

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Okra
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Celery	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Chard	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Chives	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Arugula	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Avocado	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Parsley
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Endive	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radish
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Garlic	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Jicama	<input type="checkbox"/> Scallions
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Shallots
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Leeks	<input type="checkbox"/> Squash, Acorn

<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Sardines
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Sole
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)	<input type="checkbox"/> Swai
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Watercress	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Trout
		<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Fruits	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Acai	<input type="checkbox"/> Bass	
<input type="checkbox"/> Lemon	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Meat & Poultry
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Flounder	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Lime	<input type="checkbox"/> Haddock	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Hake	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Loganberry	<input type="checkbox"/> Herring	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Loquat	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Duck
<input type="checkbox"/> Maqui	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Noni	<input type="checkbox"/> Octopus	<input type="checkbox"/> Lamb
	<input type="checkbox"/> Perch	<input type="checkbox"/> Lard (pork)

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| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Pork, (organic) | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Quail | <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Rabbit | | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Veal (organic) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Anise | <input type="checkbox"/> Garlic |
| | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Basil | <input type="checkbox"/> Garlic Powder |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Garlic Salt |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®) | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Gymnema Silvestre |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Herbs De Provence |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Cloves | <input type="checkbox"/> Hickory |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Himalayan Salt |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Lavender |
| | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| | <input type="checkbox"/> Cumin | <input type="checkbox"/> Lemon Pepper |

- ☐ Lemongrass
- ☐ Licorice Root
- ☐ Maca Root
- ☐ Mace Spice
- ☐ Marjoram
- ☐ Milk Thistle
- ☐ Mint
- ☐ Mustard (as a Powder)
- ☐ Mustard Seeds (gluten free)
- ☐ Nutmeg
- ☐ Olive Leaf Extract
- ☐ Onion
- ☐ Onion Powder
- ☐ Orange Salt
- ☐ Oregano
- ☐ Parsley
- ☐ Pepper, Black (see Garlic/Lemon Pepper)
- ☐ Pepper/Peppercorns
- ☐ Peppermint
- ☐ Rose Hips
- ☐ Rosemary
- ☐ Saffron

- ☐ Sage
- ☐ Saw Plametto
- ☐ Shallots
- ☐ Spearmint
- ☐ St. John's Wort
- ☐ Sumac
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Uva Ursi
- ☐ Valerian
- ☐ Wintergreen
- ☐ Wormwood

☐ Milk-Containing Foods☐ Legumes & Pulses☐ Gluten-Free Grains

- ☐ Coconut Flour (gluten free)
- ☐ Coconut Meal (gluten free)
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Konjac Glucomannon Flour

☐ Gluten-Containing Foods☐ Corn-Derived Foods☐ 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
- ☐ Green Tea
- ☐ Lemon Juice
- ☐ Licorice Tea
- ☐ Lime Juice
- ☐ Mineral Water

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| <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Glucomannon Flour
(konjacfoods.com) |
| <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Tea, Green | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Tea, Oolong | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Tea, White | |
| <input type="checkbox"/> Water | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | |
| <input type="checkbox"/> Zevia Drinks | |
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| <input type="checkbox"/> Miscellaneous | |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | |
| <input type="checkbox"/> Banana | |
| <input type="checkbox"/> Bone Broth, Beef | |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, &
unsweetened) | |
| <input type="checkbox"/> Coconut Aminos® | |
| <input type="checkbox"/> Coconut Cream | |
| <input type="checkbox"/> Collagen Protein (Powder) | |
| <input type="checkbox"/> Formaldehyde | |
| <input type="checkbox"/> Garam Masala | |