Beverages & Protein Powders	Tea, Green		Sriracha Sauce Organicville gluten-free
Almond Milk, unsweetened (no tapioca)	Tea, Oolong		Tabasco Sauce
Apple Juice	Tea, Ramon		Dressing, Primal Kitchen Greek Avocado Oil
Carrot Juice	Tea, Roobios		Dressing, Primal Kitchen Honey Mustard
Coconut Kefir (No Tapioca, Carageenan)	Tea, unflavored/caffeine-free only		Mayonnaise, Primal Kitchen Avocado Oil
Coconut Milk(Native Forest or Natural Value)	Tea, White		BodyPro Almond Mayo Grade B Maple Syrup
Coconut Water (low sugar)	Teechino		BodyPro Almond Mayo with Yacon Syrup
Coffee, Instant (has gluten)	Water		
Collagen Protein (Powder)	Yerba Matte Tea (Organic/Pure)		Corn-Derived Foods
Echinacea Tea	Coffee Bean, Organic		Barbeque Sauce, GF Annie's® Sweet & Spicy
Green Tea			Cheese, Cream
Hemp Protein (Powder)	Condiments		Cheese, Daiya (Coconut, Tapioca, yeast, Â)
Lemon Juice	Apple Cider Vinegar (Bragg's®)		Cheese, Soy (Organic) (see Soy)
Licorice Tea	Balsamic Vinegar MiaBella NoCaramel/Wine\	/inega	Chewing Gum (has gluten and corn)
Lime Juice	Balsamic Vinegar (Caramel/Red W. Vinegar)		Corn (Gluten-free & Non-GMO)
Milk, Goat	Barbeque Sauce, GF Annie'sÅ® Sweet & Spi		Corn, Blue
Milk, Sheep	Carob		Corn, White
Mineral Water	Coconut Vinegar (Coconut Secret)		Corn Gluten
Rice Protein Powder (gluten free)	Earth Balance® Coconut Spread		Corn Meal (gluten free)
Sparkling Water, unflavored	Ketchup (Organicville)		Corn Oil
Tea, Black	Sauerkraut (Bubbies® Brand only)		Corn Starch (gluten free)
Tea, Chamomile	Worcestershire Sauce (The Wizard's® GF)		Erythritol (non-GMO)

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Fructose	Lobster		Fruits
GemWraps®, Sandwich Wrap (Carrot)	Mackerel		Acai
Maltodextrin (Corn-based, non-GMO)	Mahi Mahi		Apple (all types)
Swerve® Xylitol	Mussel		Apple Cider
Vegetable Oil	Orange Roughy		Apple Juice
Xanthan Gum	Oyster		Bilberry
Yogurt (See Xanthan Gum)	Perch		Blackberry
Sriracha Sauce Organicville gluten-free	Red Snapper		Blueberry
 	Sardines		Boysenberry
Fish & Shellfish	Sole		Cherry
Anchovy	Squid		Clementine
Bass	Swai		Cranberry
Catfish	Swordfish		Cranberry Juice
Chilean Sea Bass	Tilapia (Non-farmed)		Currant
Clam	Trout		Date(s)
Corvina	Walleye Pike		Dragon Fruit (Pitaya)
Crab	Whitefish/Turbot		Dried Fruit
Crayfish	Crab, Immitation		Elderberry
Flounder			Fig
Hake			Golden Berry
Halibut			Gooseberry
Herring			Grape

Grape, Green	Mulberry	Apple Sauce
Grape, Purple	Nectarines	
Grape, Red	Noni	Gluten-Containing Foods
Grape, White	Papaya	Barley
Guava	Passion Fruit	Barley Greens (Not for Gluten-Sensitive)
Huckleberry	Peach	Barley Juice (Not for Gluten-Sensitive)
Jack fruit	Persimmons	Brown Rice Syrup (contains MSG/Gluten)
Kiwi	Plum	Caramel Coloring
Kumquat	Pomegranate	Chewing Gum (has gluten and corn)
Lemon	Pomelo	Coffee, Instant (has gluten)
Lemon Juice	Prune	Couscous
Lemon Rind/Peel	Quince	Gluten
Lime	Raisin (unsulfured, organic)	Kamut
Lime Juice	Raspberry	Liquid Smoke (can have gluten)
Litchi (aka Lychee)	Star Fruit	Malt
Loganberry	Strawberry	Maltodextrin (Can be Wheat-derived)
Loquat	Tamarind	Orzo
Mango	Tangerine	Polish Wheat
Mangosteen	Wolfberry	Teechino
Maqui	Youngberry	Wheat Grass (Is Gluten-contaminated)
Melon, Honeydew	Apricot	Crab, Immitation
Monk Fruit	Goji Berry	

