venison)	

☐ **Gluten-Containing Foods**☐ No foods in this Category☐ **Corn-Derived Foods**☐ No foods in this Category☐ **Condiments, Spreads & Sauces**☐ Coconut Aminos®☐ Coconut Cream☐ Liquid Smoke gluten free (natural)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Lo Han☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **Beverages & Protein Powders**☐ 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☐ Lime 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☐ **Food Additives**☐ Annatto Coloring☐ Chicory Root☐ Inulin☐ Palm Wax☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no MSG)☐ **new food cat**☐ alpha☐ bravo☐ charlie☐ food name