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| <input type="checkbox"/> <b>Fruits</b>       | <input type="checkbox"/> Peach                                 | <input type="checkbox"/> Whitefish/Turbot              |
| <input type="checkbox"/> Acai                | <input type="checkbox"/> Pear                                  | <input type="checkbox"/> <b>Vegetables</b>             |
| <input type="checkbox"/> alpha               | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Alfalfa Grass                 |
| <input type="checkbox"/> Bilberry            | <input type="checkbox"/> Almond                                | <input type="checkbox"/> Alfalfa Sprouts               |
| <input type="checkbox"/> Boysenberry         | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Aloe Vera                     |
| <input type="checkbox"/> bravo               | <input type="checkbox"/> Brazil Nut                            | <input type="checkbox"/> Arugula                       |
| <input type="checkbox"/> charlie             | <input type="checkbox"/> Caraway Seed                          | <input type="checkbox"/> Bamboo Shoot                  |
| <input type="checkbox"/> Golden Berry        | <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Bean Sprout                   |
| <input type="checkbox"/> Gooseberry          | <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Beet Greens                   |
| <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Burdock                       |
| <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Cactus (Nopales)              |
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> Chia Seed (1/4 cup, max)              | <input type="checkbox"/> Capers                        |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Chard                         |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Walnut Oil                            | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> <b>Fish &amp; Shellfish</b>           | <input type="checkbox"/> Coconut Concentrate           |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Chilean Sea Bass                      | <input type="checkbox"/> Collard Greens                |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Corvina                               | <input type="checkbox"/> Daikon Radish                 |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Hake                                  | <input type="checkbox"/> Dandelion Greens              |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Mahi Mahi                             | <input type="checkbox"/> Dandelion Root                |
| <input type="checkbox"/> Maqui               | <input type="checkbox"/> Octopus                               | <input type="checkbox"/> Endive                        |
| <input type="checkbox"/> Mulberry            | <input type="checkbox"/> Sardines                              | <input type="checkbox"/> Fennel                        |
| <input type="checkbox"/> Nectarines          | <input type="checkbox"/> Swai                                  | <input type="checkbox"/> Hearts of Palm                |
| <input type="checkbox"/> Noni                | <input type="checkbox"/> Tilapia (Wild, Non-farmed)            | <input type="checkbox"/> Horseradish                   |
| <input type="checkbox"/> Passion Fruit       |  |  |

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|---|---|--|
| <input type="checkbox"/> Jicama                         | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>                  | <input type="checkbox"/> Cinnamon, Ceylon        |
| <input type="checkbox"/> Kohlrabi                       | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)        | <input type="checkbox"/> Cloves                  |
| <input type="checkbox"/> Leeks                          | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)       | <input type="checkbox"/> Cloves, Madagascar      |
| <input type="checkbox"/> Mustard Greens                 | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Cloves, Penang          |
| <input type="checkbox"/> Parsley                        | <input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>      | <input type="checkbox"/> Cramp Bark Extract      |
| <input type="checkbox"/> Prickly Pear                   | <input type="checkbox"/> Coconut Aminos®                              | <input type="checkbox"/> Cream of Tartar         |
| <input type="checkbox"/> Radicchio                      | <input type="checkbox"/> Coconut Cream                                | <input type="checkbox"/> Cumin                   |
| <input type="checkbox"/> Rainbow Chard                  | <input type="checkbox"/> Liquid Smoke gluten free (natural)           | <input type="checkbox"/> Curcumin                |
| <input type="checkbox"/> Rutabaga                       | <input type="checkbox"/> <b>Sweeteners</b>                            | <input type="checkbox"/> Curry (must be GF)      |
| <input type="checkbox"/> Swiss Chard                    | <input type="checkbox"/> Rebiana Leaf (Stevia)                        | <input type="checkbox"/> Dandelion Root          |
| <input type="checkbox"/> Truffle                        | <input type="checkbox"/> Sweetleaf® Stevia                            | <input type="checkbox"/> Dill                    |
| <input type="checkbox"/> Turnip Greens                  | <input type="checkbox"/> <b>Herbs &amp; Spices</b>                    | <input type="checkbox"/> Dong Quai               |
| <input type="checkbox"/> Water Chestnut                 | <input type="checkbox"/> Allspice                                     | <input type="checkbox"/> Echinacea               |
| <input type="checkbox"/> Watercress                     | <input type="checkbox"/> Anise  | <input type="checkbox"/> Fennel                  |
| <input type="checkbox"/> Zucchini                       | <input type="checkbox"/> Astragalus                                   | <input type="checkbox"/> Garam Masala            |
| <input type="checkbox"/> <b>Meat &amp; Poultry</b>      | <input type="checkbox"/> Basil  | <input type="checkbox"/> Ginger                  |
| <input type="checkbox"/> Bison (see also Buffalo)       | <input type="checkbox"/> Bay Leaf                                     | <input type="checkbox"/> Ginkgo Biloba           |
| <input type="checkbox"/> Goat, Grass-fed only (organic) | <input type="checkbox"/> Black Cohosh                                 | <input type="checkbox"/> Ginseng (All Types)     |
| <input type="checkbox"/> Ostrich                        | <input type="checkbox"/> Caraway Seed                                 | <input type="checkbox"/> Goldenseal              |
| <input type="checkbox"/> Pheasant                       | <input type="checkbox"/> Cardamom                                     | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Quail                          | <input type="checkbox"/> Chicory Root                                 | <input type="checkbox"/> Gymnema Silvestre       |
| <input type="checkbox"/> Rabbit                         | <input type="checkbox"/> Cilantro/Coriander                           | <input type="checkbox"/> Herbs De Provence       |
|   | <input type="checkbox"/> Cinnamon                                     | <input type="checkbox"/> Hickory                 |
|   |   | <input type="checkbox"/> Himalayan Salt          |