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Gluten-Free Grains	Oats (Bob's Red Mill Gluten Free Version)	Tolerant Red or Green Lentil Pasta
Almond Flour (gluten free)	Quinoa (gluten free)	Tortilla, Siete Almond
Amaranth	Quinoa, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Basmati Rice (gluten free)	Quinoa, Red (gluten free)	Corn Meal (gluten free)
Buckwheat	Rice, Basmati (gluten free)	Coconut Flour (gluten free)
Buckwheat Flour	Rice, Black (gluten free)	Arrowroot Flour/powder
Chicory Root	Rice, Brown (gluten free)	
Coconut Meal (gluten free)	Rice, Japonica (gluten free)	Herbs & Spices
Corn (Gluten-free & Non-GMO)	Rice, Purple (gluten free)	Allspice
Corn, Blue	Rice, Red (gluten free)	Almond Flavor natural, gluten free)
Corn, White	Rice, White (gluten free)	Anise
Corn Starch (gluten free)	Rice, Wild (Lundberg® - not the blend)	Ashwaganda
Fava Bean Flour	Rice Bran	Astragalus
Flax Meal	Rice Flour (gluten free)	Black Cohosh
Garbanzo Flour	Rice Protein Powder (gluten free)	Caramel Coloring
Glucomannon Flour (konjacfoods.com)	Sorghum	Caraway Seed
Hazelnut Flour	Sweet Potato Flour (gluten free)	Cardamom
Hemp Meal	Tapioca	Celery Powder
Hemp Protein (Powder)	Tapioca Flour (gluten free)	Chicory Root
Hemp Seed	Tapioca Starch (gluten free)	Chili Powder
Konjac Glucomannon Flour	Teff	Chipotle Seasoning
Millet	Tolerant Green Lentil & Pea Pasta	Cilantro/Coriander

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Cloves	Jamaican Jerk	Pepper/Peppercorns
Cloves, Madagascar	Juniper Berry	Pepper, Red
Cloves, Penang	Lavender	Peppermint
Cramp Bark Extract	Lemon Balm (Melissa Officinalis)	Pine Bark Extract
Cream of Tartar	Lemon Pepper	Red Pepper Flake
Cumin	Lemongrass	Rosemary
Curcumin	Licorice Root	Saffron
Curry (must be GF)	Liquid Smoke (can have gluten)	Sage
Dandelion Root	Liquid Smoke gluten free (natural)	Saw Plametto
Dill	Maca Root	Spearmint
Dong Quai	Mace Spice	St. John's Wort
Echinacea	Marjoram	Tarragon
Fennel	Mesquite	Thyme
Ginkgo Biloba	Milk Thistle	Tomatillo
Ginseng (All Types)	Mint	Turmeric
Goldenseal	Mustard Seeds (gluten free)	Uva Ursi
Grapeseed Extract	Nutmeg	Valerian
Guarana	Orange Salt	Vanilla (gluten and corn-free)
Gymnema Silvestre	Oregano	Vanilla Bean
Herbs De Provence	Parsley	Vanilla Powder
Hickory	Pepper, Black (see Garlic/Lemon Pepper)	White Willow Bark Extract
Himalayan Salt	Pepper, Cayenne	Wintergreen

