

☐**Vegetables**☐

Alfalfa Grass

☐

Alfalfa Sprouts

☐

Aloe Vera

☐

Artichoke, Jerusalem (not pickled)

☐

Arugula

☐

Bamboo Shoot

☐

Bean Sprout

☐

Beet Greens

☐

Burdock

☐

Cactus (Nopales)

☐

Capers

☐

Chard

☐

Chives

☐

Collard Greens

☐

Daikon Radish

☐

Dandelion Greens

☐

Dandelion Root

☐

Endive

☐

Fennel

☐

Hearts of Palm

☐

Horseradish

☐

Jicama

☐

Kohlrabi

☐

Leeks

☐

Mustard Greens

☐

Onion, Green

☐

Onion, Maui

☐

Onion, Red

☐

Onion, Sweet

☐

Onion, Yellow

☐

Parsley

☐

Prickly Pear

☐

Radicchio

☐

Rainbow Chard

☐

Rutabaga

☐

Scallions

☐

Shallots

☐

Swiss Chard

☐

Turnip Greens

☐

Water Chestnut

☐

Watercress

☐**Fruits**☐

Acai

☐

Bilberry

☐

Boysenberry

☐

Golden Berry

☐

Gooseberry

☐

Huckleberry

☐

Litchi (aka Lychee)

☐

Loganberry

☐

Loquat

☐

Maqui

☐

Mulberry

☐

Nectarines

☐

Noni

☐

Passion Fruit

☐**Nuts, Seeds, Drupes & Oils**☐

Annatto Seed

☐

Caraway Seed

☐

Grapeseed Oil, Organic

☐

Palm Kernel Oil

☐

Pepitas

<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Chilean Sea Bass		<input type="checkbox"/> Cinnamon, Ceylon
<input type="checkbox"/> Corvina	<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>	<input type="checkbox"/> Cloves
<input type="checkbox"/> Hake	<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Cloves, Madagascar
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)	<input type="checkbox"/> Cloves, Penang
<input type="checkbox"/> Octopus		<input type="checkbox"/> Cramp Bark Extract
<input type="checkbox"/> Sardines	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Cream of Tartar
<input type="checkbox"/> Swai	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Cumin
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Curcumin
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Curry (must be GF)
		<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> <b>Herbs &amp; Spices</b>	<input type="checkbox"/> Dill
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Allspice	<input type="checkbox"/> Dong Quai
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Anise	<input type="checkbox"/> Echinacea
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Astragalus	<input type="checkbox"/> Fennel
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Basil	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Quail	<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Ginger
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Ginkgo Biloba
	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Ginseng (All Types)
	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Goldenseal
	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Gymnema Silvestre
	<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Herbs De Provence

<input type="checkbox"/> Hickory	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Rosemary	
<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Saffron	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Lavender	<input type="checkbox"/> Sage	
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Shallots	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Sumac	
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Thyme	
<input type="checkbox"/> Mint	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Uva Ursi	
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Valerian	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Oregano	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Parsley		<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)		<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Pepper/Peppercorns		<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Peppermint		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Pine Bark Extract		<input type="checkbox"/> Tea, Roobios

- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

☐ Miscellaneous

- ☐ Baking Soda (Arm & Hammer®)
- ☐ Chicory Root
- ☐ Glucomannon Flour  
(konjacfoods.com)
- ☐ Konjac Glucomannon Flour
- ☐ Latex
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Silver

☐ Snacks