

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are waiting for you to experiment with. Please enter them in the list. These are foods that you can have occasionally. Please consume one choice from the list. The following food will be in your diet at some point, but based on food reactions. These are the foods that have been removed from your diet.

Fruits		
Acai	Fig	Loganberry
alpha	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apricot	Gooseberry	Mangosteen
Banana	Grape	Maqui
Bilberry	Grape, Green	Melon, Honeydew
Blackberry	Grape, Purple	Monk Fruit (Pure)
Blueberry	Grape, Red	Mulberry
Boysenberry	Grape, White	Nectarines
bravo	Grapefruit	Noni
Cantaloupe	Grapefruit Juice	Orange
charlie	Guava	Orange, Blood
Cherry	Huckleberry	Orange Juice
Clementine	Jack fruit	Orange Peel/Rind
Cranberry	Kiwi	Papaya
Cranberry Juice	Kumquat	Passion Fruit
Currant	Lemon	Peach
Dates	Lemon Juice	Pear
Dragon Fruit (Pitaya)	Lemon Rind/Peel	Pear, Asian
Dried Fruit	Lime	Persimmons

Pineapple

Cottonseed/Cottonseed Oil

Plantain

Flax Meal

Plum	Nuts, Seeds, Drupes & Oils	Flax Oil
Pomegranate		Flax Seed
Pomelo	Almond	Grapeseed Oil, Organic
Prune	Almond, Marcona	Hazelnut/Filbert
Quince	Almond Butter (Artisana®)	Hazelnut Flour
Raisin (unsulfured, organic)	Almond Flavor (natural, gluten free)	Hemp Meal
Raspberry	Almond Flour (gluten free)	Hemp Protein (Powder)
Star Fruit	Almond Meal (gluten free)	Hemp Seed
Strawberry	Annatto Seed	Hydrogenated Oils
Tamarind	Avocado Oil	Macadamia Nut Oil
Tangelo	Brazil Nut	Macadamia Nuts
Tangerine	Canola/Rapeseed Oil	Olive Leaf Extract
Vinegar, Red Wine	Caraway Seed	Olive Oil, Virgin
Watermelon	Cashew Butter	Palm Kernel Oil
Wolfberry	Cashew Meal	Pecan Flour
Youngberry	Cashews	Pecans
	Chestnut	Pepitas
	Chia Seed (1/4 cup, max)	Pili Nuts
	Coconut, shredded (raw, unsweetened)	Pine Nut
	Coconut Butter	Pistachios
	Coconut Oil	
	Cola Nut (aka Kola Nut)	
	Corn Oil	

Poppy seeds	Vegetable Oil	Lobster
Psyllium Husk	Vegetable Shortening (Spectrum®)	Mackerel
Pumpkin Oil	Walnut Oil	Mahi Mahi
Pumpkin Seed Oil	Walnuts	Mussel
Pumpkin Seeds	Walnuts, Black	Octopus
Ramon Seeds	Fish & Shellfish	Orange Roughy
Rice, Wild (Lundberg® - not the blend)	Anchovy	Oyster
Rice Bran Oil	Bass	Perch
Sacha Inchi Seeds	Catfish	Red Snapper
Safflower/Safflower Seed Oil	Chilean Sea Bass	Salmon, wild (fresh)
Sesame Seed Oil	Clam	Sardines
Sesame Seeds	Cod/ Cod Liver Oil	Scallop
Sesame Seeds, Black	Corvina	Shrimp
Sunflower Seed Butter	Crab	Sole
Sunflower Seed Lecithin	Crab, Immitation	Squid
Sunflower Seed Oil	Crayfish	Swai
Sunflower Seeds	Flounder	Swordfish
Tahini	Haddock	Tilapia (Wild, Non-farmed)
Tea, Ramon	Hake	Trout
Tiger Nuts	Halibut	Tuna
Truffle Oil	Herring	Walleye Pike
Truffle Oil, Black		Whitefish/Turbot

