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|---|--|---|
| <input type="checkbox"/> Vegetables                           | <input type="checkbox"/> Cauliflower, Purple           | <input type="checkbox"/> Mushrooms, Cremini/Crimini       |
| <input type="checkbox"/> Aloe Vera                            | <input type="checkbox"/> Celery                        | <input type="checkbox"/> Mushrooms, Maitake               |
| <input type="checkbox"/> Artichoke (not pickled)              | <input type="checkbox"/> Chard                         | <input type="checkbox"/> Mushrooms, Shiitake              |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled)   | <input type="checkbox"/> Chives                        | <input type="checkbox"/> Mustard Greens                   |
| <input type="checkbox"/> Arugula                              | <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Olives (without vinegar)         |
| <input type="checkbox"/> Asparagus                            | <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Onion, Green                     |
| <input type="checkbox"/> Avocado                              | <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Onion, Maui                      |
| <input type="checkbox"/> Bamboo Shoot                         | <input type="checkbox"/> Comfrey                       | <input type="checkbox"/> Onion, Red                       |
| <input type="checkbox"/> Bean Sprout                          | <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Onion, Sweet                     |
| <input type="checkbox"/> Beet Greens                          | <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Onion, Yellow                    |
| <input type="checkbox"/> Bitter Melon                         | <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Parsley                          |
| <input type="checkbox"/> Bok Choy                             | <input type="checkbox"/> Endive                        | <input type="checkbox"/> Prickly Pear                     |
| <input type="checkbox"/> Broccoli                             | <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Radicchio                        |
| <input type="checkbox"/> Broccolini                           | <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Radish                           |
| <input type="checkbox"/> Broccoli Rabe                        | <input type="checkbox"/> Ginger                        | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Broccoli Sprouts                     | <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Brussels Sprout                      | <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Burdock                              | <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Kale, all types               | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Cabbage, Green                       | <input type="checkbox"/> Kohlrabi                      | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Cabbage, Purple                      | <input type="checkbox"/> Leeks                         | <input type="checkbox"/> Swede                            |
| <input type="checkbox"/> Cactus (Nopales)                     | <input type="checkbox"/> Lettuce, all types            | <input type="checkbox"/> Swiss Chard                      |
| <input type="checkbox"/> Capers                               | <input type="checkbox"/> Mushrooms                     | <input type="checkbox"/> Turnip Greens                    |
| <input type="checkbox"/> Cauliflower                          | <input type="checkbox"/> Mushrooms, Button             | <input type="checkbox"/> Wasabi                           |

☐ Water Chestnut☐ Watercress☐ **Fruits**☐ Acai☐ Apple (all types)☐ Apricot☐ Bilberry☐ Blackberry☐ Blueberry☐ Boysenberry☐ Carambola☐ Cherry☐ Dragon Fruit (Pitaya)☐ Elderberry☐ Golden Berry☐ Grapefruit☐ Huckleberry☐ Lemon☐ Lemon Juice☐ Lemon Rind/Peel☐ Lime☐ Lime Juice☐ Loganberry☐ Longan Fruit☐ Loquat☐ Lychee☐ Maqui☐ Mulberry☐ Nectarines☐ Noni☐ Passion Fruit☐ Peach☐ Pear☐ Pear, Asian☐ Plum☐ Pomegranate☐ Rambutan☐ Raspberry☐ Star Fruit☐ Youngberry☐ **Legumes, Pods, & Pulses**☐ Vanilla Bean☐ **Nuts, Seeds, Drupes & Oils**☐ Almond☐ Almond, Marcona☐ Almond Butter (Artisana®)☐ Almond Flavor (natural, gluten free)☐ Almond Flour (gluten free)☐ Almond Meal (gluten free)☐ Almond Oil☐ Annatto Seed☐ Avocado Oil☐ Brazil Nut☐ Caraway Seed☐ Cashew Butter☐ Cashew Meal☐ Cashews☐ Chestnut☐ Coconut, shredded (raw, unsweetened)☐ Coconut Butter☐ Coconut Oil☐ Duck Fat☐ Hazelnut/Filbert☐ Hazelnut Flour☐ Lard/Tallow (pork)☐ MCT Oil

