

Fruits

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange Juice

Orange Peel/Rind

Orange, Blood

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Vinegar, Red Wine

Watermelon

Wolfberry

Youngberry

Nuts, Seeds, Drupes & Oils

Almond

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

Avocado Oil

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut Butter

Coconut Oil

Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hazelnut Flour

Hazelnut/Filbert

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice Bran Oil

Rice, Wild (Lundberg® - not the blend)

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds	Haddock	Tuna
Tahini	Hake	Walleye Pike
Tea, Ramon	Halibut	Whitefish/Turbot
Tiger Nuts	Herring	Vegetables
Truffle Oil	Lobster	Alfalfa Grass
Truffle Oil, Black	Mackerel	Alfalfa Sprouts
Vegetable Oil	Mahi Mahi	Aloe Vera
Vegetable Shortening (Spectrum®)	Mussel	Artichoke (not pickled)
Walnut Oil	Octopus	Artichoke, Jerusalem (not pickled)
Walnuts	Orange Roughy	Arugula
Walnuts, Black	Oyster	Asparagus
Fish & Shellfish	Perch	Avocado
Anchovy	Red Snapper	Bamboo Shoot
Bass	Salmon, wild (fresh)	Barley Grass (can have gluten)
Catfish	Sardines	Barley Greens (may contain gluten)
Chilean Sea Bass	Scallop	Bean Sprout
Clam	Shrimp	Bean, Green
Cod/ Cod Liver Oil	Sole	Beet
Corvina	Squid	Beet Greens
Crab	Swai	Bell Pepper
Crab, Immitation	Swordfish	Bell Pepper, Green
Crayfish	Tilapia (Wild, Non-farmed)	Bell Pepper, Orange
Flounder	Trout	Bell Pepper, Red

Bell Pepper, Yellow	Chard	Kohlrabi
Bok Choy	Chayote	Kombu
Broccoli	Chives	Leeks
Broccoli Rabe	Coconut (raw and unsweetened)	Lettuce, all types
Broccoli Sprouts	Coconut Concentrate	Mushrooms
Broccolini	Collard Greens	Mushrooms, Button
Brussels Sprout	Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini
Burdock	Corn, Blue	Mushrooms, Maitake
Cabbage, Chinese (see also Bok Choy)	Corn, White	Mushrooms, Shiitake
Cabbage, Green	Cucumber	Mustard Greens
Cabbage, Purple	Daikon Radish	Nori
Cactus (Nopales)	Dandelion Greens	Oat Grass (Not For Gluten Sensitive)
Capers	Dandelion Root	Okra
Capsicum	Eggplant	Olives (without vinegar)
Carrot Juice	Endive	Onion, Green
Carrot, Orange	Fennel	Onion, Maui
Carrot, Purple	Garlic	Onion, Red
Carrot, White	Hearts of Palm	Onion, Sweet
Carrot, Yellow	Horseradish	Onion, Yellow
Cassava (see Tapioca and Yucca)	Hydrogenated Oils	Paprika
Cauliflower	Jicama	Parsley
Cauliflower, Purple	Kale, all types	Parsnip
Celery	Kelp/Dulse	Pea Protein

Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard
Pepper, Cayenne	Rainbow Chard	Tomatillo
Pepper, Chili	Red Pepper Flake	Tomato
Pepper, Green	Rhubarb	Tomato Paste (gluten & Vinegar-free)
Pepper, Habanero	Rutabaga	Tomato Sauce (gluten & Vinegar-free)
Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)	Tomato, Cherry
Pepper, Poblano	Scallions	Tomato, Heirloom
Pepper, Red	Sea Vegetables	Tomato, Orange
Pepper, Serrano	Seaweed	Tomato, Red
Pickles, Bubbies® brand only	Shallots	Tomato, Roma
Pimento	Spinach	Tomato, Sun-dried
Potato, Fingerling	Spirulina	Tomato, Yellow
Potato, Purple	Squash	Tomatoes, Big Beef
Potato, Red	Squash, Acorn	Truffle
Potato, Russet	Squash, Butternut	Turnip Greens
Potato, Sweet	Squash, Green	Turnips
Potato, White	Squash, Spaghetti	Vegetable Oil
Potato, Yukon Gold	Squash, Summer	Water Chestnut

Watercress

Wheat Grass (Is
Gluten-contaminated)

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

Meat & Poultry

Applegate® organic andouille
sausage

Applegate® organic bacon

Applegate® organic black forest
ham

Applegate® organic chicken

Applegate® organic chicken/apple
sausage

Applegate® organic ham

Applegate® organic herb roasted
turkey

Applegate® organic hot dogs

Applegate® organic red pepper
sausage

Applegate® organic roast beef

Applegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low
sodium)

Chicken, free range (organic)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Non-Dairy & Eggs

