

☐ Beverages & Protein Powders

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Coconut Kefir (No Tapioca, Carageenan)
- ☐ Coconut Milk(Native Forest or Natural Value)
- ☐ Coconut Water (low sugar)
- ☐ Collagen Protein (Powder)
- ☐ Echinacea Tea
- ☐ Lemon Juice
- ☐ Mineral Water
- ☐ Sparkling Water, unflavored
- ☐ Tea, Black
- ☐ Tea, Chamomile
- ☐ Tea, Oolong
- ☐ Tea, Roobios
- ☐ Tea, unflavored/cafeine-free only
- ☐ Tea, White
- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Bone Broth Protein, Beef

☐ Condiments

- ☐ Apple Cider Vinegar (Bragg's®)
- ☐ Horseradish Sauce, Gluten-free (Annie's®)
- ☐ Mustard, Brown (Eden® gf mustard)
- ☐ Sauerkraut (Bubbies® Brand only)

☐ Corn-Derived Foods☐ Fish & Shellfish

- ☐ Bass
- ☐ Chilean Sea Bass
- ☐ Corvina
- ☐ Flounder
- ☐ Haddock
- ☐ Hake
- ☐ Halibut
- ☐ Herring
- ☐ Mackerel
- ☐ Mahi Mahi
- ☐ Perch
- ☐ Red Snapper
- ☐ Salmon, wild (fresh)

☐ Sardines

- ☐ Sole
- ☐ Swai
- ☐ Swordfish
- ☐ Tilapia (Non-farmed)
- ☐ Trout

☐ Walleye Pike☐ Whitefish/Turbot☐ Fruits

- ☐ Acai
- ☐ Apple (all types)
- ☐ Bilberry
- ☐ Boysenberry
- ☐ Golden Berry
- ☐ Gooseberry
- ☐ Huckleberry
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lemon Rind/Peel
- ☐ Litchi (aka Lychee)
- ☐ Loganberry

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| <input type="checkbox"/> Loquat | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Maqui | <input type="checkbox"/> Allspice | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Mulberry | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Anise | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Noni | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Basil | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Gymnema Silvestre |
| | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Hickory |
| | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Himalayan Salt |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemon Pepper |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Liquid Smoke gluten free (natural) |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Mace Spice |
| | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Marjoram |

<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Mint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Quail
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Orange Salt		<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Oregano	<input type="checkbox"/> Legumes & Pulses	
<input type="checkbox"/> Parsley		<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Meat & Poultry	
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Antimony
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Saffron	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Sage	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Duck	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Thyme	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Lard (pork)

☐ Lycopene☐ Palm Wax☐ Pycnogenol☐ Silver☐ Latex☐ Formaldehyde☐ Blue Food Dye☐ Red Food Dye☐ Bone Broth, Beef☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Nuts, Seeds, Drupes & Oils☐ Almond☐ Almond Butter (Artisana®)☐ Almond Flavor natural, gluten free)☐ Almond Flour (gluten free)☐ Almond Meal (gluten free)☐ Almond, Marcona☐ Annatto Seed☐ Brazil Nut☐ Caraway Seed☐ Cashews☐ Cashew Butter☐ Cashew Meal☐ Chestnut☐ Coconut Butter☐ 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☐ Psyllium Husk☐ Snacks☐ Sweeteners☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ Vegetables☐ Aloe Vera☐ Artichoke (not pickled)☐ Arugula☐ Asparagus☐ Avocado☐ Avocado Oil☐ Bamboo Shoot☐ Bean Sprout☐ Beet Greens☐ Bok Choy☐ Broccoli☐ Broccoli Rabe☐ Broccoli Sprouts☐ Broccolini☐ Brussels Sprout

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| <input type="checkbox"/> Burdock | <input type="checkbox"/> Jicama | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Leeks | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Mustard Greens | |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Okra | |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Olives (without vinegar) | |
| <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Parsley | |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Prickly Pear | |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Radicchio | |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Rainbow Chard | |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Rutabaga | |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Squash, Acorn | |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Squash, Green | |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Squash, Spaghetti | |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Squash, Winter | |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Swiss Chard | |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Turnip Greens | |
| <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Water Chestnut | |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Watercress | |