

<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"/> Okra
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Parsley
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Radish
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Acorn

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|--|--|---|
| <input type="checkbox"/> Squash, Green     | <input type="checkbox"/> Lemon Rind/Peel                       | <input type="checkbox"/> Brazil Nut                           |
| <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Lime                                  | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Squash, Winter    | <input type="checkbox"/> Lime Juice                            | <input type="checkbox"/> Cashew Butter                        |
| <input type="checkbox"/> Swiss Chard       | <input type="checkbox"/> Litchi (aka Lychee)                   | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Turnip Greens     | <input type="checkbox"/> Loganberry                            | <input type="checkbox"/> Cashews                              |
| <input type="checkbox"/> Water Chestnut    | <input type="checkbox"/> Loquat                                | <input type="checkbox"/> Chestnut                             |
| <input type="checkbox"/> Watercress        | <input type="checkbox"/> Maqui                                 | <input type="checkbox"/> Coconut Butter                       |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Mulberry                              | <input type="checkbox"/> Coconut Oil                          |
|  | <input type="checkbox"/> Nectarines                            | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Noni                                  | <input type="checkbox"/> Grapeseed Oil, Organic               |
| <input type="checkbox"/> Acai              | <input type="checkbox"/> Passion Fruit                         | <input type="checkbox"/> Hazelnut Flour                       |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Peach                                 | <input type="checkbox"/> Hazelnut/Filbert                     |
| <input type="checkbox"/> Apricot           | <input type="checkbox"/> Pear                                  | <input type="checkbox"/> Olive Leaf Extract                   |
| <input type="checkbox"/> Banana            |  | <input type="checkbox"/> Olive Oil, Virgin                    |
| <input type="checkbox"/> Bilberry          | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Palm Kernel Oil                      |
| <input type="checkbox"/> Boysenberry       | <input type="checkbox"/> Almond                                | <input type="checkbox"/> Pepitas                              |
| <input type="checkbox"/> Golden Berry      | <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Pine Nut                             |
| <input type="checkbox"/> Gooseberry        | <input type="checkbox"/> Almond Flavor natural, gluten free)   | <input type="checkbox"/> Pistachios                           |
| <input type="checkbox"/> Grapefruit        | <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Poppy seeds                          |
| <input type="checkbox"/> Huckleberry       | <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Pumpkin Oil                          |
| <input type="checkbox"/> Lemon             | <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Pumpkin Seed Oil                     |
| <input type="checkbox"/> Lemon Juice       | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Pumpkin Seeds                        |

☐ Sesame Seed Oil☐ Sesame Seeds☐ Sesame Seeds, Black☐ **Fish & Shellfish**☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ **Meat & Poultry**☐ Applegate® organic ham☐ Applegate® organic roast beef☐ Beef, Grass-fed only (organic)☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Veal (organic)☐ Venison (see also Deer)☐ **Non-Dairy & Eggs**☐ Almond Milk, unsweetened (no tapioca)☐ Coconut Kefir (No Tapioca, Carageenan)☐ Coconut Milk (Native Forest or Natural Value)☐ Egg, Whites, Pasture-raised☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Horseradish Sauce, Gluten-free (Annie's®)☐ Liquid Smoke gluten free (natural)☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)

<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory
<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt
<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry
<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender
	<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root
<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"/> Ginger	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper/Peppercorns

<input type="checkbox"/> Peppermint	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Coconut Water (low sugar)
<input type="checkbox"/> Pine Bark Extract		<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Rosemary		<input type="checkbox"/> Green Tea
<input type="checkbox"/> Saffron	<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Sage	<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Licorice Tea
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Sumac	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Tarragon		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Thyme	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Tea, unflavored/cafeine-free only
<input type="checkbox"/> Valerian		<input type="checkbox"/> Tea, White
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Water
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Wormwood	<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)	

☐

Miscellaneous

☐

Snacks

☐

Antimony

☐

Baking Soda (Arm &amp; Hammer®)

☐

Bone Broth, Beef

☐

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

☐

Silver