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| <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"/> Fruits | <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"/> Nuts, Seeds, Drupes & Oils | <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 |

<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Trout	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Venison (see also Deer)
	<input type="checkbox"/> Whitefish/Turbot	
<input type="checkbox"/> Fish & Shellfish		<input type="checkbox"/> Non-Dairy & Eggs
<input type="checkbox"/> Bass	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised
<input type="checkbox"/> Haddock	<input type="checkbox"/> Bison (see also Buffalo)	
<input type="checkbox"/> Hake	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Condiments
<input type="checkbox"/> Halibut	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)
<input type="checkbox"/> Herring	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Duck	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Perch	<input type="checkbox"/> Lamb	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lard (pork)	
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Ostrich	
<input type="checkbox"/> Sardines	<input type="checkbox"/> Pheasant	
<input type="checkbox"/> Sole	<input type="checkbox"/> Pork, (organic)	
<input type="checkbox"/> Swai	<input type="checkbox"/> Quail	
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Rabbit	

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender
	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor (natural, gluten free)	<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Basil	<input type="checkbox"/> Fennel	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Mint
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper/Peppercorns

<input type="checkbox"/> Peppermint	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Pine Bark Extract		<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Rosemary		<input type="checkbox"/> Green Tea
<input type="checkbox"/> Saffron	<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sage	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Sumac	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Tarragon		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Thyme	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Valerian		<input type="checkbox"/> Water
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Wormwood	<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)	

☐

Miscellaneous

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Snacks

☐

Antimony

☐

Baking Soda (Arm & Hammer®)

☐

Bone Broth, Beef

☐

Chicory Root

☐Cocoa/Cacao (raw, pure, &
unsweetened)☐

Coconut Aminos®

☐

Coconut Cream

☐

Collagen Protein (Powder)

☐

Formaldehyde

☐

Garam Masala

☐Glucomannon Flour
(konjacfoods.com)☐

Great Lake's® Beef Gelatin

☐

Inulin

☐

Konjac Glucomannon Flour

☐

Lard (pork)

☐

Latex

☐

Lycopene

☐

Palm Wax

☐

Pycnogenol

☐

Silver