Rose Hips	Bean, Red (see also Bean, Kidney)	Buffalo (see also Bison)
Pepper, Sichuan	Chickpea (see also Garbanzo Bean)	Deer (see also Venison)
Pepper, Szechuan	Fava Bean	Duck
Onion Powder	Fava Bean Flour	Goat, Grass-fed only (organic)
Onion	Garbanzo Bean	Ostrich
Shallots	Garbanzo Flour	Pheasant
Paprika (smoked)	Lentil(s)	Quail
Paprika	Red Bean Paste	Rabbit
	Vanilla Bean	Turkey (organic)
Legumes & Pulses	Vanilla Powder	Venison (see also Deer)
Bean, Azuki	White Beans	
Bean, Black	Coffee Bean, Organic	Milk-Containing Foods
Bean, Black Bean, Butter	Coffee Bean, Organic	Milk-Containing Foods Cheese, Cream
	Meat & Poultry	
Bean, Butter		Cheese, Cream
Bean, Butter Bean, Cannellini	Meat & Poultry	Cheese, Cream Cheese, Goat
Bean, Butter Bean, Cannellini Bean, Chana Dahl	Meat & Poultry Applegate® organic chicken	Cheese, Cream Cheese, Goat Cheese, Machego
Bean, Butter Bean, Cannellini Bean, Chana Dahl Bean, Chili	Meat & Poultry Applegate® organic chicken Applegate® organic herb roasted turkey	Cheese, Cream Cheese, Goat Cheese, Machego Cheese, Pecorino
Bean, Butter Bean, Cannellini Bean, Chana Dahl Bean, Chili Bean, Green	Meat & Poultry Applegate® organic chicken Applegate® organic herb roasted turkey Applegate® organic chicken/apple sausage	Cheese, Cream Cheese, Goat Cheese, Machego Cheese, Pecorino Cheese, Ricotta
Bean, Butter Bean, Cannellini Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian	Meat & Poultry Applegate® organic chicken Applegate® organic herb roasted turkey Applegate® organic chicken/apple sausage Applegate® organic smoked chicken breast	Cheese, Cream Cheese, Goat Cheese, Machego Cheese, Pecorino Cheese, Ricotta Cheese, Sheep
Bean, Butter Bean, Cannellini Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian Bean, Kidney	Meat & Poultry Applegate® organic chicken Applegate® organic herb roasted turkey Applegate® organic chicken/apple sausage Applegate® organic smoked chicken breast Applegate® organic smoked turkey breast	Cheese, Cream Cheese, Goat Cheese, Machego Cheese, Pecorino Cheese, Ricotta Cheese, Sheep Goat Cheese

Milk, Sheep		Guar Gum	Tragacanth Gum
Whey		Hops	Blue Food Dye
Yogurt (See Xanthan Gum)		Julian Bakery Almond Bread	Skinny Crisps®(Plain Jane)
Cheese, Feta		Julian Bakery Coconut Bread	Red Food Dye
		Konjac Glucomannon Flour	Agar Gum
Miscellaneous		Locust Bean Gum	
Antimony		Lycopene	Non-Dairy & Eggs
Arabic Gum		Malt	Almond Milk, unsweetened (no tapioca)
Baking Powder		Maltodextrin (Can be Wheat-derived)	Almond Yogurt, unsweetened
Baking Soda (Arm & Hammer®)		Palm Wax	Cheese, Daiya (Coconut,Tapioca,yeast,Â
Carrageenan Gum		Pycnogenol	Cheese, Soy (Organic) (see Soy)
Chewing Gum (has gluten and corn)		Red Tomato Paste (gluten free)	Coconut Kefir (No Tapioca, Carageenan)
Chewing Gum, Xylichew®		Resveratrol	Coconut Milk(Native Forest or Natural Value
Chicory Root		Silver	Egg, Whites, Pasture-raised
Coconut Aminos®		Tomato Paste (gluten & Vinegar-free)	
Coconut Cream		Tomato Sauce (gluten & Vinegar-free)	Nuts, Seeds, Drupes & Oils
Collagen Protein (Powder)		Vegetable Oil	Almond
GemWraps®, Sandwich Wrap (Carrot)		Vegetable Shortening (Spectrum®)	Almond Butter (Artisana®)
GemWraps®, Sandwich Wrap (Mango/Chi.) 🔲	Xanthan Gum	Almond Flavor natural, gluten free)
GemWraps®, Sandwich Wrap (Tomato)		Latex	Almond Flour (gluten free)
Glucomannon Flour (konjacfoods.com)		Formaldehyde	Almond Meal (gluten free)
Great Lake's® Beef Gelatin		Acacia Gum	Almond, Marcona

