

<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

<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cashew Butter
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Litchi (aka Lychee)	<input type="checkbox"/> Cashew Meal
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Loganberry	<input type="checkbox"/> Cashews
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Loquat	<input type="checkbox"/> Chestnut
<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Maqui	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Mulberry	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Watercress	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Coconut, shredded (raw, unsweetened)
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Noni	<input type="checkbox"/> Grapeseed Oil, Organic
	<input type="checkbox"/> Passion Fruit	<input type="checkbox"/> Hazelnut Flour
<input type="checkbox"/> Fruits	<input type="checkbox"/> Peach	<input type="checkbox"/> Hazelnut/Filbert
<input type="checkbox"/> Acai	<input type="checkbox"/> Pear	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Apple (all types)		<input type="checkbox"/> Olive Oil, Virgin
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Nuts, Seeds, Drupes & Oils	<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
<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Sesame Seed Oil
<input type="checkbox"/> Lime	<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Sesame Seeds

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

<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"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Rose Hips
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Saffron

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

☐ Miscellaneous ☐ Silver☐ Antimony☐ Apricot☐ Snacks☐ Baking Soda (Arm & Hammer®)☐ Banana☐ 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