

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lemon Juice

Licorice Tea

Lime Juice

Milk, Cow

Milk, Goat

Milk, Sheep

**Milk, Soy (Organic)**

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

**Soy Milk/Soy Cheese (Organic)****Soy Protein (Organic)**

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella NoCaramel/WineVinegar

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Barbeque Sauce, GF Annie's® Sweet &amp; Spicy

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter Spread

Horseradish Sauce, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

BodyPro Almond Mayo Grade B Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's® Sweet &amp; Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap (Carrot)

Maltodextrin (Corn-based, non-GMO)

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Sriracha Sauce Organicville gluten-free

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
<b>Fruits</b>	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach

## Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Banana

Apricot

Goji Berry

Apple Sauce

## Gluten-Containing Foods

Barley

Barley Greens (Not for Gluten-Sensitive)

Barley Juice (Not for Gluten-Sensitive)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be Wheat-derived)

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is Gluten-contaminated)

Crab, Immitation

**Gluten-Free Grains****Almond Flour (gluten free)**

Amaranth

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

**Chicory Root****Coconut Meal (gluten free)**

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour (konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free Version)

Oat Grass (Not For Gluten Sensitive)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Simple Mills Everything Sprouted Seed Crackers

Corn Meal (gluten free)

Coconut Flour (gluten free)

Arrowroot Flour/powder

**Herbs & Spices**

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Orange Peel/Rind	<b>Tarragon</b>	<b>Legumes &amp; Pulses</b>
Orange Salt	Thyme	Bean, Azuki
Oregano	<b>Tomatillo</b>	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see Garlic/Lemon Pepper)	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark Extract	Bean, Kidney
Red Chili Paste Thai Kitchen® (gluten free)	Wintergreen	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo Bean)
Sesame Seeds	Shallots	<b>Edamame (must be organic)</b>
Sesame Seeds, Black	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic roast beef	Pork, (organic)
Pea, Snap	Applegate® organic andouille sausage	Quail
Pea, Snow	Applegate® organic chicken/apple sausage	Rabbit
Pea, Split	Applegate® organic red pepper sausage	Turkey (organic)
Peanut (Organic, Valencia)	Applegate® organic spinach & feta sausage	Veal (organic)
Peanut Butter (Organic, Maranatha®)	Applegate® organic sausage sweet italian	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic smoked chicken breast	
Red Bean Paste	Applegate® organic smoked turkey breast	Milk-Containing Foods
Soy Beans (must be organic)	Applegate® organic turkey	Applegate® organic spinach & feta sausage
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only (organic)	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also Bison)	Cheese, American
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
	Chicken, free range (organic)	Cheese, Bleu
	Deer (see also Venison)	Cheese, Brie
Meat & Poultry	Duck	Cheese, Cheddar (Raw)
Applegate® organic bacon	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic black forest ham	Lamb (organic)	Cheese, Cream
Applegate® organic chicken	Lard (pork)	Cheese, Goat
Applegate® organic ham	Ostrich	Cheese, Gorgonzola
Applegate® organic herb roasted turkey	Pheasant	Cheese, Gouda
Applegate® organic hot dogs		



Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	Miscellaneous	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine® low sodium/GF)	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylitew®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low sodium)	Lycopene
Kefir, Raw	Chicory Root	Malt
Lactoalbumin	Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Can be Wheat-derived)

## Palm Wax

## Pycnogenol

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

## Silver

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Latex

## Formaldehyde

Acacia Gum

Tragacanth Gum

Blue Food Dye

Skinny Crisps® (Plain Jane)

Red Food Dye

Cocoa Butter

Agar Gum

## Non-Dairy &amp; Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

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

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)

BodyPro Avocado Oil Mayonnaise

## Nuts, Seeds, Drupes &amp; Oils

## Almond

Almond Butter (Artisana®)

Almond Flavor natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashews

Cashew Butter

Cashew Meal

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	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Snacks</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip Cookies
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	<b>Sweeteners</b>
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, Manuka
Pistachios	Walnut (few)	Honey, Wildflower from Mahava®
Poppy seeds	Walnut Oil	Just Like Sugar®

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

Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed
Mushrooms, Cremini/Crimini	Pepper, Serrano	Spinach
Mushrooms, Maitake	Pickles, Bubbies® brand only	Spirulina
Mushrooms, Shiitake	Pimento	Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Tomato

Tomatoes, Big Beef

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

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

Shallots

Bell Pepper

Bell Pepper, Yellow

Bell Pepper, Orange