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|--|--|---|
| <input type="checkbox"/> <b>Fruits</b>         | <input type="checkbox"/> Lime                                  | <input type="checkbox"/> Avocado Oil                          |
| <input type="checkbox"/> Acai                  | <input type="checkbox"/> Lime Juice                            | <input type="checkbox"/> Brazil Nut                           |
| <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Litchi (aka Lychee)                   | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Apricot               | <input type="checkbox"/> Loganberry                            | <input type="checkbox"/> Cashew Butter                        |
| <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Loquat                                | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Maqui                                 | <input type="checkbox"/> Cashews                              |
| <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Mulberry                              | <input type="checkbox"/> Chestnut                             |
| <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Nectarines                            | <input type="checkbox"/> Coconut Butter                       |
| <input type="checkbox"/> Cherry                | <input type="checkbox"/> Noni                                  | <input type="checkbox"/> Coconut Oil                          |
| <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Passion Fruit                         | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Currant               | <input type="checkbox"/> Peach                                 | <input type="checkbox"/> Hazelnut Flour                       |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Pear                                  | <input type="checkbox"/> Hazelnut/Filbert                     |
| <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Pear, Asian                           | <input type="checkbox"/> Olive Leaf Extract                   |
| <input type="checkbox"/> Golden Berry          |  | <input type="checkbox"/> Olive Oil, Virgin                    |
| <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Palm Kernel Oil                      |
| <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Almond                                | <input type="checkbox"/> Pepitas                              |
| <input type="checkbox"/> Huckleberry           | <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Pine Nut                             |
| <input type="checkbox"/> Jack fruit            | <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Pistachios                           |
| <input type="checkbox"/> Kiwi                  | <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Poppy seeds                          |
| <input type="checkbox"/> Lemon                 | <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Pumpkin Oil                          |
| <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Pumpkin Seed Oil                     |
| <input type="checkbox"/> Lemon Rind/Peel       | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Pumpkin Seeds                        |

<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Swai	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Trout	<input type="checkbox"/> Brussels Sprout
	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Burdock
<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Bass		<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Corvina	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers
<input type="checkbox"/> Haddock	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Hake	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower, Purple
<input type="checkbox"/> Halibut	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Celery
<input type="checkbox"/> Herring	<input type="checkbox"/> Arugula	<input type="checkbox"/> Chard
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Chives
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Octopus	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Perch	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Beet	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Sardines	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Sole	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Dandelion Root

<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Fennel	<input type="checkbox"/> Parsley	<input type="checkbox"/> Turnips
<input type="checkbox"/> Garlic	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Water Chestnut
<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Watercress
<input type="checkbox"/> Horseradish	<input type="checkbox"/> Pumpkin Powder	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Jicama	<input type="checkbox"/> Radicchio	
<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Radish	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Leeks	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Scallions	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Mushrooms, Button	<input type="checkbox"/> Shallots	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Spinach	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Squash	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Okra	<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Duck
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Lamb

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| <input type="checkbox"/> Lard (pork)                                  | <input type="checkbox"/> Liquid Smoke gluten free (natural)   | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> Ostrich                                      | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)    | <input type="checkbox"/> Celery Powder      |
| <input type="checkbox"/> Pheasant                                     | <input type="checkbox"/> Olives (without vinegar)             | <input type="checkbox"/> Chicory Root       |
| <input type="checkbox"/> Pork, (organic)                              | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)     | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Quail  |   | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> Rabbit                                       | <input type="checkbox"/> <b>Sweeteners</b>                    | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Turkey (organic)                             | <input type="checkbox"/> Coconut Palm Sugar                   | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Veal (organic)                               | <input type="checkbox"/> Jerusalem Artichoke Syrup            | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Venison (see also Deer)                      | <input type="checkbox"/> Lo Han                               | <input type="checkbox"/> Cloves, Penang     |
|   | <input type="checkbox"/> Rebiana Leaf (Stevia)                | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Sweetleaf® Stevia                    | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Yacon Syrup                          | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       |   | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Curry (must be GF) |
|   | <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>      | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)               | <input type="checkbox"/> Anise                                | <input type="checkbox"/> Dong Quai          |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup         | <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Echinacea          |
| <input type="checkbox"/> Coconut Aminos®                              | <input type="checkbox"/> Basil                                | <input type="checkbox"/> Fennel             |
| <input type="checkbox"/> Coconut Cream                                | <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Garam Masala       |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)             | <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Garlic             |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)    | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garlic Pepper      |

