

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Artichoke, Jerusalem (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"/> Onion, Green
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Parsley
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Radish
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Rainbow Chard

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Rutabaga                         | <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Almond                                |
| <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Almond Butter (Artisana®)             |
| <input type="checkbox"/> Shallots                         | <input type="checkbox"/> Lemon               | <input type="checkbox"/> Almond Flavor (natural, gluten free)  |
| <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Almond Flour (gluten free)            |
| <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Almond Meal (gluten free)             |
| <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> Lime                | <input type="checkbox"/> Almond, Marcona                       |
| <input type="checkbox"/> Squash, Spaghetti                | <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Annatto Seed                          |
| <input type="checkbox"/> Squash, Winter                   | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Avocado Oil                           |
| <input type="checkbox"/> Swiss Chard                      | <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Brazil Nut                            |
| <input type="checkbox"/> Turnip Greens                    | <input type="checkbox"/> Loquat              | <input type="checkbox"/> Caraway Seed                          |
| <input type="checkbox"/> Water Chestnut                   | <input type="checkbox"/> Maqui               | <input type="checkbox"/> Cashew Butter                         |
| <input type="checkbox"/> Watercress                       | <input type="checkbox"/> Mulberry            | <input type="checkbox"/> Cashew Meal                           |
| <input type="checkbox"/> Zucchini                         | <input type="checkbox"/> Nectarines          | <input type="checkbox"/> Cashews                               |
|   | <input type="checkbox"/> Noni                | <input type="checkbox"/> Chestnut                              |
| <input type="checkbox"/> <b>Fruits</b>                    | <input type="checkbox"/> Passion Fruit       | <input type="checkbox"/> Coconut Butter                        |
| <input type="checkbox"/> Acai                             | <input type="checkbox"/> Peach               | <input type="checkbox"/> Coconut Oil                           |
| <input type="checkbox"/> Apple (all types)                | <input type="checkbox"/> Pear                | <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  |
| <input type="checkbox"/> Apricot                          |  | <input type="checkbox"/> Grapeseed Oil, Organic                |
| <input type="checkbox"/> Bilberry                         |  | <input type="checkbox"/> Hazelnut Flour                        |
| <input type="checkbox"/> Boysenberry                      |  | <input type="checkbox"/> Hazelnut/Filbert                      |
| <input type="checkbox"/> Golden Berry                     |  | <input type="checkbox"/> Olive Leaf Extract                    |

☐ Olive Oil, Virgin☐ Palm Kernel Oil☐ Pepitas☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ Fish & Shellfish☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Applegate® organic ham☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Liquid Smoke gluten free (natural)☐ Sauerkraut (Bubbies® Brand only)

☐**Sweeteners**☐

Jerusalem Artichoke Syrup

☐

Rebiana Leaf (Stevia)

☐

Sweetleaf® Stevia

☐**Herbs & Spices**☐

Allspice

☐

Almond Flavor (natural, gluten free)

☐

Anise

☐

Astragalus

☐

Basil

☐

Bay Leaf

☐

Black Cohosh

☐

Caraway Seed

☐

Cardamom

☐

Celery Powder

☐

Chicory Root

☐

Cilantro/Coriander

☐

Cinnamon

☐

Cinnamon, Ceylon

☐

Cloves

☐

Cloves, Madagascar

☐

Cloves, Penang

☐

Cramp Bark Extract

☐

Cream of Tartar

☐

Cumin

☐

Curcumin

☐

Curry (must be GF)

☐

Dandelion Root

☐

Dill

☐

Dong Quai

☐

Echinacea

☐

Fennel

☐

Garlic

☐

Garlic Powder

☐

Garlic Salt

☐

Ginger

☐

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

☐

Licorice Root

☐

Maca Root

☐

Mace Spice

☐

Marjoram

☐

Milk Thistle

☐

Mint

☐

Mustard Seeds (gluten free)

☐

Nutmeg

☐

Olive Leaf Extract

☐

Onion

☐

Onion Powder

☐

Orange Salt

☐

Oregano

☐

Parsley

☐

Peppermint

☐

Pine Bark Extract

☐

Rose Hips

<input type="checkbox"/> Rosemary	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Green Tea
<input type="checkbox"/> Saffron		<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sage	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Shallots	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Sumac	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Thyme	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Valerian		<input type="checkbox"/> Tea, White
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Water
<input type="checkbox"/> Wintergreen		<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Wormwood	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	
	<input type="checkbox"/> Bone Broth Protein, Beef	
	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	
	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	
	<input type="checkbox"/> Coconut Water (low sugar)	
	<input type="checkbox"/> Echinacea Tea	

☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Banana☐ Chicory Root☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Coconut Aminos®☐ Coconut Cream☐ Glucomannon Flour  
(konjacfoods.com)☐ Inulin☐ Konjac Glucomannon Flour☐ Lard (pork)☐ Latex☐ Lycopene☐ Palm Wax☐ Pycnogenol☐ Silver☐ Snacks