

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Arugula	<input type="checkbox"/> Chard	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Okra
<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Collard Greens	<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"/> Radicchio
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Radish
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Endive	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Fennel	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Garlic	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Spinach
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Jicama	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Burdock	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Leeks	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Watercress

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| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Maqui | <input type="checkbox"/> Coconut, shredded (raw, |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Noni | <input type="checkbox"/> Hazelnut/Filbert |
| | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Peach | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Pear | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Banana | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Apricot | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Boysenberry | | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Sesame Seeds, Black |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Annatto Seed | |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Brazil Nut | |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Caraway Seed | |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Chestnut | |
| <input type="checkbox"/> Loganberry | <input type="checkbox"/> Coconut Butter | |
| <input type="checkbox"/> Loquat | <input type="checkbox"/> Coconut Oil | |

☐ Legumes & Pulses☐ Walleye Pike☐ Venison (see also Deer)☐ Whitefish/Turbot☐ Fish & Shellfish☐ Non-Dairy & Eggs☐ Bass☐ Meat & Poultry☐ Almond Milk, unsweetened (no☐ Chilean Sea Bass☐ Applegate® organic ham☐ Coconut Kefir (No Tapioca,☐ Corvina☐ Applegate® organic roast beef☐ Coconut Milk(Native Forest or☐ Flounder☐ Beef, Grass-fed only (organic)☐ Egg, Whites, Pasture-raised☐ Haddock☐ Bison (see also Buffalo)☐ Hake☐ Buffalo (see also Bison)☐ Condiments☐ Halibut☐ Chicken, free range (organic)☐ Apple Cider Vinegar (Bragg's®)☐ Herring☐ Deer (see also Venison)☐ Horseradish Sauce, Gluten-free☐ Mackerel☐ Duck☐ Mustard, Brown (Eden® gf mustard)☐ Mahi Mahi☐ Goat, Grass-fed only (organic)☐ Sauerkraut (Bubbies® Brand only)☐ Perch☐ Lamb (organic)☐ Red Snapper☐ Lard (pork)☐ Sweeteners☐ Salmon, wild (fresh)☐ Ostrich☐ Rebiana Leaf (Stevia)☐ Sardines☐ Pheasant☐ Sweetleaf® Stevia☐ Sole☐ Pork, (organic)☐ Swai☐ Quail☐ Swordfish☐ Rabbit☐ Tilapia (Non-farmed)☐ Turkey (organic)☐ Trout☐ Veal (organic)

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

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| <input type="checkbox"/> Sage | <input type="checkbox"/> Glucomannon Flour | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Sesame Seeds, Black | | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Tea, unflavored/caffeine-free only |
| <input type="checkbox"/> St. John's Wort | | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Water |
| <input type="checkbox"/> Thyme | | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Beverages & Protein Powders | |
| <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Miscellaneous |
| <input type="checkbox"/> Valerian | <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Antimony |
| <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Baking Soda (Arm & Hammer®) |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Coconut Aminos® |
| | <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Coconut Cream |
| <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Collagen Protein (Powder) |
| | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Glucomannon Flour |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Tea, Black | <input type="checkbox"/> Lycopene |

- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Silver
- ☐ Latex
- ☐ Formaldehyde
- ☐ Ispaghula/Psyllium
- ☐ Red Food Dye