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| <input type="checkbox"/> Olive Leaf Extract                   | <input type="checkbox"/> Cinnamon, Ceylon    | <input type="checkbox"/> Grapefruit Seed Extract          |
| <input type="checkbox"/> Olive Oil, Virgin                    | <input type="checkbox"/> Clove Powder        | <input type="checkbox"/> Gymnema Silvestre                |
| <input type="checkbox"/> Palm Kernel Oil                      | <input type="checkbox"/> Cloves, Madagascar  | <input type="checkbox"/> Herbs De Provence                |
| <input type="checkbox"/> Pine Nut                             | <input type="checkbox"/> Cloves, Penang      | <input type="checkbox"/> Hickory                          |
| <input type="checkbox"/> Pistachios                           | <input type="checkbox"/> Comfrey             | <input type="checkbox"/> Himalayan Salt                   |
| <input type="checkbox"/> Poppy seeds                          | <input type="checkbox"/> Cramp Bark Extract  | <input type="checkbox"/> Juniper Berry                    |
| <input type="checkbox"/> <b>Herbs &amp; Spices</b>            | <input type="checkbox"/> Cream of Tartar     | <input type="checkbox"/> Lavender                         |
| <input type="checkbox"/> Allspice                             | <input type="checkbox"/> Cumin               | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Curcumin            | <input type="checkbox"/> Lemongrass                       |
| <input type="checkbox"/> Anise                                | <input type="checkbox"/> Curry (must be GF)  | <input type="checkbox"/> Lemon Pepper                     |
| <input type="checkbox"/> Astragalus                           | <input type="checkbox"/> Dandelion Root      | <input type="checkbox"/> Maca Root                        |
| <input type="checkbox"/> Basil                                | <input type="checkbox"/> Dill                | <input type="checkbox"/> Mace Spice                       |
| <input type="checkbox"/> Bay Leaf                             | <input type="checkbox"/> Dong Quai           | <input type="checkbox"/> Marjoram                         |
| <input type="checkbox"/> Black Cohosh                         | <input type="checkbox"/> Echinacea           | <input type="checkbox"/> Milk Thistle                     |
| <input type="checkbox"/> Caraway Seed                         | <input type="checkbox"/> Fennel              | <input type="checkbox"/> Mint                             |
| <input type="checkbox"/> Cardamom                             | <input type="checkbox"/> Fennel Seed         | <input type="checkbox"/> Mustard (as a Powder)            |
| <input type="checkbox"/> Catnip                               | <input type="checkbox"/> Garlic              | <input type="checkbox"/> Mustard Seeds (gluten free)      |
| <input type="checkbox"/> Celery Powder                        | <input type="checkbox"/> Garlic Pepper       | <input type="checkbox"/> Nutmeg                           |
| <input type="checkbox"/> Celery Seed                          | <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Olive Leaf Extract               |
| <input type="checkbox"/> Chaparral                            | <input type="checkbox"/> Garlic Salt         | <input type="checkbox"/> Onion                            |
| <input type="checkbox"/> Chervil                              | <input type="checkbox"/> Ginger Powder       | <input type="checkbox"/> Onion Powder                     |
| <input type="checkbox"/> Cilantro/Coriander                   | <input type="checkbox"/> Ginkgo Biloba       | <input type="checkbox"/> Oregano                          |
| <input type="checkbox"/> Cinnamon                             | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Parsley                          |
|   | <input type="checkbox"/> Goldenseal          | <input type="checkbox"/> Pau D'arco                       |

<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Bass	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Corvina	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Flounder	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Saffron	<input type="checkbox"/> Haddock	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Sage	<input type="checkbox"/> Hake	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Sassafras	<input type="checkbox"/> Halibut	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Savory	<input type="checkbox"/> Herring	<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Lox	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Shallots	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Duck
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Octopus	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Sumac	<input type="checkbox"/> Perch	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Lamb
<input type="checkbox"/> Thyme	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Sardines	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Sole	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Valerian	<input type="checkbox"/> Swai	<input type="checkbox"/> Quail
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Swordfish	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Trout	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Wintergreen		

☐ Venison (see also Deer)☐ **Milk-Containing Foods**☐ No foods in this Category☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg Whites, Pasture-raised☐ **Gluten-Free Grains**☐ Almond Flour (gluten free)☐ Coconut Flour (gluten free)☐ Coconut Meal (gluten free)☐ Glucomannon Flour (konjacfoods.com)☐ Hazelnut Flour☐ Konjac Glucomannon Flour☐ **Gluten-Containing Foods**☐ No foods in this Category☐ **Corn-Derived Foods**☐ No foods in this Category☐ **Condiments, Spreads & Sauces**☐ Apple Cider Vinegar (Bragg's®)☐ Coconut Aminos®☐ Coconut Cream☐ Horseradish Mustard, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Olives (without vinegar)☐ Sauerkraut (Bubbies® Brand only)☐ **Sweeteners**☐ Jerusalem Artichoke Syrup☐ Lo Han☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ **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☐ Great Lake's® Beef Gelatin☐ Green Tea☐ Lemon Juice☐ Lime Juice☐ Mineral Water☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Chicory Root☐ Tea, Green☐ Tea, Hibiscus☐ Tea, Oolong☐ Tea, Roobios☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Zevia Drinks

☐ Miscellaneous☐ Baking Soda (Arm & Hammer®)☐ Bone Broth, Beef☐ Cacao (Raw, Pure, &  
Unsweetened)☐ Collagen Protein (Powder)☐ Great Lake's® Beef Gelatin☐ Latex☐ Lycopene☐ Silver☐ Snacks

No foods in this Category

☐ Food Additives☐ Annatto Coloring☐ Chicory Root☐ Inulin☐ Palm Wax☐ Tricalcium Phosphate☐ Vegan Enzyme☐ Vegan Natural Flavors (no  
MSG)