Vegetables

Agave Nectar

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Hydrogenated Oils

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu	Pea, Green	Potato, Yukon Gold
Leeks	Pea, Snap	Prickly Pear
Lettuce, all types	Pea, Snow	Psyllium Husk
Mushrooms	Pea, Split	Pumpkin
Mushrooms, Button	Pea Protein	Pumpkin Powder
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Radicchio
Mushrooms, Maitake	Pepper, Cayenne	Radish
Mushrooms, Shiitake	Pepper, Chili	Rainbow Chard
Mustard Greens	Pepper, Green	Red Pepper Flake
Noir	Pepper, Habanero	Rhubarb
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rutabaga
Okra	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Olives (without vinegar)	Pepper, Red	Scallions
Onion, Green	Pepper, Serrano	Sea Vegetables
Onion, Maui	Pickles, Bubbies® brand only	Seaweed
Onion, Red	Pimento	Shallots
Onion, Sweet	Potato, Fingerling	Spinach
Onion, Yellow	Potato, Purple	Spirulina
Paprika	Potato, Red	Squash
Parsley	Potato, Russet	Squash, Acorn
Parship	Potato, Sweet	Squash, Butternut
Pea, Black-Eyed	Potato, White	Squash, Green

Squash, Spaghetti	Turnips	Applegate® organic smoked chicken breast
Squash, Summer	Vegetable Oil	Applegate® organic smoked turkey breast
Squash, Winter	Water Chestnut	Applegate® organic spinach & feta sausage
Squash, Yellow	Watercress	Applegate® organic turkey
Sugar Beet	Wheat Grass (Is Gluten-contaminated)	Applegate® organic turkey bacon
Sweet Potato, Red	Yams, Garnett	Beef, Grass-fed only (organic)
Sweet Potatoes, White	Yams, Japanese	Bison (see also Buffalo)
Swiss Chard	Yucca	Buffalo (see also Bison)
Tomatillo	Zucchini	Chicken, free range (organic)
Tomato	Meat & Poultry	Chicken Broth (Imagine® gf/low sodium)
Tomato, Cherry	Applegate® organic andouille sausage	Collagen Protein (Powder)
Tomato, Heirloom	Applegate® organic bacon	Deer (see also Venison)
Tomato, Orange	Applegate® organic black forest ham	Duck
Tomato, Red	Applegate® organic chicken	Goat, Grass-fed only (organic)
Tomato, Roma	Applegate® organic chicken sausage	Great Lake's® Beef Gelatin
Tomato, Sun-dried	Applegate® organic ham	Lamb
Tomato, Yellow	Applegate® organic herb roasted turkey	Lard (pork)
Tomatoes, Big Beef	Applegate® organic hot dogs	Ostrich
Tomato Paste (gluten & Vinegar-free)	Applegate® organic pepper sausage	Pheasant
Tomato Sauce (gluten & Vinegar-free)	Applegate® organic roast beef	Pork, (organic)
Truffle	Applegate® organic sausage sweet italian	Quail
Turnip Greens		Rabbit

Turkey (organic)	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Mayonnaise
Veal (organic)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Mayonnaise, Primal Kitchen Avocado Oil
Venison (see also Deer)	BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Non-Dairy & Eggs	BodyPro Almond Mayo with Yacon Syrup	Mustard, Brown (Eden® gf mustard)
Almond Milk, unsweetened (no tapioca)	BodyPro Avocado Oil Mayonnaise	Olives (without vinegar)
Almond Yogurt, unsweetened	Carob	Red Bean Paste
BodyPro Avocado Oil Mayonnaise	Cocoa Butter	Red Chili Paste Thai Kitchen® (gluten free)
Chicken, Organic (Coconut, Tapioca, yeast,....)	Coconut Aminos®	Red Tomato Paste (gluten free)
Cheese, Soy (Organic) (see Soy)	Coconut Cream	Sauerkraut (Bubbies® Brand only)
Coconut Kefir (No Tapioca, Carageenan)	Coconut Vinegar (Coconut Secret)	Sherry Vinegar
Coconut Milk (Native Forest or Natural Value)	Cream, Raw and Unpasteurized	Sour Cream, Raw and Unpasteurized
Egg, Pasture-raised (from a farmer)	Dressing, Primal Kitchen Cream Avocado Oil	Soy Sauce
Egg, Vital Farms® or Pasture Verde®	Dressing, Primal Kitchen Honey Mustard	Sriracha Sauce, Organicville, gluten-free
Egg, Whites, Pasture-raised	Earth Balance® Avocado Oil Butter Spread	Tabasco Sauce
Egg, Yolks Pasture-raised	Earth Balance® Coconut Spread	Tamar (Wheat Free)
Milk, Soy (Organic)	Harissa	Teriyaki Sauce
Paleo Cheese (Julianbakery.com or Amazon.com)	Honey, Organicville, Unsulfured (Annie's®)	Tomato Paste (gluten & Vinegar-free)
Condiments, Spreads & Sauces	Hummus	Tomato Sauce (gluten & Vinegar-free)
Apple Cider Vinegar (Bragg's®)	Ketchup (Organicville)	Ume Plum Vinegar
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Aminos (Braggs®)(has Soy)	Veganise Soy-free (Follow Your Heart®)
Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke (can have gluten)	Vegetable Shortening (Spectrum®)
	Liquid Smoke gluten free (natural)	Vinegar

