

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Applegate® organic chicken/apple  
sausage

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok  
Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

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

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

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

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato

Tomato Paste (gluten &  
Vinegar-free)Tomato Sauce (gluten &  
Vinegar-free)

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Truffle

Turnip Greens

Turnips

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

**Fruits**

Apple (all types)

Apple Cider

Apple Juice

Apple Sauce

Applegate® organic chicken/apple  
sausage

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	Persimmons	Nuts, Seeds, Drupes & Oils
Lime Juice	Pineapple	Almond
Litchi (aka Lychee)	Plantain	Almond Butter (Artisana®)
Loganberry	Plum	Almond Flavor (natural, gluten free)
Loquat	Pomegranate	Almond Flour (gluten free)
Mango	Pomelo	Almond Meal (gluten free)
Mangosteen	Prune	Almond, Marcona
Maqui	Quince	Annatto Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Brazil Nut
Monk Fruit (Pure)	Raspberry	Canola/Rapeseed Oil
Mulberry	Star Fruit	Caraway Seed
Nectarines	Strawberry	Cashew Butter
Noni	Tamarind	Cashew Meal
Orange	Tangelo	Cashews
Orange Juice	Tangerine	Chestnut
Orange Peel/Rind	Watermelon	Chia Seed (1/4 cup, max)
Orange, Blood	Wolfberry	Coconut Butter
Papaya	Youngberry	Coconut Oil
Passion Fruit		Coconut, shredded (raw, unsweetened)
Peach		Cola Nut (aka Kola Nut)
Pear		Corn Oil
Pear, Asian		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, 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

Tahini

Tea, Ramon

Tiger Nuts

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

## Fish &amp; Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Octopus	Meat & Poultry	Deer (see also Venison)
Orange Roughy	Applegate® organic andouille sausage	Duck
Oyster	Applegate® organic bacon	Goat, Grass-fed only (organic)
Perch	Applegate® organic black forest ham	Lamb
Red Snapper	Applegate® organic chicken	Lard (pork)
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Ostrich
Sardines	Applegate® organic ham	Pheasant
Scallop	Applegate® organic herb roasted turkey	Pork, (organic)
Shrimp	Applegate® organic hot dogs	Quail
Sole	Applegate® organic red pepper sausage	Rabbit
Squid	Applegate® organic roast beef	Turkey (organic)
Swai	Applegate® organic sausage sweet italian	Veal (organic)
Swordfish	Applegate® organic smoked chicken breast	Venison (see also Deer)
Tilapia (Wild, Non-farmed)	Applegate® organic smoked turkey breast	
Trout	Applegate® organic spinach & feta sausage	Non-Dairy & Eggs
Tuna	Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)
Walleye Pike	Applegate® organic turkey bacon	Almond Yogurt, unsweetened
Whitefish/Turbot	Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise
	Bison (see also Buffalo)	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
	Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)
	Chicken Broth (Imagine® gf/low sodium)	Coconut Kefir (No Tapioca, Carageenan)
	Chicken, free range (organic)	Coconut Milk(Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Vital Farms® or Pasture Verde®	Harissa	Vinegar, White Wine
Egg, Whites, Pasture-raised	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Yolks Pasture-raised	Hummus	
Milk, Soy (Organic)	Ketchup (Organicville)	Sweeteners
Modified Food Starch	Liquid Smoke (can have gluten)	Acai
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Agave Nectar
	Mayonnaise	Aspartame
Condiments	Mayonnaise, Primal Kitchen Avocado Oil	BodyPro Almond Mayo Grade A Maple Syrup
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Mustard, Brown (Eden® gf mustard)	Cane Syrup
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Dark
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sriracha Sauce Organicville gluten-free	Chocolate, Milk
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Chocolate, White
BodyPro Almond Mayo Grade A Maple Syrup	Ume Plum Vinegar	Coconut Palm Sugar
BodyPro Almond Mayo with Yacon Syrup	Veganise Soy-free (Follow Your Heart®)	Coconut Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Date Sugar
Carob	Vinegar, Beet	Erythritol (non-GMO)
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fructose
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Fruit Pectin
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, (Organic)
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	Honey, Manuka

Honey, Wildflower from Mahava®	Swerve® Sweetener	Chipotle Seasoning
Jerusalem Artichoke Syrup	Tapioca Dextrose	Cilantro/Coriander
Just Like Sugar®	Xyla (Birchwood Xylitol)	Cinnamon
Lo Han	Xylitol	Cinnamon, Ceylon
Maltitol	Yacon Syrup	Cloves
Maltodextrin (Barley-derived)	Herbs & Spices	Cloves, Madagascar
Maltodextrin (Corn-based, non-GMO)		Cloves, Penang
Maltodextrin (Tapioca-based)		Cramp Bark Extract
Maple Sugar		Cream of Tartar
Maple Syrup (Grade A Dark Amber Organic)		Cumin
Molasses	Applegate® organic chicken/apple sausage	Curcumin
Monk Fruit (Pure)	Ashwaganda	Curry (must be GF)
Monk Fruit Extract	Astragalus	Dandelion Root
Nutrasweet®	Basil	Dill
Rebiana Leaf (Stevia)	Bay Leaf	Dong Quai
Sorbitol	Black Cohosh	Echinacea
Splenda	Caramel Coloring	Fennel
Sucanat	Caraway Seed	Garlic
Sucralose	Cardamom	Garlic Pepper
Sugar Beet	Celery Powder	Garlic Powder
Sugar Cane	Chicory Root	Garlic Salt
Sweetleaf® Stevia	Chili Powder	Ginger



