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|---|---|--|
| <input type="checkbox"/> <b>Vegetables</b>                  | <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"/> <b>Fruits</b>     |
| <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              |

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| <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"/> <b>Meat &amp; Poultry</b>                |
| <input type="checkbox"/> Pear                                  |  | <input type="checkbox"/> Applegate® organic andouille sausage     |
|  | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Applegate® organic black forest ham      |
| <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Bass                        | <input type="checkbox"/> Applegate® organic chicken/apple sausage |
| <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Applegate® organic smoked turkey breast  |
| <input type="checkbox"/> Avocado Oil                           | <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Bison (see also Buffalo)                 |
| <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Buffalo (see also Bison)                 |
| <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Hake                        | <input type="checkbox"/> Deer (see also Venison)                  |
| <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Duck                                     |
| <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Herring                     | <input type="checkbox"/> Goat, Grass-fed only (organic)           |
| <input type="checkbox"/> Coconut Oil                           | <input type="checkbox"/> Mackerel                    | <input type="checkbox"/> Ostrich                                  |
| <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Mahi Mahi                   | <input type="checkbox"/> Pheasant                                 |
| <input type="checkbox"/> Grapeseed Oil, Organic                | <input type="checkbox"/> Octopus                     | <input type="checkbox"/> Quail                                    |

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| <input type="checkbox"/> Rabbit                                       | <input type="checkbox"/> Bay Leaf           | <input type="checkbox"/> Ginkgo Biloba                    |
| <input type="checkbox"/> Venison (see also Deer)                      | <input type="checkbox"/> Black Cohosh       | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> Non-Dairy & Eggs                             | <input type="checkbox"/> Caraway Seed       | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Cardamom           | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Chicory Root       | <input type="checkbox"/> Gymnema Silvestre                |
|   | <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                           |

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| <input type="checkbox"/> Orange Salt                             | <input type="checkbox"/> Wintergreen                         | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>       |
| <input type="checkbox"/> Oregano                                 | <input type="checkbox"/> Wormwood                            | <input type="checkbox"/> Bone Broth Protein, Beef                     |
| <input type="checkbox"/> Parsley                                 |  | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> <b>Milk-Containing Foods</b>        | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> Pepper/Peppercorns                      |  | <input type="checkbox"/> Coconut Water (low sugar)                    |
| <input type="checkbox"/> Peppermint                              | <input type="checkbox"/> <b>Legumes &amp; Pulses</b>         | <input type="checkbox"/> Echinacea Tea                                |
| <input type="checkbox"/> Pine Bark Extract                       |  | <input type="checkbox"/> Lemon Juice                                  |
| <input type="checkbox"/> Rose Hips                               | <input type="checkbox"/> <b>Gluten-Free Grains</b>           | <input type="checkbox"/> Licorice Tea                                 |
| <input type="checkbox"/> Rosemary                                | <input type="checkbox"/> Chicory Root                        | <input type="checkbox"/> Lime Juice                                   |
| <input type="checkbox"/> Saffron                                 | <input type="checkbox"/> Coconut Flour (gluten free)         | <input type="checkbox"/> Mineral Water                                |
| <input type="checkbox"/> Sage                                    | <input type="checkbox"/> Coconut Meal (gluten free)          | <input type="checkbox"/> Sparkling Water, unflavored                  |
| <input type="checkbox"/> Saw Plametto                            | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Tea, Chamomile                               |
| <input type="checkbox"/> Shallots                                | <input type="checkbox"/> Hazelnut Flour                      | <input type="checkbox"/> Tea, Hibiscus                                |
| <input type="checkbox"/> Spearmint                               | <input type="checkbox"/> Konjac Glucomannon Flour            | <input type="checkbox"/> Tea, Roobios                                 |
| <input type="checkbox"/> St. John's Wort                         |  | <input type="checkbox"/> Water  |
| <input type="checkbox"/> Sumac                                   | <input type="checkbox"/> <b>Gluten-Containing Foods</b>      | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)               |
| <input type="checkbox"/> Tarragon                                |  | <input type="checkbox"/> Zevia Drinks                                 |
| <input type="checkbox"/> Thyme                                   | <input type="checkbox"/> <b>Corn-Derived Foods</b>           |   |
| <input type="checkbox"/> Turmeric                                |  |   |
| <input type="checkbox"/> Uva Ursi                                |  |   |
| <input type="checkbox"/> Valerian                                |  |   |
| <input type="checkbox"/> White Willow Bark Extract               |  |   |

☐ 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