Vinegar, Beet

Erythritol (non-GMO)

Sucanat

Vinegar, Distilled

Fructose

Sucralose

Vinegar, Malt

Fruit Pectin

Sugar Beet

Vinegar, Red Wine

Honey, (Organic)

Sugar Cane

Vinegar, Rice

Honey, Manuka

Sweetleaf® Stevia

Vinegar, White

Honey, Wildflower from Mahava®

Swerve® Sweetener

Vinegar, White Wine

Jerusalem Artichoke Syrup

Tapioca Dextrose

White Distilled Vinegar

Just Like Sugar®

Xyla (Birchwood Xylitol)

White Distilled Vinegar (Plus Wizard's® GF)

Lo Han

Xylitol

Sweeteners

Maltitol

Yacon Syrup

Agave Nectar

Maltodextrin (Barley-derived)

Herbs & Spices

Aspartame

Maltodextrin (Barley-derived, non-GMO)

Allspice

BodyPro Almond Mayo Grade A Maple Syrup

Maltodextrin (Tapioca-based)

Almond Flavor (natural, gluten free)

Brown Rice Syrup (contains MSG/Gluten)

Maple Sugar

Anise

Cane Syrup

Maple Syrup (Grade A Dark Amber Organic)

Ashwaganda

Chocolate, Dark

Molasses

Astragalus

Chocolate, Milk

Monk Fruit (Pure)

Basil

Chocolate, White

Monk Fruit Extract

Bay Leaf

Coconut Palm Sugar

Nutrasweet®

Bell Pepper, Red

Coconut Sugar

Rebiana Leaf (Stevia)

Black Cohosh

Date Sugar

Sorbitol

Capsicum

Splenda

Caramel Coloring	Fennel	Lemongrass
Caraway Seed	Garam Masala	Lemon Pepper
Cardamom	Garlic	Licorice Root
Celery Powder	Garlic Pepper	Maca Root
Chicory Root	Garlic Powder	Mace Spice
Chili Powder	Garlic Salt	Marjoram
Chipotle Seasoning	Ginger	Mesquite
Cilantro/Coriander	Ginkgo Biloba	Milk Thistle
Cinnamon	Ginseng (All Types)	Mint
Cinnamon, Ceylon	Goldenseal	Mustard (as a Powder)
Cloves	Grapefruit Seed Extract	Mustard Seeds (gluten free)
Cloves, Madagascar	Grapeseed Extract	Nutmeg
Cloves, Penang	Guarana	Olive Leaf Extract
Cramp Bark Extract	Gymnema Silvestre	Onion
Cream of Tartar	Herbs De Provence	Onion Powder
Cumin	Hickory	Orange Peel/Rind
Curcumin	Himalayan Salt	Orange Salt
Curry (must be GF)	Hydrogenated Oils	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)