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|--------------------------|---|
| <input type="checkbox"/> | Juniper Berry                           |
| <input type="checkbox"/> | Lavender                                |
| <input type="checkbox"/> | Lemon Balm (Melissa Officinalis)        |
| <input type="checkbox"/> | Lemongrass                              |
| <input type="checkbox"/> | Lemon Pepper                            |
| <input type="checkbox"/> | Licorice Root                           |
| <input type="checkbox"/> | Maca Root                               |
| <input type="checkbox"/> | Mace Spice                              |
| <input type="checkbox"/> | Marjoram                                |
| <input type="checkbox"/> | Milk Thistle                            |
| <input type="checkbox"/> | Mint                                    |
| <input type="checkbox"/> | Mustard (as a Powder)                   |
| <input type="checkbox"/> | Mustard Seeds (gluten free)             |
| <input type="checkbox"/> | Nutmeg                                  |
| <input type="checkbox"/> | Oregano                                 |
| <input type="checkbox"/> | Parsley                                 |
| <input type="checkbox"/> | Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> | Pepper/Peppercorns                      |
| <input type="checkbox"/> | Peppermint                              |
| <input type="checkbox"/> | Pine Bark Extract                       |
| <input type="checkbox"/> | Rose Hips                               |
| <input type="checkbox"/> | Rosemary                                |
| <input type="checkbox"/> | Saffron                                 |
| <input type="checkbox"/> | Sage                                    |

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|--------------------------|---------------------------|
| <input type="checkbox"/> | Saw Plametto              |
| <input type="checkbox"/> | Spearmint                 |
| <input type="checkbox"/> | St. John's Wort           |
| <input type="checkbox"/> | Sumac                     |
| <input type="checkbox"/> | Tarragon                  |
| <input type="checkbox"/> | Thyme                     |
| <input type="checkbox"/> | Turmeric                  |
| <input type="checkbox"/> | Uva Ursi                  |
| <input type="checkbox"/> | Valerian                  |
| <input type="checkbox"/> | White Willow Bark Extract |
| <input type="checkbox"/> | Wintergreen               |
| <input type="checkbox"/> | Wormwood                  |

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| <input type="checkbox"/> | <b>Milk-Containing Foods</b> |
|                          | No foods in this Category    |

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| <input type="checkbox"/> | <b>Legumes &amp; Pulses</b> |
|                          | No foods in this Category   |

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| <input type="checkbox"/> | <b>Corn-Derived Foods</b> |
|                          | No foods in this Category |

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| <input type="checkbox"/> | <b>Gluten-Containing Foods</b> |
|                          | No foods in this Category      |

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| <input type="checkbox"/> | <b>Gluten-Free Grains</b>           |
| <input type="checkbox"/> | Chicory Root                        |
| <input type="checkbox"/> | Coconut Flour (gluten free)         |
| <input type="checkbox"/> | Coconut Meal (gluten free)          |
| <input type="checkbox"/> | Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> | Konjac Glucomannon Flour            |

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| <input type="checkbox"/> | <b>Beverages &amp; Protein Powders</b>       |
| <input type="checkbox"/> | Almond Milk, unsweetened (no tapioca)        |
| <input type="checkbox"/> | Coconut Kefir (No Tapioca, Carageenan)       |
| <input type="checkbox"/> | Coconut Milk(Native Forest or Natural Value) |
| <input type="checkbox"/> | Coconut Water (low sugar)                    |
| <input type="checkbox"/> | Echinacea Tea                                |
| <input type="checkbox"/> | Green Tea                                    |
| <input type="checkbox"/> | Lemon Juice                                  |
| <input type="checkbox"/> | Licorice Tea                                 |
| <input type="checkbox"/> | Lime Juice                                   |
| <input type="checkbox"/> | Mineral Water                                |
| <input type="checkbox"/> | Sparkling Water, unflavored                  |
| <input type="checkbox"/> | Tea, Black                                   |
| <input type="checkbox"/> | Tea, Chamomile                               |
| <input type="checkbox"/> | Tea, Green                                   |

- ☐ Tea, Hibiscus
- ☐ Tea, Oolong
- ☐ Tea, Roobios
- ☐ Tea, White
- ☐ Water
- ☐ Yerba Matte Tea (Organic/Pure)
- ☐ Zevia Drinks

- ☐ **Miscellaneous**
- ☐ Antimony
- ☐ Baking Soda (Arm & Hammer®)
- ☐ Chicory Root
- ☐ Cocoa/Cacao (raw, pure, & unsweetened)
- ☐ Formaldehyde
- ☐ Glucomannon Flour (konjacfoods.com)
- ☐ Konjac Glucomannon Flour

- ☐ **Latex**
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Red Food Dye
- ☐ Silver

- ☐ **Snacks**
- ☐ No foods in this Category
- ☐ **AB**
- ☐ No foods in this Category
- ☐ **qwerty**
- ☐ **Zucchini**