Shopping List Page 8	All ingredients must be organic
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Annatto Seed	Hemp Seed	Sunflower Seed Oil
Brazil Nut	Hydrogenated Oils	Sunflower Seeds
Canola/Rapeseed Oil	Macadamia Nut Oil	Tahini
Caraway Seed	Macadamia Nuts	Tea, Ramon
Cashews	Palm Kernel Oil	Tiger Nuts
Cashew Butter	Pecan	Vegetable Oil
Cashew Meal	Pecan Flour	Vegetable Shortening (Spectrum®)
Chestnut	Pepitas	Walnut, Black (few)
Coconut Butter	Pili Nuts	
Coconut Oil	Pine Nut	Snacks
Coconut, shredded (raw, unsweetened)	Pistachios	Date(s)
Cola Nut (aka Kola Nut)	Poppy seeds	Apple Sauce
Corn Oil	Psyllium Husk	
Cottonseed/Cottonseed Oil	Pumpkin Oil	Sweeteners
Flax Meal	Pumpkin Seed Oil	Aspartame/Nutrasweet
Flax Oil	Pumpkin Seeds	Brown Rice Syrup (contains MSG/Gluten)
Flax Seed	Ramon Seeds	Coconut Palm Sugar
Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)	Date Sugar
Hazelnut Flour	Safflower/Safflower Seed Oil	Erythritol (non-GMO)
Hazelnut/Filbert	Sacha Inchi Seeds	Fructose
Hemp Meal	Sunflower Seed Butter	Fruit Pectin
Hemp Protein (Powder)	Sunflower Seed Lecithin	Honey, (Organic)

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Honey, Manuka	Sucralose	Cabbage, Green
Honey, Wildflower from Mahava®	Agave Nectar	Cabbage, Purple
Just Like Sugar®	Coconut Sugar	Cactus (Nopales)
Lo Han		Capers
Maltodextrin (Can be Wheat-derived)	Vegetables	Capsicum
Maltodextrin (Corn-based, non-GMO)	Aloe Vera	Carrot Juice
Maple Sugar	Artichoke (not pickled)	Carrot, Orange
Maple Syrup (Grade A Dark Amber Organic)	Arugula	Carrot, Purple
Molasses	Asparagus	Carrot, White
Monk Fruit	Avocado	Carrot, Yellow
Nutrasweet®	Avocado Oil	Cassava (see Tapioca and Yucca)
Rebiana Leaf (Stevia)	Bamboo Shoot	Celery
Sorbitol	Bean, Green	Chard
Splenda	Bean Sprout	Chayote
Sucanat	Beet	Coconut (raw and unsweetened)
Sugar Beet	Beet Greens	Coconut Concentrate
Sugar Cane	Bell Pepper, Green	Collard Greens
Sweetleaf® Stevia	Bell Pepper, Red	Corn (Gluten-free & Non-GMO)
Swerve® Xylitol	Bok Choy	Corn, Blue
Xyla (Birchwood Xylitol/non-corn source)	Brussels Sprout	Corn, White
Yacon Syrup	Burdock	Cucumber
BodyPro Almond Mayo Grade B Maple Syrup	Cabbage, Chinese (see also Bok Choy)	Daikon Radish

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Dandelion Greens	Pea, Black-Eyed	Sea Vegetables
Dandelion Root	Pepper, Anaheim	Seaweed
Eggplant	Pepper, Chili	Spirulina
Endive	Pepper, Green	Squash
Fennel	Pepper, Habanero	Squash, Acorn
Hearts of Palm	Pepper, Jalapeño	Squash, Butternut
Horseradish	Pepper, Poblano	Squash, Green
Jicama	Pepper, Red	Squash, Spaghetti
Kelp/Dulse	Pepper, Serrano	Squash, Summer
Kohlrabi	Pickles, Bubbies® brand only	Squash, Winter
Kombu	Pimento	Squash, Yellow
Leeks	Potato, Sweet	Sugar Beet
Mushrooms	Prickly Pear	Sweet Potato, Red
Mushrooms, Button	Pumpkin	Sweet Potatoes, White
Mushrooms, Cremeni/Crimini	Pumpkin Powder	Swiss Chard
Mushrooms, Maitake	Radicchio	Tomatillo
Mushrooms, Shiitake	Radish	Tomato Paste (gluten & Vinegar-free)
Mustard Greens	Rainbow Chard	Tomato Sauce (gluten & Vinegar-free)
Nori	Rhubarb	Tomato
Okra	Rutabaga	Tomatoes, Big Beef
Parsley	Sauerkraut (Bubbies® Brand only)	Tomato, Cherry
Parsnip	Scallions	Tomato, Heirloom

Tomato, Orange	Shallots
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange
Tomato, Yellow	
Truffle	
Turnip Greens	
Turnips	
Water Chestnut	
Watercress	
Yams, Garnett	
Yams, Japanese	
Yucca	
Zucchini	
Alfalfa Sprouts	
Psyllium Husk	
Onion, Green	
Onion, Maui	
Onion, Red	
Onion, Sweet	
Onion, Yellow	
Chives	