| Vegetables | Cabbage, Green | Ginger |
|------------------------------------|-------------------------------|----------------------------|
| Aloe Vera | Cabbage, Purple | Hearts of Palm |
| Artichoke (not pickled) | Cactus (Nopales) | Horseradish |
| Artichoke, Jerusalem (not pickled) | Capers | Jicama |
| Arugula | Capsicum | Kale, all types |
| Asparagus | Cauliflower | Kohlrabi |
| Avocado | Cauliflower, Purple | Leeks |
| Bamboo Shoot | Celery | Lettuce, all types |
| Bean Sprout | Chard | Mushrooms |
| Beet Greens | Chayote | Mushrooms, Button |
| Bell Pepper | Chives | Mushrooms, Cremeni/Crimini |
| Bell Pepper, Green | Coconut (raw and unsweetened) | Mushrooms, Maitake |
| Bell Pepper, Orange | Coconut Concentrate | Mushrooms, Shiitake |
| Bell Pepper, Red | Collard Greens | Mustard Greens |
| Bell Pepper, Yellow | Comfrey | Okra |
| Bitter Melon | Cucumber | Olives (without vinegar) |
| Bok Choy | Daikon Radish | Onion, Green |
| Broccoli | Dandelion Greens | Onion, Maui |
| Broccolini | Dandelion Root | Onion, Red |
| Broccoli Rabe | Eggplant | Onion, Sweet |
| Broccoli Sprouts | Endive | Onion, Yellow |
| Brussels Sprout | Fennel | Paprika |
| Burdock Cabbage, Chinese (see also | Garlic | Parsley |
| Bok Choy) | | |

| | Pepper, Anaheim | Spinach | Grapefruit |
|---|----------------------------------|-----------------------|-----------------|
| | Pepper, Cayenne | Swede | Huckleberry |
| | Pepper, Chili | Swiss Chard | Lemon |
| | Pepper, Green | Taro | Lemon Juice |
| | Pepper, Habanero | Turnip Greens | Lemon Rind/Peel |
| | Pepper, Jalapeño | Wasabi Root | Lime |
| | Pepper, Poblano | Water Chestnut | Lime Juice |
| | Pepper, Red | Watercress | Loganberry |
| | Pepper, Serrano | Zucchini | Longan Fruit |
| | Pepper, Tabasco | Fruits | Loquat |
| | Pimento | Acai | Lychee |
| | Prickly Pear | Apple (all types) | Maqui |
| | Pumpkin | Apricot | Mulberry |
| | Pumpkin Powder | Bilberry | Nectarines |
| | Radicchio | Blackberry | Noni |
| | Radish | Blueberry | Passion Fruit |
| | Rainbow Chard | Boysenberry | Peach |
| | Red Pepper Flake | Carambola | Pear |
| | Rhubarb | Cherry | Pear, Asian |
| | Rutabaga | Dragon Fruit (Pitaya) | Plum |
| | Sauerkraut (Bubbies® Brand only) | Elderberry | Pomegranate |
| | Scallions | Goji Berry | Rambutan |
| | Shallots | Golden Berry | Raspberry |
| _ | | Gooseberries | |

| Star Fruit | Coconut Butter | Poppy seeds |
|--|-------------------------|-------------------------------------|
| Wolfberry | Coconut Oil | Pumpkin Oil |
| Youngberry | Cola Nut (aka Kola Nut) | Pumpkin Seed Oil |
| Legumes, Pods, & Pulses | Duck Fat | Pumpkin Seeds |
| Coffee Bean, Organic | Flax Meal | Ramon Seeds |
| Vanilla Bean Nuts, Seeds, Drupes & Oils | Flax Oil | Sacha Inchi Seeds |
| Almond | Flax Seed | Sunflower Seed Butter |
| Almond, Marcona | Hazelnut/Filbert | Sunflower Seed Flour |
| Almond Butter (Artisana®) | Hazelnut Flour | Sunflower Seed Lecithin |
| Almond Flavor (natural, gluten free) | Hemp Meal | Sunflower Seed Oil |
| Almond Flour (gluten free) | Hemp Protein (Powder) | Sunflower Seeds |
| Almond Meal (gluten free) | Hemp Seed | Tahini |
| Almond Oil | Lard/Tallow (pork) | Tea, Ramon |
| Annatto Seed | Macadamia Nut Oil | Tiger Nuts |
| Avocado Oil | Macadamia Nuts | Vegetable Shortening (Spectrum®) |
| Borage Seed Oil | MCT Oil | Walnut Oil |
| Brazil Nut | Olive Leaf Extract | Walnuts |
| Caraway Seed | Olive Oil, Virgin | Walnuts, Black |
| Cashew Butter | Palm Kernel Oil | |
| Cashew Meal | Pepitas | |
| Cashews | Pili Nuts | |
| Chestnut | Pine Nut | |
| Coconut, shredded (raw, unsweetened) | Pistachios | |

