

<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"/> Parsley
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Radish
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Acorn

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

☐ Sesame Seed Oil☐ Sesame Seeds☐ Sesame Seeds, Black☐ **Fish & Shellfish**☐ Chilean Sea Bass☐ Corvina☐ Hake☐ Mahi Mahi☐ Sardines☐ Swai☐ Tilapia (Wild, Non-farmed)☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Bison (see also Buffalo)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg, Whites, Pasture-raised☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ 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

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| <input type="checkbox"/> Curry (must be GF)                  | <input type="checkbox"/> Lemon Pepper                               | <input type="checkbox"/> Sage                      |
| <input type="checkbox"/> Dandelion Root                      | <input type="checkbox"/> Lemongrass                                 | <input type="checkbox"/> Saw Plametto              |
| <input type="checkbox"/> Dill                                | <input type="checkbox"/> Licorice Root                              | <input type="checkbox"/> Sesame Seeds              |
| <input type="checkbox"/> Dong Quai                           | <input type="checkbox"/> Maca Root                                  | <input type="checkbox"/> Sesame Seeds, Black       |
| <input type="checkbox"/> Echinacea                           | <input type="checkbox"/> Mace Spice                                 | <input type="checkbox"/> Spearmint                 |
| <input type="checkbox"/> Fennel                              | <input type="checkbox"/> Marjoram                                   | <input type="checkbox"/> St. John's Wort           |
| <input type="checkbox"/> Garlic                              | <input type="checkbox"/> Milk Thistle                               | <input type="checkbox"/> Sumac                     |
| <input type="checkbox"/> Garlic Pepper                       | <input type="checkbox"/> Mint                                       | <input type="checkbox"/> Tarragon                  |
| <input type="checkbox"/> Garlic Powder                       | <input type="checkbox"/> Mustard (as a Powder)                      | <input type="checkbox"/> Thyme                     |
| <input type="checkbox"/> Garlic Salt                         | <input type="checkbox"/> Mustard Seeds (gluten free)                | <input type="checkbox"/> Turmeric                  |
| <input type="checkbox"/> Ginger                              | <input type="checkbox"/> Nutmeg                                     | <input type="checkbox"/> Uva Ursi                  |
| <input type="checkbox"/> Ginkgo Biloba                       | <input type="checkbox"/> Olive Leaf Extract                         | <input type="checkbox"/> Valerian                  |
| <input type="checkbox"/> Ginseng (All Types)                 | <input type="checkbox"/> Orange Salt                                | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Goldenseal                          | <input type="checkbox"/> Oregano                                    | <input type="checkbox"/> Wintergreen               |
| <input type="checkbox"/> Grapefruit Seed Extract             | <input type="checkbox"/> Parsley                                    | <input type="checkbox"/> Wormwood                  |
| <input type="checkbox"/> Gymnema Silvestre                   | <input type="checkbox"/> Pepper, Black (see<br>Garlic/Lemon Pepper) |  |
| <input type="checkbox"/> Herbs De Provence                   | <input type="checkbox"/> Pepper/Peppercorns                         | <input type="checkbox"/>                           |
| <input type="checkbox"/> Hickory                             | <input type="checkbox"/> Peppermint                                 |  |
| <input type="checkbox"/> Himalayan Salt                      | <input type="checkbox"/> Pine Bark Extract                          |  |
| <input type="checkbox"/> Juniper Berry                       | <input type="checkbox"/> Rose Hips                                  |  |
| <input type="checkbox"/> Lavender                            | <input type="checkbox"/> Rosemary                                   |  |
| <input type="checkbox"/> Lemon Balm (Melissa<br>Officinalis) | <input type="checkbox"/> Saffron                                    |  |

☐ Milk-Containing Foods

<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Antimony
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Inulin
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Water	<input type="checkbox"/> Latex
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Collagen Protein (Powder)		<input type="checkbox"/> Pycnogenol
		<input type="checkbox"/> Silver



Snacks