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| <input type="checkbox"/> Vegetables                           | <input type="checkbox"/> Coconut Concentrate        | <input type="checkbox"/> Onion, Green                     |
| <input type="checkbox"/> Alfalfa Grass                        | <input type="checkbox"/> Collard Greens             | <input type="checkbox"/> Onion, Maui                      |
| <input type="checkbox"/> Alfalfa Sprouts                      | <input type="checkbox"/> Comfrey                    | <input type="checkbox"/> Onion, Red                       |
| <input type="checkbox"/> Aloe Vera                            | <input type="checkbox"/> Daikon Radish              | <input type="checkbox"/> Onion, Sweet                     |
| <input type="checkbox"/> Arugula                              | <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"/> Garlic                     | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Bitter Melon                         | <input type="checkbox"/> Ginger                     | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Hearts of Palm             | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Horseradish                | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Jicama                     | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types            | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Kohlrabi                   | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Leeks                      | <input type="checkbox"/> Swede                            |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Lettuce, all types         | <input type="checkbox"/> Swiss Chard                      |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Mushrooms                  | <input type="checkbox"/> Turnip Greens                    |
| <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Mushrooms, Button          | <input type="checkbox"/> Wasabi Root                      |
| <input type="checkbox"/> Cauliflower, Purple                  | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Water Chestnut                   |
| <input type="checkbox"/> Celery                               | <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Watercress                       |
| <input type="checkbox"/> Chard                                | <input type="checkbox"/> Mushrooms, Shiitake        |   |
| <input type="checkbox"/> Chives                               | <input type="checkbox"/> Mustard Greens             |   |
| <input type="checkbox"/> Coconut (raw and unsweetened)        | <input type="checkbox"/> Olives (without vinegar)   |   |

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| <input type="checkbox"/> Fruits                | <input type="checkbox"/> Lychee                               | <input type="checkbox"/> Almond Meal (gluten free)            |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Maqui                                | <input type="checkbox"/> Almond Oil                           |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Mulberry                             | <input type="checkbox"/> Annatto Seed                         |
| <input type="checkbox"/> Apricot               | <input type="checkbox"/> Nectarines                           | <input type="checkbox"/> Avocado Oil                          |
| <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Noni                                 | <input type="checkbox"/> Brazil Nut                           |
| <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Passion Fruit                        | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Peach                                | <input type="checkbox"/> Cashew Butter                        |
| <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Pear                                 | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Carambola             | <input type="checkbox"/> Pear, Asian                          | <input type="checkbox"/> Cashews                              |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Plum                                 | <input type="checkbox"/> Chestnut                             |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Pomegranate                          | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Rambutan                             | <input type="checkbox"/> Coconut Butter                       |
| <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Raspberry                            | <input type="checkbox"/> Coconut Oil                          |
| <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Star Fruit                           | <input type="checkbox"/> Duck Fat                             |
| <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Youngberry                           | <input type="checkbox"/> Hazelnut/Filbert                     |
| <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Legumes, Pods, & Pulses              | <input type="checkbox"/> Hazelnut Flour                       |
| <input type="checkbox"/> Lemon                 | <input type="checkbox"/> Vanilla Bean                         | <input type="checkbox"/> MCT Oil                              |
| <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils           | <input type="checkbox"/> Olive Leaf Extract                   |
| <input type="checkbox"/> Lemon Rind/Peel       | <input type="checkbox"/> Almond                               | <input type="checkbox"/> Olive Oil, Virgin                    |
| <input type="checkbox"/> Lime                  | <input type="checkbox"/> Almond, Marcona                      | <input type="checkbox"/> Palm Kernel Oil                      |
| <input type="checkbox"/> Lime Juice            | <input type="checkbox"/> Almond Butter (Artisana®)            | <input type="checkbox"/> Pine Nut                             |
| <input type="checkbox"/> Loganberry            | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Pistachios                           |
| <input type="checkbox"/> Longan Fruit          | <input type="checkbox"/> Almond Flour (gluten free)           | <input type="checkbox"/> Poppy seeds                          |
| <input type="checkbox"/> Loquat                |   |   |

