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| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Condiments | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Sole |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Horseradish Sauce, Gluten-free | <input type="checkbox"/> Swai |
| <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tilapia (Non-farmed) |
| <input type="checkbox"/> Collagen Protein (Powder) | | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Walleye Pike |
| <input type="checkbox"/> Green Tea | | <input type="checkbox"/> Whitefish/Turbot |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Fish & Shellfish | |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Bass | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Corvina | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Flounder | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Haddock | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Hake | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Halibut | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Herring | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Tea, unflavored/caffeine-free only | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Tea, White | <input type="checkbox"/> Perch | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Water | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Lime |

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| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Loganberry | | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Allspice | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Anise | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Basil | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Salt |
| | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Cloves | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt |

<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Lavender	<input type="checkbox"/> Rosemary	
<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Saffron	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Sage	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Liquid Smoke gluten free (natural)	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Thyme	<input type="checkbox"/> Duck
<input type="checkbox"/> Mint	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Lamb (organic)
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Valerian	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Oregano	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Quail
<input type="checkbox"/> Parsley	<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon)		<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Pepper/Peppercorns		<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Peppermint		<input type="checkbox"/> Venison (see also Deer)

<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Cashew Meal
	<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Antimony		<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Coconut, shredded (raw,
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Cocoa/Cacao (raw, pure, &	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Collagen Protein (Powder)		<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Almond	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Pili Nuts
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Poppy seeds
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Pumpkin Oil
<input type="checkbox"/> Silver	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Pumpkin Seed Oil
<input type="checkbox"/> Latex	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Cashews	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Tragacanth Gum	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Sesame Seeds

<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive
	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel
<input type="checkbox"/> Snacks	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic
	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Sucralose	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types
	<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Artichoke (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"/> Parsley

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09/06/2017

- ☐ Prickly Pear
- ☐ Pumpkin
- ☐ Pumpkin Powder
- ☐ Radicchio
- ☐ Radish
- ☐ Rainbow Chard
- ☐ Rutabaga
- ☐ Sauerkraut (Bubbies® Brand only)
- ☐ Spinach
- ☐ Squash, Acorn
- ☐ Squash, Green
- ☐ Squash, Spaghetti
- ☐ Squash, Winter
- ☐ Swiss Chard
- ☐ Turnip Greens
- ☐ Water Chestnut
- ☐ Watercress
- ☐ Zucchini
- ☐ Alfalfa Sprouts
- ☐ Psyllium Husk
- ☐ Onion, Green