Pepper, Cayenne	Tarragon	Cheese, Cheddar (Raw)
Pepper, Red	Thyme	Cheese, Cottage
Pepper, Sichuan	Tomatillo	Cheese, Cream
Pepper, Szechuan	Turmeric	Cheese, Feta
Pepper/Peppercorns	Uva Ursi	Cheese, Goat
Peppermint	Valerian	Cheese, Gorgonzola
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Gouda
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Havarti
Red Pepper Flake	Vanilla Powder	Cheese, Machego
Rose Hips	White Willow Bark Extract	Cheese, Mascapone
Rosemary	Wintergreen	Cheese, Mozzarella (Raw)
Saffron	Wormwood	Cheese, Muenster
Sage	Milk-Containing Foods	Cheese, Parmesan
Saw Plametto	Applegate® organic spinach & feta sausage	Cheese, Pecorino
Sesame Seeds	Butter, Raw and Pasture-raised	Cheese, Provolone
Sesame Seeds, Black	Buttermilk	Cheese, Raw and Pasture-raised
Shallots	Casein	Cheese, Ricotta
Spearmint	Cheese, American	Cheese, Romano
St. John's Wort	Cheese, Asiago	Cheese, Sheep
Sumac	Cheese, Bleu	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Brie	Cheese, Swiss
Tamari (Wheat Free)		Chocolate, Milk

Chocolate, White

Bean, Chana Dahl

Miso

Cream, Raw and Unpasteurized

Bean, Chili

Pea, Snap

Ghee (Pasture-Raised, Organic)

Bean, Green

Pea, Snow

Goat Cheese

Bean, Italian

Pea, Split

Goat Kefir

Bean, Kidney

Peanut (Organic, Valencia)

Kefir, Raw

Bean, Lima

Peanut Butter (Organic,
Maranatha®)

Lactalbumin

Bean, Mung

Peanut Oil (Organic)

Milk, Buffalo

Bean, Navy

Red Bean Paste

Milk, Cow

Bean, Ninja

Soybean oil(must be organic)

Milk, Goat

Bean, Pinto/Frijole

Soy Beans (must be organic)

Milk, Sheep

Bean, Red

Vanilla Bean

Milk Chocolate

Bean, White

Vanilla Powder

Mozzarella Cheese

Chickpea (see also Garbanzo Bean)

Vegetable Oil

Sour Cream, Raw and
Unpasteurized

Coffee Bean, Organic

Corn-Derived Foods

Whey

Edamame (must be organic)

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Yogurt (See Xanthan Gum)

Fava Bean

Cheese, Cream

Legumes & Pulses

Fava Bean Flour

Cheese, Daiya
(Coconut,Tapioca,yeast,....)

Bean, Azuki

Garbanzo Bean

Cheese, Soy (Organic) (see Soy)

Bean, Black

Garbanzo Flour

Chewing Gum (has gluten and corn)

Bean, Butter

Hydrogenated Oils

Corn (Gluten-free & Non-GMO)

Bean, Cannellini

Kidney Bean

Corn, Blue

Lentils

Corn, White	Barley Juice (may contain gluten)	Oats
Corn Gluten	Beer	Oats, GF (not Certified) can have gluten
Corn Meal (gluten free)	Bran	Orzo
Corn Oil	Bread	Panko
Corn Starch (gluten free)	Butter (may contain MSG/Gluten)	Polish Wheat
Erythritol (non-GMO)	Caramel Coloring	Rye
Fructose	Cheese, Bleu	Semolina
Garlic Powder, Grounded (Carrot)	Chewing Gum (has gluten and corn)	Soy Sauce
Hydrogenated Oils	Coffee, Instant (has gluten)	Spelt
Maltitol	Couscous	Teechino
Maltodextrin (Corn-based, non-GMO)	Crab, Imitation	Teriyaki Sauce
Modified Food Starch	Durum Wheat	Triticale
Organic Cornmeal (gluten-free)	Farro	Vinegar
Swerve® Sweetener	Gluten	Vinegar, Malt
Vegetable Oil	Graham (wheat)	Vinegar, White
Xanthan Gum	Kamut	Wheat (All Types)
Yogurt (See Xanthan Gum)	Liquid Smoke (can have gluten)	Whole Grains (Gluten-contaminated)
Gluten-Containing Foods	Malt	Gluten-Free Grains
Barley	Maltitol	Almond Flour (gluten free)
Barley Grass (can have gluten)	Maltodextrin (Barley-derived)	Amaranth
Barley Greens (may contain gluten)	Modified Food Starch	Arrowroot Flour/powder
	Organic Cornmeal (Gluten Sensitive)	

