

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no tapioca)☐ Carrot Juice☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk(Native Forest or Natural Value)☐ Coconut Water (low sugar)☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Licorice Tea☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Earth Balance® Coconut Spread☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Dressing, Primal Kitchen Honey Mustard☐ Mayonnaise, Primal Kitchen Avocado Oil☐ **Corn-Derived Foods**☐ **Fish & Shellfish**☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai

<input type="checkbox"/> Swordfish	<input type="checkbox"/> Lime	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Tilapia (Non-farmed)	<input type="checkbox"/> Lime Juice	
<input type="checkbox"/> Trout	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Tuna	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Loquat	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Mangosteen	<input type="checkbox"/> Buckwheat
	<input type="checkbox"/> Maqui	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Acai	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Noni	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Currant	<input type="checkbox"/> Peach	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Pear	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Elderberry	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Pomelo	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Quince	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)
<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Star Fruit	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Banana	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Apricot	
<input type="checkbox"/> Jack fruit		
<input type="checkbox"/> Kumquat		

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

<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Sesame Seeds		<input type="checkbox"/> Pheasant
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> <b>Meat &amp; Poultry</b>	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Quail
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Thyme	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Applegate® organic sausage sweet italian	
<input type="checkbox"/> Valerian	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> <b>Milk-Containing Foods</b>
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Applegate® organic turkey	
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> Antimony
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Onion	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Chicory Root
	<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
	<input type="checkbox"/> Duck	<input type="checkbox"/> Coconut Aminos®
	<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Coconut Cream
	<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Collagen Protein (Powder)
	<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Garam Masala

<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Cottonseed/Cottonseed Oil
<input type="checkbox"/> Julian Bakery Almond Bread	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Julian Bakery Coconut Bread		<input type="checkbox"/> Flax Oil
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<input type="checkbox"/> Flax Seed
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Almond	<input type="checkbox"/> Grapeseed Oil, Organic
<input type="checkbox"/> Lycopene	<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Palm Wax	<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Pycnogenol	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Meal
<input type="checkbox"/> Silver	<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hemp Seed
<input type="checkbox"/> Latex	<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Formaldehyde	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nut Oil
<input type="checkbox"/> Blue Food Dye	<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Red Food Dye	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Leaf Extract
	<input type="checkbox"/> Cashews	<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Palm Kernel Oil
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pecan Flour
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pepitas
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios

<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Aspartame/Nutrasweet	<input type="checkbox"/> Bamboo Shoot
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> <b>Chocolate, Dark</b>	<input type="checkbox"/> Bean Sprout
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Beet
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Molasses	<input type="checkbox"/> Beet Greens
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Monk Fruit	<input type="checkbox"/> <b>Bok Choy</b>
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Splenda	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Burdock
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Sugar Cane	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Tahini	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source)	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> <b>Snacks</b>	<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Cactus (Nopales)
	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Capers
	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Carrot Juice
	<input type="checkbox"/> Arugula	<input type="checkbox"/> Carrot, Orange
	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrot, Purple
	<input type="checkbox"/> Avocado	<input type="checkbox"/> Carrot, White
		<input type="checkbox"/> Carrot, Yellow

<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Nori	<input type="checkbox"/> Truffle
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Okra	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Turnips
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Parsley	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Endive	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Watercress
<input type="checkbox"/> Fennel	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Yams, Japanese
<input type="checkbox"/> Garlic	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Alfalfa Sprouts
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Radish	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Jicama	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Kombu	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Leeks	<input type="checkbox"/> Spinach	<input type="checkbox"/> Chives



Shallots