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

Vanilla Powder	Cheese, Machego	Milk, Cow
White Willow Bark Extract	Cheese, Mascapone	Milk, Goat
Wintergreen	Cheese, Mozzarella (Raw)	Milk, Sheep
Wormwood	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and Unpasteurized
Milk-Containing Foods	Cheese, Pecorino	Whey
Applegate® organic spinach & feta sausage	Cheese, Provolone	Yogurt (See Xanthan Gum)
Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised	
Buttermilk	Cheese, Ricotta	Legumes & Pulses
Casein	Cheese, Romano	Bean, Azuki
Cheese, American	Cheese, Sheep	Bean, Black
Cheese, Asiago	Cheese, String (Mozzarella)	Bean, Butter
Cheese, Bleu	Cheese, Swiss	Bean, Cannellini
Cheese, Brie	Chocolate, Milk	Bean, Chana Dahl
Cheese, Cheddar (Raw)	Chocolate, White	Bean, Chili
Cheese, Cottage	Cream, Raw and Unpasteurized	Bean, Green
Cheese, Cream	Ghee (Pasture-Raised, Organic)	Bean, Italian
Cheese, Feta	Goat Cheese	Bean, Kidney
Cheese, Goat	Goat Kefir	Bean, Lima
Cheese, Gorgonzola	Kefir, Raw	Bean, Mung
Cheese, Gouda	Lactoalbumin	Bean, Navy
Cheese, Havarti	Milk Chocolate	Bean, Ninja

Bean, Pinto/Frijole	Vanilla Bean	Glucomannon Flour (konjacfoods.com)
Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannon Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Miso	Coconut Meal (gluten free)	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)

Rice, Purple (gluten free)	<b>Gluten-Containing Foods</b>	Oats
Rice, Red (gluten free)	Barley	Oats, GF (not Certified) can have gluten
Rice, White (gluten free)	Barley Greens (may contain gluten)	Orzo
Rice, Wild (Lundberg® - not the blend)	Barley Juice (may contain gluten)	Panko
Simple Mills - Everything Sprouted Seed Cracker	Beer	Polish Wheat
Simple Mills Ground Sea Salt Almond Crackers	Bran	Rye
Simple Mills Rosemary & Sea Salt Crackers	Bread	Semolina
Simple Mills Tomato & Basil Almond Crackers	Brown Rice Syrup (contains MSG/Gluten)	Soy Sauce
Sorghum	Caramel Coloring	Spelt
Sweet Potato Flour (gluten free)	Cheese, Bleu	Teechino
Tapioca	Chewing Gum (has gluten and corn)	Teriyaki Sauce
Tapioca Flour (gluten free)	Coffee, Instant (has gluten)	Triticale
Tapioca Starch (gluten free)	Couscous	Vinegar
Teff	Crab, Immitation	Vinegar, Malt
Tolerant Green Lentil & Pea Pasta	Durum Wheat	Vinegar, White
Tolerant Red or Green Lentil Pasta	Farro	Wheat (All Types)
Tortilla, Siete Almond	Gluten	Wheat Grass (Is Gluten-contaminated)
Tortilla, Siete Cassava & Coconut	Graham (wheat)	
Tortilla, Siete Chia & Cassava	Kamut	
	Liquid Smoke (can have gluten)	
	Malt	
	Maltodextrin (Barley-derived)	

**Corn-Derived Foods**Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

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

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)Maltodextrin (Corn-based,  
non-GMO)Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

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

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

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, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Water

Wine, Red	Chicory Root	Latex
Wine, White (Champagne)	Cocoa Butter	Liquid Aminos (Braggs®)(has Soy)
Yerba Matte Tea (Organic/Pure)	Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum
Zevia Drinks	Coconut Aminos®	Lycopene
	Coconut Cream	Malt
Miscellaneous	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
Acacia Gum	Formaldehyde	Modified Food Starch
Acai	Garam Masala	Modified Food Starch (Tapioca-based)
Agar Gum	GemWraps®, Sandwich Wrap (Carrot)	Palm Wax
Antimony	GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Apricot	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen® (gluten free)
Arabic Gum	GemWraps®, Sandwich Wrap (Tomato)	Red Food Dye
Baking Powder	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Banana	Guar Gum	Rice Starch (if certified gluten free)
Beef broth (Imagine® low sodium/GF)	Hops	Sherry Vinegar
Blue Food Dye	Inulin	Silver
Bone Broth, Beef	Julian Bakery Almond Bread	Skinny Crisps® (Plain Jane)
Carrageenan Gum	Julian Bakery Coconut Bread	Tamari (Wheat Free)
Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps	Tofu (Organic)
Chewing Gum, Xylite®	Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)
Chicken Broth (Imagine® gf/low sodium)	Lard (pork)	Tomato Sauce (gluten & Vinegar-free)

Tragacanth Gum

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

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies