

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Capers	<input type="checkbox"/> Okra
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Chard	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Arugula	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Parsley
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Radish
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Endive	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Fennel	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Scallions
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Shallots
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Jicama	<input type="checkbox"/> Spinach
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Watercress

<input type="checkbox"/> Fruits	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Acai	<input type="checkbox"/> Bass	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Flounder	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Lime	<input type="checkbox"/> Haddock	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Hake	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Herring	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Maqui	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Noni	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Duck
	<input type="checkbox"/> Octopus	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Perch	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Sardines	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Sole	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Swai	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Quail
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Rabbit
	<input type="checkbox"/> Trout	<input type="checkbox"/> Turkey (organic)
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Veal (organic)

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| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic Salt |
| | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Gymnema Silvestre |
| | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cloves | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lemon Pepper |
| | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Dill | <input type="checkbox"/> Mace Spice |
| | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Nutmeg |

☐ Olive Leaf Extract☐ Onion☐ Onion Powder☐ Orange Salt☐ Oregano☐ Parsley☐ Pepper, Black (see
Garlic/Lemon Pepper)☐ Pepper/Peppercorns☐ Peppermint☐ Rose Hips☐ Rosemary☐ Saffron☐ Sage☐ Saw Plametto☐ Shallots☐ Spearmint☐ St. John's Wort☐ Sumac☐ Tarragon☐ Thyme☐ Turmeric☐ Uva Ursi☐ Valerian☐ Wintergreen☐ Wormwood☐ Milk-Containing Foods☐ Legumes & Pulses☐ Gluten-Free Grains☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour
(konjacfoods.com)☐ 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)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Great Lake'sÂ® Beef Gelatin☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Chamomile☐ Tea, Hibiscus☐ Tea, Roobios☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks

☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Garam Masala☐ Glucomannon Flour
(konjacfoods.com)☐ Great Lake's® Beef Gelatin☐ Konjac Glucomannon Flour☐ Lard (pork)☐ Palm Wax☐ Silver☐ Snacks