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

☐ Sage☐ Sassafras☐ Savory☐ Saw Plametto☐ Shallots☐ Spearmint☐ St. John's Wort☐ Sumac☐ Tarragon☐ Thyme☐ Turmeric☐ Uva Ursi☐ Valerian☐ Vanilla Bean☐ Vanilla Powder☐ White Willow Bark Extract☐ Wintergreen☐ Wormwood☐ Fish & Shellfish☐ Chilean Sea Bass☐ Corvina☐ Hake☐ Lox☐ Mackerel☐ Mahi Mahi☐ Octopus☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Wild, Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Bison (see also Buffalo)☐ Goat, Grass-fed only (organic)☐ Ostrich☐ Pheasant☐ Quail☐ Rabbit☐ Milk-Containing Foods

No foods in this Category

☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg Whites, Pasture-raised☐ Gluten-Free Grains☐ Almond Flour (gluten free)☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour  
(konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour

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| <input type="checkbox"/> <b>Gluten-Containing Foods</b><br><div>No foods in this Category</div> <input type="checkbox"/> <b>Corn-Derived Foods</b><br><div>No foods in this Category</div> <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b><br><input type="checkbox"/> Apple Cider Vinegar (Bragg's®)<br><input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup<br><input type="checkbox"/> Coconut Aminos®<br><input type="checkbox"/> Coconut Cream<br><input type="checkbox"/> Coconut Vinegar (Coconut Secret)<br><input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)<br><input type="checkbox"/> Liquid Smoke gluten free (natural)<br><input type="checkbox"/> Mustard, Brown (Eden® gf mustard)<br><input type="checkbox"/> Olives (without vinegar)<br><input type="checkbox"/> Sauerkraut (Bubbies® Brand only)<br><input type="checkbox"/> <b>Sweeteners</b><br><input type="checkbox"/> Coconut Palm Sugar<br><input type="checkbox"/> Lo Han<br><input type="checkbox"/> Rebiana Leaf (Stevia)<br><input type="checkbox"/> Sweetleaf® Stevia<br><input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> <b>Beverages &amp; Protein Powders</b><br><input type="checkbox"/> Almond Milk, unsweetened (no tapioca)<br><input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)<br><input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)<br><input type="checkbox"/> Coconut Water (low sugar)<br><input type="checkbox"/> Echinacea Tea<br><input type="checkbox"/> Green Tea<br><input type="checkbox"/> Lemon Juice<br><input type="checkbox"/> Lime Juice<br><input type="checkbox"/> Mineral Water<br><input type="checkbox"/> Sparkling Water, unflavored<br><input type="checkbox"/> Tea, Black<br><input type="checkbox"/> Tea, Chamomile<br><input type="checkbox"/> Tea, Chicory Root<br><input type="checkbox"/> Tea, Green<br><input type="checkbox"/> Tea, Hibiscus<br><input type="checkbox"/> Tea, Oolong<br><input type="checkbox"/> Tea, Roobios<br><input type="checkbox"/> Tea, White<br><input type="checkbox"/> Water<br><input type="checkbox"/> Yerba Matte Tea (Organic/Pure)<br><input type="checkbox"/> Zevia Drinks | <input type="checkbox"/> <b>Miscellaneous</b><br><input type="checkbox"/> Baking Soda (Arm & Hammer®)<br><input type="checkbox"/> Cacao (Raw, Pure, & Unsweetened)<br><input type="checkbox"/> Latex<br><input type="checkbox"/> Lycopene<br><input type="checkbox"/> Silver<br><input type="checkbox"/> <b>Snacks</b><br><div>No foods in this Category</div> <input type="checkbox"/> <b>Food Additives</b><br><input type="checkbox"/> Acacia Gum<br><input type="checkbox"/> Annatto Coloring<br><input type="checkbox"/> Chicory Root<br><input type="checkbox"/> Palm Wax<br><input type="checkbox"/> Tricalcium Phosphate<br><input type="checkbox"/> Vegan Enzyme<br><input type="checkbox"/> Vegan Natural Flavors (no MSG) |
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