

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Capers	<input type="checkbox"/> Kombu
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Leeks
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Arugula	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Avocado	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Beet	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nori
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Okra
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Garlic	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Burdock	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Jicama	<input type="checkbox"/> Prickly Pear

<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Pumpkin Powder		<input type="checkbox"/> Noni
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Fruits	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Radish	<input type="checkbox"/> Acai	<input type="checkbox"/> Peach
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Pear
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Apricot	
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Bilberry	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils
<input type="checkbox"/> Scallions	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Almond
<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Seaweed	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Spinach	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Lemon	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Lime	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Turnips	<input type="checkbox"/> Loquat	<input type="checkbox"/> Cashews
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Maqui	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Watercress	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Coconut Oil

☐ Coconut, shredded (raw, unsweetened)☐ Grapeseed Oil, Organic☐ Hazelnut Flour☐ Hazelnut/Filbert☐ Olive Leaf Extract☐ Olive Oil, Virgin☐ Palm Kernel Oil☐ Pepitas☐ Pine Nut☐ Pistachios☐ Poppy seeds☐ Pumpkin Oil☐ Pumpkin Seed Oil☐ Pumpkin Seeds☐ Sesame Seed Oil☐ Sesame Seeds☐ Sesame Seeds, Black☐ **Fish & Shellfish**☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Octopus☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Applegate® organic chicken/apple sausage☐ Applegate® organic ham☐ Applegate® organic roast beef☐ Applegate® organic sausage sweet italian☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)

☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Collagen Protein (Powder)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Great Lake's® Beef Gelatin☐ Lamb☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Almond Yogurt, unsweetened☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Egg, Pasture-raised (from a farmer)☐ Egg, Vital Farms® or Pasture Verde®☐ Egg, Whites, Pasture-raised☐ Egg, Yolks Pasture-raised☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Coconut Aminos®☐ Coconut Cream☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **Herbs & Spices**☐ Allspice☐ Almond Flavor (natural, gluten free)☐ Anise☐ Astragalus☐ Bay Leaf☐ Black Cohosh☐ Caraway Seed☐ Cardamom☐ Celery Powder☐ Chicory Root☐ Cilantro/Coriander☐ Cramp Bark Extract☐ Cream of Tartar☐ Cumin☐ Curcumin☐ Curry (must be GF)

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

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