

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

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 & 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

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
Pea, Green	Psyllium Husk	Squash, Yellow

Sugar Beet	Yams, Japanese	Dates
Sweet Potato, Red	Yucca	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Zucchini	Dried Fruit
Swiss Chard		Elderberry
Tomatillo	Fruits	Fig
Tomato	Acai	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Gooseberry
Tomato, Cherry	Apple Juice	Grape
Tomato, Heirloom	Apple Sauce	Grape, Green
Tomato, Orange	Apricot	Grape, Purple
Tomato, Red	Banana	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice

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

Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Fish & Shellfish
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi
Poppy seeds	Walnuts	Mussel

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

Meat & Poultry

Egg, Vital Farms® or Pasture Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Modified Food Starch

Paleo Cheese (Julianbakery.com or Amazon.com)

Condiments

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 & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

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

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Onion

Onion Powder

Orange Peel/Rind

Orange Salt

Oregano

Paprika

Paprika (smoked)

Parsley

Pepper, Black (see Garlic/Lemon Pepper)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Pepper/Peppercorns

Peppermint

Pine Bark Extract

Red Chili Paste Thai Kitchen®
(gluten free)

Red Pepper Flake

Rose Hips

Rosemary

Saffron

Sage

Saw Plametto

Sesame Seeds

Sesame Seeds, Black

Shallots

Spearmint

St. John's Wort

Sumac

Taco Seasoning

Tamari (Wheat Free)

Tarragon

Thyme

Tomatillo

Turmeric

Uva Ursi

Valerian

Vanilla (gluten and corn-free)

Vanilla Bean

Vanilla Powder

White Willow Bark Extract

Wintergreen

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

Cheese, Machego

Milk, Cow

Bean, Pinto/Frijole

Cheese, Mascapone

Milk, Goat

Bean, Red

Cheese, Mozzarella (Raw)

Milk, Sheep

Bean, White

Chickpea (see also Garbanzo Bean)	Almond Flour (gluten free)	Hemp Seed
Coffee Bean, Organic	Amaranth	Konjac Glucomannon Flour
Edamame (must be organic)	Arrowroot Flour/powder	Millet
Fava Bean	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Fava Bean Flour	Buckwheat	Oats (Certified GF)
Garbanzo Bean	Buckwheat Flour	Potato Flour (gluten free)
Garbanzo Flour	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)
Soy Beans 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)
	Hemp Protein (Powder)	Rice, Wild (Lundberg® - not the blend)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Gluten-Containing Foods

Barley

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Barley-derived)

Oats

Oats, GF (not Certified) can have gluten

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)

Corn-Derived Foods

Barbeque Sauce, GF Annie's® Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & 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 PowdersAlmond 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

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous	GemWraps®®, Sandwich Wrap (Carrot)	Palm Wax
Acacia Gum	GemWraps®®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Agar Gum	GemWraps®®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen®® (gluten free)
Antimony	GemWraps®®, Sandwich Wrap (Tomato)	Red Food Dye
Arabic Gum	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Powder	Great Lake's®® Beef Gelatin	Resveratrol
Baking Soda (Arm & Hammer®®)	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, XylicheW®®	Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)
Chicken Broth (Imagine®® g/low sodium)	Lard (pork)	Tomato Sauce (gluten & Vinegar-free)
Chicory Root	Latex	Tragacanth Gum
Cocoa Butter	Liquid Aminos (Braggs®®)(has Soy)	Vegetable broth (Imagine®® Low Sodium)
Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum	Vegetable Oil
Coconut Aminos®®	Lycopene	Vegetable Shortening (Spectrum®®)
Coconut Cream	Malt	Vinegar, Red Wine
Collagen Protein (Powder)	Maltodextrin (Barley-derived)	Vinegar, Rice
Formaldehyde	Modified Food Starch	Vinegar, White Wine
Garam Masala	Modified Food Starch (Tapioca-based)	Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies