

<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		

<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

<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

<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

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

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

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

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

<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

<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**