Almond Milk, unsweetened (no
tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk(Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or
Red Wine Vinegar)Balsamic Vinegar (with Red Wine
Vinegar)Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie's®
Sweet & SpicyBodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Carob	Red Chili Paste Thai Kitchen® (gluten free)	White/Distilled Vinegar
Cocoa Butter	Red Tomato Paste (gluten free)	Worcestershire Sauce (The Wizard's® GF)
Coconut Aminos®	Sauerkraut (Bubbies® Brand only)	Sweeteners
Coconut Cream	Sherry Vinegar	Agave Nectar
Coconut Vinegar (Coconut Secret)	Sour Cream, Raw and Unpasteurized	Aspartame
Cream, Raw and Unpasteurized	Soy Sauce	BodyPro Almond Mayo Grade A Maple Syrup
Dressing, Primal Kitchen Greek Avocado Oil	Sriracha Sauce Organicville gluten-free	Brown Rice Syrup (contains MSG/Gluten)
Dressing, Primal Kitchen Honey Mustard	Tabasco Sauce	Cane Syrup
Earth Balance® Avocado Oil Butter Spread	Tamari (Wheat Free)	Chocolate, Dark
Earth Balance® Coconut Spread	Teriyaki Sauce	Chocolate, Milk
Harissa	Tomato Paste (gluten & Vinegar-free)	Chocolate, White
Horseradish Sauce, Gluten-free (Annie's®)	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Hummus	Ume Plum Vinegar	Coconut Sugar
Ketchup (Organicville)	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Liquid Aminos (Braggs®)(has Soy)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Smoke (can have gluten)	Vinegar	Fructose
Liquid Smoke gluten free (natural)	Vinegar, Beet	Fruit Pectin
Mayonnaise	Vinegar, Distilled	Honey, (Organic)
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mustard, Brown (Eden® gf mustard)	Vinegar, Rice	Jerusalem Artichoke Syrup
Olives (without vinegar)	Vinegar, White	Just Like Sugar®
Red Bean Paste	Vinegar, White Wine	Lo Han

Maltitol	Herbs & Spices	Cramp Bark Extract
Maltodextrin (Barley-derived)	Allspice	Cream of Tartar
Maltodextrin (Corn-based, non-GMO)	Almond Flavor (natural, gluten free)	Cumin
Maltodextrin (Tapioca-based)	Anise	Curcumin
Maple Sugar	Ashwaganda	Curry (must be GF)
Maple Syrup (Grade A Dark Amber Organic)	Astragalus	Dandelion Root
Molasses	Basil	Dill
Monk Fruit (Pure)	Bay Leaf	Dong Quai
Monk Fruit Extract	Bell Pepper, Red	Echinacea
Nutrasweet®	Black Cohosh	Fennel
Rebiana Leaf (Stevia)	Capsicum	Garam Masala
Sorbitol	Caramel Coloring	Garlic
Splenda	Caraway Seed	Garlic Pepper
Sucanat	Cardamom	Garlic Powder
Sucralose	Celery Powder	Garlic Salt
Sugar Beet	Chicory Root	Ginger
Sugar Cane	Chili Powder	Ginkgo Biloba
Sweetleaf® Stevia	Chipotle Seasoning	Ginseng (All Types)
Swerve® Sweetener	Cilantro/Coriander	Goldenseal
Tapioca Dextrose	Cinnamon	Grapefruit Seed Extract
Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapeseed Extract
Xylitol	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
	Cloves, Penang	

Herbs De Provence	Orange Peel/Rind	Shallots
Hickory	Orange Salt	Spearmint
Himalayan Salt	Oregano	St. John's Wort
Hydrogenated Oils	Paprika	Sumac
Jamaican Jerk	Paprika (smoked)	Taco Seasoning
Juniper Berry	Parsley	Tamari (Wheat Free)
Lavender	Pepper, Black (see Garlic/Lemon Pepper)	Tarragon
Lemon Balm (Melissa Officinalis)	Pepper, Cayenne	Thyme
Lemon Pepper	Pepper, Red	Tomatillo
Lemongrass	Pepper, Sichuan	Turmeric
Licorice Root	Pepper, Szechuan	Uva Ursi
Maca Root	Pepper/Peppercorns	Valerian
Mace Spice	Peppermint	Vanilla (gluten and corn-free)
Marjoram	Pine Bark Extract	Vanilla Bean
Mesquite	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Powder
Milk Thistle	Red Pepper Flake	White Willow Bark Extract
Mint	Rose Hips	Wintergreen
Mustard (as a Powder)	Rosemary	Wormwood
Mustard Seeds (gluten free)	Saffron	
Nutmeg	Sage	
Olive Leaf Extract	Saw Plametto	
Onion	Sesame Seeds	
Onion Powder	Sesame Seeds, Black	

