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| <input type="checkbox"/> Vegetables | <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"/> Fruits |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Bilberry |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Boysenberry |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Parsley | <input type="checkbox"/> Golden Berry |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Huckleberry |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Radish | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Lime |

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

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| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Herbs De Provence |
| | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Sweeteners | <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"/> Herbs & Spices | <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"/> Bay Leaf | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Parsley |

☐ Pepper, Black (see Garlic/Lemon Pepper)

☐ Pepper/Peppercorns

☐ Peppermint

☐ Pine Bark Extract

☐ Rose Hips

☐ Rosemary

☐ Saffron

☐ Sage

☐ Saw Plametto

☐ Shallots

☐ Spearmint

☐ St. John's Wort

☐ Sumac

☐ Tarragon

☐ Thyme

☐ Turmeric

☐ Uva Ursi

☐ Valerian

☐ White Willow Bark Extract

☐ Wintergreen

☐ Wormwood

☐ **Milk-Containing Foods**
☐ **Legumes & Pulses**
☐ **Gluten-Free Grains**
☐ Chicory Root

☐ Coconut Flour (gluten free)

☐ Coconut Meal (gluten free)

☐ Glucomannon Flour
(konjacfoods.com)

☐ Hazelnut Flour

☐ Konjac Glucomannon Flour

☐ **Gluten-Containing Foods**
☐ **Corn-Derived Foods**
☐ **Beverages & Protein Powders**
☐ Bone Broth Protein, Beef

☐ Coconut Kefir (No Tapioca,
Carageenan)

☐ Coconut Milk(Native Forest or
Natural Value)

☐ Coconut Water (low sugar)

☐ Echinacea Tea

☐ Lemon Juice

☐ Licorice Tea

☐ Lime Juice

☐ Mineral Water

☐ Sparkling Water, unflavored

☐ Tea, Chamomile

☐ Tea, Hibiscus

☐ Tea, Rooibos

☐ Water

☐ Yerba Matte Tea (Organic/Pure)

☐ Zevia Drinks

☐ **Miscellaneous**
☐ Baking Soda (Arm & Hammer®)

☐ Banana

☐ Chicory Root

☐ Coconut Aminos®

☐ Coconut Cream

☐ Garam Masala

☐ Glucomannon Flour
(konjacfoods.com)

☐ Inulin

☐ Konjac Glucomannon Flour

☐ Latex

☐ Lycopene

☐ Palm Wax

☐ Pycnogenol

☐ Silver

☐ Snacks