| _ | | | | |
|----------|--------------------------------------|---|---------------------------------------|-----------------------------|
| | Herbs & Spices | | Cloves, Madagascar | Gymnema Silvestre |
| | Allspice | | | |
| | Almond Flavor (natural, gluten free) | | Cloves, Penang Comfrey | Herbs De Provence Hickory |
| | Anise | | · · · · · · · · · · · · · · · · · · · | |
| : | | | Cramp Bark Extract | Himalayan Salt |
| Ц. | Ashwaganda | | Cream of Tartar | Jamaican Jerk |
| | Astragalus | | Cumin | Juniper Berry |
| | Basil | | Curcumin | Lavender |
| | Bay Leaf | | Curry (must be GF) | Lemon Balm (Melissa |
| | Bell Pepper, Red | | Dandelion Root | Officinalis) Lemongrass |
| | Dlask Cabaab | | Bandonon Root | Lemongrass |
| | Black Cohosh | | Dill | Lemon Pepper |
| Ц. | Capsicum | | Dong Quai | Maca Root |
| | Caraway Seed | | Echinacea | Mace Spice |
| | Cardamom | | Fennel | Marjoram |
| | Catnip | | Fennel Seed | Milk Thistle |
| | Celery Powder | | T GIIII G G G G | Will Tribuo |
| | | | Garlic | Mint |
| | Celery Seed | | Garlic Pepper | Mustard (as a Powder) |
| | Chaparral | | Garlic Powder | Mustard Seeds (gluten free) |
| | Chervil | [| | |
| | Chili Powder | | Garlic Salt | Nutmeg |
| <u></u> | | | Ginger Powder | Olive Leaf Extract |
| | Chipotle Seasoning | | | |
| | | | Ginkgo Biloba | Onion |
| | Cilantro/Coriander | | Ginseng (All Types) | Onion Powder |
| | Cinnamon | | Goldenseal | Oregano |
| | Cinnamon, Ceylon | | Grapefruit Seed Extract | Paprika |
| | Clove Powder | | | ; |

Goat, Grass-fed only (organic)

Mahi Mahi

St. John's Wort

| | Great Lake's® Beef Gelatin | Hazelnut Flour | | Sweeteners |
|---|--|---|------------|---|
| | Lamb | Hemp Meal | | Jerusalem Artichoke Syrup |
| | Ostrich | Hemp Protein (Powder) | | Just Like Sugar® |
| | Pheasant | Hemp Seed | | Lo Han |
| | Pork, (organic) | Konjac Glucomannon Flour | | Rebiana Leaf (Stevia) |
| | . G.n., (e.ga.ne) | | | Sweetleaf® Stevia |
| | Quail | Sunflower Seed Flour | | Beverages & Protein Powders |
| | Rabbit | Gluten-Containing Foods | | Almond Milk, unsweetened (no tapioca) |
| | Turkey (organic) | No foods in this Category Corn-Derived Foods | | Bone Broth Protein, Beef |
| | Veal (organic) | No foods in this Category | | Coconut Kefir (No Tapioca, Carageenan) |
| | Venison (see also Deer) | Condiments, Spreads & Sauces | | Coconut Milk (Native Forest or Natural Value) |
| | Milk-Containing Foods | Apple Cider Vinegar (Bragg's®) | | , |
| | No foods in this Category | Carob | Ш <u>.</u> | Coconut Water (low sugar) |
| | Non-Dairy & Eggs | Galob | | Coffee (Brewed and Not Instant) |
| | Almond Milk, unsweetened (no tapioca) | Cocoa Butter | | Coffee Bean, Organic |
| | Coconut Kefir (No Tapioca, Carageenan) | Coconut Aminos® | | Collagen Protein (Powder) |
| | Coconut Milk (Native Forest or | Coconut Cream | | Echinacea Tea |
| [| Natural Value) | Earth Balance® Coconut Spread | | |
| | Egg Whites, Pasture-raised Gluten-Free Grains | Horseradish Mustard, | | Great Lake's® Beef Gelatin |
| | Giuteri-Free Grains | Gluten-free (Annie's®) | | Green Tea |
| | Almond Flour (gluten free) | Liquid Smoke gluten free (natural) | | Hemp Protein (Powder) |
| | Amaranth | Mustard, Brown (Eden® gf mustard) | | Lemon Juice |
| | Coconut Flour (gluten free) | Olives (without vinegar) | | |
| | Coconut Meal (gluten free) | Sauerkraut (Bubbies® Brand | | Lime Juice |
| | 5 5 5 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | only) | | Mineral Water |
| | Flax Meal | Vegetable Shortening (Spectrum®) | | Sparkling Water, unflavored |
| | Glucomannon Flour (konjacfoods.com) | | | Tea, Black |

| Tea, Chamomile | Snacks |
|----------------------------------|--|
| Tea, Chicory Root | No foods in this Category Food Additives |
| Tea, Green | Annatto Coloring |
| Tea, Hibiscus | Arabic Gum |
| Tea, Oolong | Asafoetida Powder |
| Tea, Ramon | Chicory Root |
| Tea, Roobios | Inulin |
| Tea, White | Palm Wax |
| Water | Tragacanth Gum |
| Yerba Matte Tea (Organic/Pure) | Tricalcium Phosphate |
| Zevia Drinks | |
| Miscellaneous | Vegan Enzyme |
| Baking Soda (Arm & Hammer®) | Vegan Natural Flavors (no MSG) |
| Bone Broth, Beef | |
| Cacao (Raw, Pure, & Unsweetened) | |
| Collagen Protein (Powder) | |
| Great Lake's® Beef Gelatin | |
| Latex | |
| Lycopene | |
| Silver | |
| Tobacco | |