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| <input type="checkbox"/> Garlic Powder                       | <input type="checkbox"/> Mustard (as a Powder)                      | <input type="checkbox"/> Sumac                     |
| <input type="checkbox"/> Garlic Salt                         | <input type="checkbox"/> Mustard Seeds (gluten free)                | <input type="checkbox"/> Tarragon                  |
| <input type="checkbox"/> Ginger                              | <input type="checkbox"/> Nutmeg                                     | <input type="checkbox"/> Thyme                     |
| <input type="checkbox"/> Ginkgo Biloba                       | <input type="checkbox"/> Olive Leaf Extract                         | <input type="checkbox"/> Turmeric                  |
| <input type="checkbox"/> Ginseng (All Types)                 | <input type="checkbox"/> Onion                                      | <input type="checkbox"/> Uva Ursi                  |
| <input type="checkbox"/> Goldenseal                          | <input type="checkbox"/> Onion Powder                               | <input type="checkbox"/> Valerian                  |
| <input type="checkbox"/> Grapefruit Seed Extract             | <input type="checkbox"/> Oregano                                    | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Gymnema Silvestre                   | <input type="checkbox"/> Parsley                                    | <input type="checkbox"/> Wintergreen               |
| <input type="checkbox"/> Herbs De Provence                   | <input type="checkbox"/> Pepper, Black (see<br>Garlic/Lemon Pepper) | <input type="checkbox"/> Wormwood                  |
| <input type="checkbox"/> Hickory                             | <input type="checkbox"/> Pepper/Peppercorns                         |  |
| <input type="checkbox"/> Himalayan Salt                      | <input type="checkbox"/> Peppermint                                 | <input type="checkbox"/> Milk-Containing Foods     |
| <input type="checkbox"/> Juniper Berry                       | <input type="checkbox"/> Pine Bark Extract                          |  |
| <input type="checkbox"/> Lavender                            | <input type="checkbox"/> Rose Hips                                  | <input type="checkbox"/> Legumes & Pulses          |
| <input type="checkbox"/> Lemon Balm (Melissa<br>Officinalis) | <input type="checkbox"/> Rosemary                                   |  |
| <input type="checkbox"/> Lemon Pepper                        | <input type="checkbox"/> Saffron                                    | <input type="checkbox"/> Corn-Derived Foods        |
| <input type="checkbox"/> Lemongrass                          | <input type="checkbox"/> Sage                                       |  |
| <input type="checkbox"/> Licorice Root                       | <input type="checkbox"/> Saw Plametto                               | <input type="checkbox"/> Gluten-Containing Foods   |
| <input type="checkbox"/> Maca Root                           | <input type="checkbox"/> Sesame Seeds                               |  |
| <input type="checkbox"/> Mace Spice                          | <input type="checkbox"/> Sesame Seeds, Black                        |  |
| <input type="checkbox"/> Marjoram                            | <input type="checkbox"/> Shallots                                   |  |
| <input type="checkbox"/> Milk Thistle                        | <input type="checkbox"/> Spearmint                                  |  |
| <input type="checkbox"/> Mint                                | <input type="checkbox"/> St. John's Wort                            |  |

<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Inulin
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Latex
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Palm Wax
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Silver
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Yeast, Brewer's
<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Tea, Roobios	
	<input type="checkbox"/> Tea, White	<input type="checkbox"/> <b>Snacks</b>
<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Water	
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Zevia Drinks	
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)		
<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> <b>Miscellaneous</b>	
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Bone Broth, Beef	
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Chicory Root	
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)	
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Collagen Protein (Powder)	
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Great Lake's® Beef Gelatin	