Milk-Containing FoodsApplegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Legumes & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Hydrogenated Oils	Chicory Root	Potato Starch (gluten free)
Kidney Bean	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Lentil(s)	Coconut Meal (gluten free)	Quinoa (gluten free)
Miso	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snap	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Snow	Corn Starch (gluten free)	Rice Bran
Pea, Split	Corn, Blue	Rice Flour (gluten free)
Peanut (Organic, Valencia)	Corn, White	Rice Protein Powder (gluten free)
Peanut Butter (Organic, Maranatha®)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Peanut Oil (Organic)	Fava Bean Flour	Rice, Black (gluten free)
Red Bean Paste	Flax Meal	Rice, Brown (gluten free)
Soy Beans (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Soybean oil(must be organic)	Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)
Vanilla Bean	Hazelnut Flour	Rice, Red (gluten free)
Vanilla Powder	Hemp Meal	Rice, White (gluten free)
Vegetable Oil	Hemp Protein (Powder)	Rice, Wild (Lundberg® - not the blend)
Gluten-Free Grains	Hemp Seed	Simple Mills - Everything Sprouted Seed Cracker
Almond Flour (gluten free)	Hydrogenated Oils	Simple Mills Ground Sea Salt Almond Crackers
Amaranth	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt Crackers
Arrowroot Flour/powder	Millet	Simple Mills Tomato & Basil Almond Crackers
Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)	Sorghum
Buckwheat	Oats (Certified GF)	Sweet Potato Flour (gluten free)
Buckwheat Flour	Potato Flour (gluten free)	Tapioca

Tapioca Flour (gluten free)	Fructose	Coffee, Instant (has gluten)
Tapioca Starch (gluten free)	GemWraps®, Sandwich Wrap (Carrot)	Couscous
Teff	Hydrogenated Oils	Crab, Immitation
Tolerant Green Lentil & Pea Pasta	Maltitol	Durum Wheat
Tolerant Red or Green Lentil Pasta	Maltodextrin (Corn-based, non-GMO)	Farro
Tortilla, Siete Almond	Modified Food Starch	Gluten
Tortilla, Siete Cassava & Coconut	Sriracha Sauce Organicville gluten-free	Graham (wheat)
Tortilla, Siete Chia & Cassava	Swerve® Sweetener	Kamut
Vegetable Oil	Vegetable Oil	Liquid Smoke (can have gluten)
Corn-Derived Foods	Xanthan Gum	Malt
Barbeque Sauce, GF Annie's® Sweet & Spicy	Yogurt (See Xanthan Gum)	Maltitol
Cheese, Cream	Gluten-Containing Foods	Maltodextrin (Barley-derived)
Cheese, Daiya (Coconut,Tapioca,yeast,...)	Barley	Modified Food Starch
Cheese, Soy (Organic) (see Soy)	Barley Grass (can have gluten)	Oat Grass (Not For Gluten Sensitive)
Chewing Gum (has gluten and corn)	Barley Greens (may contain gluten)	Oats
Corn (Gluten-free & Non-GMO)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Corn Gluten	Beer	Orzo
Corn Meal (gluten free)	Bran	Panko
Corn Oil	Bread	Polish Wheat
Corn Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Rye
Corn, Blue	Caramel Coloring	Semolina
Corn, White	Cheese, Bleu	Soy Sauce
Erythritol (non-GMO)	Chewing Gum (has gluten and corn)	Spelt

Teechino	Echinacea Tea	Tea, Chamomile
Teriyaki Sauce	Grapefruit Juice	Tea, Green
Triticale	Great Lake's® Beef Gelatin	Tea, Hibiscus
Vinegar	Green Tea	Tea, Komboucha
Vinegar, Malt	Hemp Protein (Powder)	Tea, Oolong
Vinegar, White	Komboucha Tea	Tea, Ramon
Wheat (All Types)	Lactoalbumin	Tea, Roobios
Wheat Grass (Is Gluten-contaminated)	Lemon Juice	Tea, Unflavored
Beverages & Protein Powders	Licorice Tea	Tea, White
Almond Milk, unsweetened (no tapioca)	Lime Juice	Teechino
Apple Cider	Milk, Buffalo	Vinegar, Red Wine
Apple Juice	Milk, Cow	Water
Beer	Milk, Goat	Whey
Bone Broth Protein, Beef	Milk, Sheep	Wine, Red
Carrot Juice	Milk, Soy (Organic)	Wine, White (Champagne)
Casein	Mineral Water	Yerba Matte Tea (Organic/Pure)
Coconut Kefir (No Tapioca, Carageenan)	Orange Juice	Zevia Drinks
Coconut Milk(Native Forest or Natural Value)	Pea Protein	
Coconut Water (low sugar)	Rice Protein Powder (gluten free)	
Coffee	Soy Milk/Soy Cheese (Organic)	
Coffee Bean, Organic	Soy Protein (Organic)	
Coffee, Instant (has gluten)	Sparkling Water, unflavored	
Collagen Protein (Powder)	Tea, Black	

Miscellaneous

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Blue Food Dye

Bone Broth, Beef

Carrageenan Gum

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Chicken Broth (Imagine® gf/low sodium)

Chicory Root

Cocoa/Cacao (raw, pure, & unsweetened)

Collagen Protein (Powder)

Formaldehyde

GemWraps®, Sandwich Wrap (Carrot)

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

Modified Food Starch (Tapioca-based)

Palm Wax

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