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|---|--|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Olives (without vinegar) |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Comfrey | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Endive | <input type="checkbox"/> Prickly Pear |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Ginger | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rainbow Chard |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Jicama | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Leeks | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Swede |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Wasabi Root |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Mustard Greens | |

☐ Fruits

- ☐ Acai
- ☐ alpha
- ☐ Apricot
- ☐ Bilberry
- ☐ Blackberry
- ☐ Blueberry
- ☐ Boysenberry
- ☐ bravo
- ☐ Carambola
- ☐ charlie
- ☐ Cherry
- ☐ Dragon Fruit (Pitaya)
- ☐ Elderberry
- ☐ food name
- ☐ Golden Berry
- ☐ Grapefruit
- ☐ Huckleberry
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lemon Rind/Peel
- ☐ Lime
- ☐ Lime Juice



- Loganberry
- ☐ Longan Fruit
- ☐ Loquat
- ☐ Lychee
- ☐ Maqui
- ☐ Mulberry
- ☐ Nectarines
- ☐ Noni
- ☐ Passion Fruit
- ☐ Peach
- ☐ Pear
- ☐ Pear, Asian
- ☐ Plum
- ☐ Pomegranate
- ☐ Rambutan
- ☐ Raspberry
- ☐ Star Fruit
- ☐ Youngberry
- ☐ Vanilla Bean

☐ Nuts, Seeds, Drupes & Oils

- ☐ Annatto Seed
- ☐ Avocado Oil
- ☐ Brazil Nut
- ☐ Caraway Seed
- ☐ Cashew Butter
- ☐ Cashew Meal
- ☐ Cashews
- ☐ Chestnut
- ☐ Coconut, shredded (raw, unsweetened)
- ☐ Coconut Butter
- ☐ Coconut Oil
- ☐ Duck Fat
- ☐ Hazelnut/Filbert
- ☐ Hazelnut Flour
- ☐ Lard/Tallow (pork)
- ☐ MCT Oil
- ☐ Olive Leaf Extract
- ☐ Olive Oil, Virgin
- ☐ Palm Kernel Oil
- ☐ Pine Nut
- ☐ Pistachios
- ☐ Poppy seeds

☐ Herbs & Spices☐ Allspice☐ Anise☐ Astragalus☐ Basil☐ Bay Leaf☐ Black Cohosh☐ Caraway Seed☐ Cardamom☐ Catnip☐ Chaparral☐ Chervil☐ Cilantro/Coriander☐ Cinnamon☐ Cinnamon, Ceylon☐ Clove Powder☐ Cloves, Madagascar☐ Cloves, Penang☐ Comfrey☐ Cramp Bark Extract☐ Cream of Tartar☐ Cumin☐ Curcumin☐ Curry (must be GF)☐ Dandelion Root☐ Dill☐ Dong Quai☐ Echinacea☐ Fennel☐ Fennel Seed☐ Ginger Powder☐ Ginkgo Biloba☐ Ginseng (All Types)☐ Goldenseal☐ Grapefruit Seed Extract☐ Gymnema Silvestre☐ Herbs De Provence☐ Hickory☐ Himalayan Salt☐ Juniper Berry☐ Lavender☐ Lemon Balm (Melissa
Officinalis)☐ Lemongrass☐ Lemon Pepper☐ Maca Root☐ Mace Spice☐ Marjoram☐ Milk Thistle☐ Mint☐ Mustard (as a Powder)☐ Mustard Seeds (gluten free)☐ Nutmeg☐ Olive Leaf Extract☐ Onion☐ Onion Powder☐ Oregano☐ Parsley☐ Pau D'arco☐ Pepper, Black (see
Garlic/Lemon Pepper)☐ Pepper/Peppercorns☐ Peppermint☐ Pine Bark Extract☐ Rose Hips☐ Rosemary☐ Saffron☐ Sage☐ Sassafras☐ Savory☐ Saw Plametto

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|--|---|--|
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Lox | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Sumac | <input type="checkbox"/> Octopus | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Perch | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Sardines | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Sole | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Swai | <input type="checkbox"/> Veal (organic) |
| <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Trout | No foods in this Category |
| <input type="checkbox"/> Wormwood | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Applegate® organic roast beef | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Beef, Grass-fed only (organic) | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Coconut Meal (gluten free) |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Chicken, free range (organic) | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Herring | <input type="checkbox"/> Deer (see also Venison) | |

☐ **Gluten-Containing Foods**☐ No foods in this Category☐ **Corn-Derived Foods**☐ No foods in this Category☐ **Condiments, Spreads & Sauces**☐ Coconut Aminos®☐ Coconut Cream☐ Liquid Smoke gluten free
(natural)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand
only)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Lo Han☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **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's® Beef Gelatin☐ Green Tea☐ Lemon Juice☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Chicory Root☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Roobios☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ **Miscellaneous**☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Cacao (Raw, Pure, &
Unsweetened)☐ Collagen Protein (Powder)☐ Great Lake's® Beef Gelatin☐ Latex☐ Lycopene☐ Silver☐ **Snacks**☐ No foods in this Category☐ **Food Additives**☐ Annatto Coloring☐ Chicory Root☐ Inulin☐ Palm Wax☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no
MSG)☐ **new food cat**☐ alpha☐ bravo☐ charlie☐ food name