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|---|---|--|
| <input type="checkbox"/> <b>Vegetables</b>                  | <input type="checkbox"/> Endive         | <input type="checkbox"/> Scallions         |
| <input type="checkbox"/> Alfalfa Grass                      | <input type="checkbox"/> Fennel         | <input type="checkbox"/> Shallots          |
| <input type="checkbox"/> Alfalfa Sprouts                    | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Swiss Chard       |
| <input type="checkbox"/> Aloe Vera                          | <input type="checkbox"/> Horseradish    | <input type="checkbox"/> Turnip Greens     |
| <input type="checkbox"/> Artichoke (not pickled)            | <input type="checkbox"/> Jicama         | <input type="checkbox"/> Water Chestnut    |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Kohlrabi       | <input type="checkbox"/> Watercress        |
| <input type="checkbox"/> Arugula                            | <input type="checkbox"/> Leeks          | <input type="checkbox"/> Zucchini          |
| <input type="checkbox"/> Avocado                            | <input type="checkbox"/> Mustard Greens |  |
| <input type="checkbox"/> Avocado Oil                        | <input type="checkbox"/> Okra           | <input type="checkbox"/> <b>Fruits</b>     |
| <input type="checkbox"/> Bamboo Shoot                       | <input type="checkbox"/> Onion, Green   | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Bean Sprout                        | <input type="checkbox"/> Onion, Maui    | <input type="checkbox"/> Apricot           |
| <input type="checkbox"/> Beet Greens                        | <input type="checkbox"/> Onion, Red     | <input type="checkbox"/> Bilberry          |
| <input type="checkbox"/> Burdock                            | <input type="checkbox"/> Onion, Sweet   | <input type="checkbox"/> Boysenberry       |
| <input type="checkbox"/> Cactus (Nopales)                   | <input type="checkbox"/> Onion, Yellow  | <input type="checkbox"/> Golden Berry      |
| <input type="checkbox"/> Capers                             | <input type="checkbox"/> Parsley        | <input type="checkbox"/> Gooseberry        |
| <input type="checkbox"/> Chard                              | <input type="checkbox"/> Prickly Pear   | <input type="checkbox"/> Grapefruit        |
| <input type="checkbox"/> Coconut (raw and unsweetened)      | <input type="checkbox"/> Pumpkin        | <input type="checkbox"/> Huckleberry       |
| <input type="checkbox"/> Coconut Concentrate                | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Lemon             |
| <input type="checkbox"/> Collard Greens                     | <input type="checkbox"/> Radicchio      | <input type="checkbox"/> Lemon Juice       |
| <input type="checkbox"/> Daikon Radish                      | <input type="checkbox"/> Radish         | <input type="checkbox"/> Lemon Rind/Peel   |
| <input type="checkbox"/> Dandelion Greens                   | <input type="checkbox"/> Rainbow Chard  | <input type="checkbox"/> Lime              |
| <input type="checkbox"/> Dandelion Root                     | <input type="checkbox"/> Rutabaga       | <input type="checkbox"/> Lime Juice        |

☐ Litchi (aka Lychee)☐ Loganberry☐ Loquat☐ Maqui☐ Mulberry☐ Nectarines☐ Noni☐ Passion Fruit☐ Peach☐ Pear☐ **Nuts, Seeds, Drupes & Oils**☐ Annatto Seed☐ Avocado Oil☐ Brazil Nut☐ Caraway Seed☐ Chestnut☐ Coconut Butter☐ Coconut Oil☐ Coconut, shredded (raw, unsweetened)☐ Grapeseed Oil, Organic☐ Hazelnut Flour☐ Hazelnut/Filbert☐ Palm Kernel Oil☐ Pepitas☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ **Fish & Shellfish**☐ Anchovy☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Sardines☐ Swai☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ Venison (see also Deer)

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| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Bay Leaf           | <input type="checkbox"/> Ginkgo Biloba                    |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Black Cohosh       | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Caraway Seed       | <input type="checkbox"/> Goldenseal                       |
|   | <input type="checkbox"/> Cardamom           | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> <b>Condiments</b>                            | <input type="checkbox"/> Chicory Root       | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)               | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Ketchup (Organicville)                       | <input type="checkbox"/> Cinnamon           | <input type="checkbox"/> Hickory                          |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)           | <input type="checkbox"/> Cinnamon, Ceylon   | <input type="checkbox"/> Himalayan Salt                   |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)            | <input type="checkbox"/> Cloves             | <input type="checkbox"/> Juniper Berry                    |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)      | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Lavender                         |
|   | <input type="checkbox"/> Cloves, Penang     | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> <b>Sweeteners</b>                            | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemon Pepper                     |
| <input type="checkbox"/> Agave Nectar                                 | <input type="checkbox"/> Cream of Tartar    | <input type="checkbox"/> Lemongrass                       |
| <input type="checkbox"/> Jerusalem Artichoke Syrup                    | <input type="checkbox"/> Cumin              | <input type="checkbox"/> Licorice Root                    |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                        | <input type="checkbox"/> Curcumin           | <input type="checkbox"/> Maca Root                        |
| <input type="checkbox"/> Sweetleaf® Stevia                            | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Mace Spice                       |
|   | <input type="checkbox"/> Dandelion Root     | <input type="checkbox"/> Marjoram                         |
| <input type="checkbox"/> <b>Herbs &amp; Spices</b>                    | <input type="checkbox"/> Dill               | <input type="checkbox"/> Milk Thistle                     |
| <input type="checkbox"/> Allspice                                     | <input type="checkbox"/> Dong Quai          | <input type="checkbox"/> Mint                             |
| <input type="checkbox"/> Anise  | <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Mustard (as a Powder)            |
| <input type="checkbox"/> Astragalus                                   | <input type="checkbox"/> Fennel             | <input type="checkbox"/> Mustard Seeds (gluten free)      |
| <input type="checkbox"/> Basil  | <input type="checkbox"/> Ginger             | <input type="checkbox"/> Nutmeg                           |

<input type="checkbox"/> Orange Salt	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> <b>Corn-Derived Foods</b>
<input type="checkbox"/> Oregano	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Parsley	<input type="checkbox"/> Wormwood	
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)		<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Peppermint		<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)		<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Saffron	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Sage	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Shallots	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Sumac		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Tarragon	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Water
<input type="checkbox"/> Thyme	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Uva Ursi		
<input type="checkbox"/> Valerian		

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| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Snacks |
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- ☐ Acacia Gum
- ☐ Agar Gum
- ☐ Antimony
- ☐ Baking Powder
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Banana
- ☐ Chewing Gum (has gluten and corn)
- ☐ Chewing Gum, Xylicew®
- ☐ Chicory Root
- ☐ Coconut Aminos®
- ☐ Coconut Cream
- ☐ Garam Masala
- ☐ Glucomannon Flour  
(konjacfoods.com)
- ☐ Inulin
- ☐ Konjac Glucomannon Flour
- ☐ Latex
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Red Chili Paste Thai Kitchen®  
(gluten free)
- ☐ Silver