

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Arugula	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Nori
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Onion, Maui
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Onion, Red
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Sweet
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Onion, Yellow
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Radicchio

<input type="checkbox"/> Radish	<input type="checkbox"/> <b>Fruits</b>	<input type="checkbox"/> Peach
<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Acai	<input type="checkbox"/> Pear
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Apple (all types)	
<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Bilberry	<input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b>
<input type="checkbox"/> Scallions	<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Almond
<input type="checkbox"/> Shallots	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Almond Butter (Artisana®)
<input type="checkbox"/> Spinach	<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Squash, Acorn	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Almond Meal (gluten free)
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Lemon	<input type="checkbox"/> Almond, Marcona
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Annatto Seed
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Brazil Nut
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Lime	<input type="checkbox"/> Caraway Seed
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Watercress	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Cashews
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Loquat	<input type="checkbox"/> Chestnut
	<input type="checkbox"/> Maqui	<input type="checkbox"/> Coconut Butter
	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Coconut Oil
	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
	<input type="checkbox"/> Noni	<input type="checkbox"/> Grapeseed Oil, Organic
	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Hazelnut Flour

<input type="checkbox"/> Hazelnut/Filbert	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Herring	
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Mussel	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Octopus	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Oyster	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> Perch	<input type="checkbox"/> Duck
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Lamb
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Sardines	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Scallop	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Pheasant
	<input type="checkbox"/> Sole	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Squid	<input type="checkbox"/> Quail
<input type="checkbox"/> Bass	<input type="checkbox"/> Swai	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Corvina	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout	
<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna	

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Curry (must be GF)               |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Dandelion Root                   |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Dill                             |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Anise                                | <input type="checkbox"/> Dong Quai                        |
| <input type="checkbox"/> Egg, Whites, Pasture-raised                  | <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Echinacea                        |
|   | <input type="checkbox"/> Basil                                | <input type="checkbox"/> Fennel                           |
| <input type="checkbox"/> <b>Condiments</b>                            | <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Garlic                           |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)               | <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Garlic Pepper                    |
| <input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)    | <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Garlic Powder                    |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)           | <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> Garlic Salt                      |
| <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)            | <input type="checkbox"/> Celery Powder                        | <input type="checkbox"/> Ginger                           |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)             | <input type="checkbox"/> Chicory Root                         | <input type="checkbox"/> Ginkgo Biloba                    |
|   | <input type="checkbox"/> Cilantro/Coriander                   | <input type="checkbox"/> Ginseng (All Types)              |
| <input type="checkbox"/> <b>Sweeteners</b>                            | <input type="checkbox"/> Cinnamon                             | <input type="checkbox"/> Goldenseal                       |
| <input type="checkbox"/> Jerusalem Artichoke Syrup                    | <input type="checkbox"/> Cinnamon, Ceylon                     | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> Rebiana Leaf (Stevia)                        | <input type="checkbox"/> Cloves                               | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Sweetleaf® Stevia                            | <input type="checkbox"/> Cloves, Madagascar                   | <input type="checkbox"/> Herbs De Provence                |
|   | <input type="checkbox"/> Cloves, Penang                       | <input type="checkbox"/> Hickory                          |
|   | <input type="checkbox"/> Cramp Bark Extract                   | <input type="checkbox"/> Himalayan Salt                   |
|   | <input type="checkbox"/> Cream of Tartar                      | <input type="checkbox"/> Juniper Berry                    |
|   | <input type="checkbox"/> Cumin                                | <input type="checkbox"/> Lavender                         |
|   | <input type="checkbox"/> Curcumin                             | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |

<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Milk-Containing Foods
<input type="checkbox"/> Lemongrass	<input type="checkbox"/> Saffron	
<input type="checkbox"/> Licorice Root	<input type="checkbox"/> Sage	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Maca Root	<input type="checkbox"/> Saw Plametto	
<input type="checkbox"/> Mace Spice	<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Gluten-Free Grains
<input type="checkbox"/> Marjoram	<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Milk Thistle	<input type="checkbox"/> Shallots	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Mint	<input type="checkbox"/> Spearmint	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Mustard (as a Powder)	<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Mustard Seeds (gluten free)	<input type="checkbox"/> Sumac	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Thyme	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Onion	<input type="checkbox"/> Turmeric	
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Gluten-Containing Foods
<input type="checkbox"/> Orange Salt	<input type="checkbox"/> Valerian	
<input type="checkbox"/> Oregano	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Parsley	<input type="checkbox"/> Wintergreen	
<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Wormwood	
<input type="checkbox"/> Pepper/Peppercorns		
<input type="checkbox"/> Peppermint		
<input type="checkbox"/> Pine Bark Extract		
<input type="checkbox"/> Rose Hips		

☐ Beverages & Protein Powders☐ Almond Milk, unsweetened (no tapioca)☐ 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☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Roobios☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks☐ Miscellaneous☐ Antimony☐ Apricot☐ Baking Soda (Arm & Hammer®)☐ Banana☐ Blue Food Dye☐ Chicory Root☐ Cocoa/Cacao (raw, pure, & unsweetened)☐ Coconut Aminos®☐ Coconut Cream☐ Collagen Protein (Powder)☐ Formaldehyde☐ Garam Masala☐ Glucomannon Flour (konjacfoods.com)☐ Great Lake's® Beef Gelatin☐ Inulin☐ Konjac Glucomannon Flour☐ Lard (pork)☐ Latex☐ Lycopene☐ Palm Wax☐ Pycnogenol☐ Red Food Dye☐ Silver☐ Snacks