Basmati Rice (gluten free)	Millet	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Buckwheat Flour	Oats (Certified GF)	Sorghum
Chicory Root	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
Coconut Flour (gluten free)	Potato Starch (gluten free)	Tapioca
Coconut Meal (gluten free)	ProGranola (Julian Bakery)	Tapioca Flour (gluten free)
Corn (Gluten-free & Non-GMO)	Quinoa (gluten free)	Tapioca Starch (gluten free)
Corn, Blue	Quinoa, Black (gluten free)	Teff
Corn, White	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn Meal (gluten free)	Rice, Basmati (gluten free)	Tolerant Red or Green Lentil Pasta
Corn Starch (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice, Brown (gluten free)	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Rice, Japonica (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Purple (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Red (gluten free)	Beverages & Protein Powders
Glucomannon Flour (konjacfoods.com)	Rice, White (gluten free)	Almond Milk, unsweetened (no tapioca)
Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)	Apple Cider
Hemp Meal	Rice Bran	Apple Juice
Hemp Protein (Powder)	Rice Flour (gluten free)	Beer
Hemp Seed	Rice Protein Powder (gluten free)	Bone Broth Protein, Beef
Hydrogenated Oils	Simple Mills - Everything But the Seed Cracker	Carrot Juice
Konjac Glucomannon Flour	Simple Mills - Everything But the Seed Cracker	
	Almond Crackers	

Casein	Milk, Soy (Organic)	Wine, Red
Coconut Kefir (No Tapioca, Carageenan)	Mineral Water	Wine, White (Champagne)
Coconut Milk(Native Forest or Natural Value)	Orange Juice	Yerba Matte Tea (Organic/Pure)
Coconut Water (low sugar)	Pea Protein	Zevia Drinks
Coffee	Rice Protein Powder (gluten free)	Miscellaneous
Coffee, Instant (has gluten)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee Bean, Organic	Soy Protein (Organic)	Agar Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Antimony
Echinacea Tea	Tea, Black	Arabic Gum
Grapefruit Juice	Tea, Chamomile	Baking Powder
Great Lake's® Beef Gelatin	Tea, Green	Baking Soda (Arm & Hammer®)
Green Tea	Tea, Hibiscus	Blue Food Dye
Hemp Protein (Powder)	Tea, Komboucha	Bone Broth, Beef
Komboucha Tea	Tea, Oolong	Carrageenan Gum
Lactalbumin	Tea, Ramon	Chewing Gum (has gluten and corn)
Lemon Juice	Tea, Roobios	Chewing Gum, XylisheW®
Licorice Tea	Tea, Unflavored	Chickpea Protein (Organic, gluten-free, sodium)
Lime Juice	Tea, White	Chicory Root
Milk, Buffalo	Teechino	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Cow	Vinegar, Red Wine	Collagen Protein (Powder)
Milk, Goat	Water	
Milk, Sheep	Whey	

Formaldehyde

Modified Food Starch
(Tapioca-based)GemWraps®, Sandwich Wrap
(Carrot)

Palm Wax

GemWraps®, Sandwich Wrap
(Kale-Apple)GemWraps®, Sandwich Wrap
(Mango/Chipotle)GemWraps®, Sandwich Wrap
(Tomato)Glucomannon Flour
(konjacfoods.com)

Great Lake's® Beef Gelatin

Guar Gum

Hops

Hydrogenated Oils

Inulin

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Julian Bakery Paleo Wraps

Konjac Glucomannon Flour

Lard (pork)

Latex

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Barley-derived)

Modified Food Starch

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)

Tofu (Organic)

Tragacanth Gum

Vegetable broth (Imagine® Low
Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies

AB

Flax Meal

Flax Oil

Flax Seed

Flounder

qwerty

Yucca

Zucchini