- [ ] **Vegetables**
- [ ] Aloe Vera
- [ ] Artichoke (not pickled)
- [ ] Arugula
- [ ] Asparagus
- [ ] Avocado
- [ ] Avocado Oil
- [ ] Bamboo Shoot
- [ ] Bean, Green
- [ ] Bean Sprout
- [ ] 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
- [ ] 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
- [ ] Lettuce, all types
- [ ] Mushrooms

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- [ ] Mushrooms, Button
- [ ] Mushrooms, Cremeni/Crimini
- [ ] Mushrooms, Maitake
- [ ] Mushrooms, Shiitake
- [ ] Mustard Greens
- [ ] Nori
- [ ] Okra
- [ ] Olives (without vinegar)
- [ ] Onion, Green
- [ ] Onion, Maui
- [ ] Onion, Red
- [ ] Onion, Sweet
- [ ] Onion, Yellow
- [ ] Parsley
- [ ] Parsnip
- [ ] Pea, Black-Eyed
- [ ] Pea, Green
- [ ] Pea, Snap
- [ ] Pea, Snow
- [ ] Pea, Split
- [ ] Pea Protein
- [ ] Pepper, Anaheim
- [ ] Pepper, Chili
- [ ] Pepper, Green
- [ ] Pepper, Habanero
- [ ] Pepper, JalapeÃ±o
- [ ] Pepper, Poblano
- [ ] Pepper, Red
- [ ] Pepper, Serrano
- [ ] Pickles, BubbiesÂ® brand only
- [ ] Pimento
- [ ] Potato, Fingerling
- [ ] Potato, Purple
- [ ] Potato, Red
- [ ] Potato, Russet
- [ ] Potato, Sweet
- [ ] Potato, White
- [ ] Potato, Yukon Gold
- [ ] Prickly Pear
- [ ] Pumpkin
- [ ] Pumpkin Powder
- [ ] Radicchio
- [ ] Radish
- [ ] Rainbow Chard
- [ ] Rhubarb
- [ ] Rutabaga
- [ ] Sauerkraut (BubbiesÂ® Brand only)
- [ ] Scallions
- [ ] Sea Vegetables
- [ ] Seaweed
- [ ] Shallots
- [ ] Spinach
- [ ] Spirulina
- [ ] 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

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- [ ] Tomato Paste (gluten &
- [ ] Tomato Sauce (gluten &
- [ ] 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

Fruits

- [ ] Acai
- [ ] Agar Gum
- [ ] Apple (all types)
- [ ] Apple Cider
- [ ] Apple Juice
- [ ] Apple Sauce
- [ ] Apricot
- [ ] Banana
- [ ] Bilberry
- [ ] Blackberry
- [ ] Blueberry
- [ ] Boysenberry
- [ ] Cantaloupe
- [ ] Cherry
- [ ] Clementine
- [ ] Cranberry
- [ ] Cranberry Juice
- [ ] Currant
- [ ] Date(s)
- [ ] 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

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- [ ] Litchi (aka Lychee)
- [ ] Loganberry
- [ ] Loquat
- [ ] Mango
- [ ] Mangosteen
- [ ] Maqui
- [ ] Melon, Honeydew
- [ ] Monk Fruit
- [ ] Mulberry
- [ ] Nectarines
- [ ] Noni
- [ ] Orange
- [ ] Orange, Blood
- [ ] Orange Juice
- [ ] Orange Peel/Rind
- [ ] 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
- [ ] Watermelon
- [ ] Wolfberry
- [ ] Youngberry

Nuts, Seeds, & Oils

- [ ] Almond Butter (ArtisanaÂ®)
- [ ] Almond Flavor natural, gluten free)
- [ ] Almond Flour (gluten free)
- [ ] Almond Meal (gluten free)
- [ ] Almond, Marcona
- [ ] Annatto Seed
- [ ] Arrowroot Flour/powder
- [ ] 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,
- [ ] Cola Nut (aka Kola Nut)
- [ ] Corn Oil
- [ ] Cottonseed/Cottonseed Oil
- [ ] Flax Meal
- [ ] Flax Oil
- [ ] Flax Seed
- [ ] Grapeseed Oil, Organic
- [ ] Hazelnut Flour

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- [ ] 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
- [ ] Pecan Flour
- [ ] Pepitas
- [ ] Pili Nuts
- [ ] Pine Nut
- [ ] Pistachios
- [ ] Poppy seeds
- [ ] Pumpkin Oil
- [ ] Pumpkin Seed Oil
- [ ] Pumpkin Seeds
- [ ] Ramon Seeds
- [ ] Rice, Wild (LundbergÂ® - not the
- [ ] Safflower/Safflower Seed Oil
- [ ] Sacha Inchi Seeds
- [ ] 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 (SpectrumÂ®)
- [ ] Walnut (few)
- [ ] Walnut Oil
- [ ] Walnut, Black (few)
- [ ] Almond
- [ ] Psyllium Husk

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/Ninja
- [ ] Bean, Pinto/Frijole
- [ ] Bean, Red (see also Bean, Kidney)
- [ ] Chickpea (see also Garbanzo Bean)
- [ ] Edamame (must be organic)
- [ ] Fava Bean
- [ ] Fava Bean Flour
- [ ] Garbanzo Bean
- [ ] Garbanzo Flour
- [ ] Lentil(s)
- [ ] Miso
- [ ] Pea, Snap

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- [ ] Pea, Snow
- [ ] Pea, Split
- [ ] Peanut (Organic, Valencia)
- [ ] Peanut Butter (Organic,
- [ ] Peanut Oil (Organic)
- [ ] Red Bean Paste
- [ ] Soy Beans (must be organic)
- [ ] Soy Beans Oil (must be organic)
- [ ] Vanilla Bean
- [ ] Vanilla Powder
- [ ] White Beans

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
- [ ] Swordfish
- [ ] Tilapia (Non-farmed)
- [ ] Trout
- [ ] Tuna
- [ ] Walleye Pike
- [ ] Whitefish/Turbot
- [ ] Crab, Immitation

Meat & Poultry

- [ ] ApplegateÂ® organic bacon
- [ ] ApplegateÂ® organic black forest
- [ ] ApplegateÂ® organic chicken
- [ ] ApplegateÂ® organic ham
- [ ] ApplegateÂ® organic herb roasted
- [ ] ApplegateÂ® organic hot dogs
- [ ] ApplegateÂ® organic roast beef
- [ ] ApplegateÂ® organic andouille
- [ ] ApplegateÂ® organic chicken/apple
- [ ] ApplegateÂ® organic red pepper
- [ ] ApplegateÂ® organic spinach & feta
- [ ] ApplegateÂ® organic sausage sweet
- [ ] ApplegateÂ® organic smoked
- [ ] ApplegateÂ® organic smoked turkey
- [ ] ApplegateÂ® organic turkey

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- [ ] ApplegateÂ® organic turkey bacon
- [ ] Beef, Grass-fed only (organic)
- [ ] Bison (see also Buffalo)
- [ ] Buffalo (see also Bison)
- [ ] Chicken Broth (ImagineÂ® gf/low
- [ ] Chicken, free range (organic)
- [ ] Deer (see also Venison)
- [ ] Duck
- [ ] Goat, Grass-fed only (organic)
- [ ] Lamb (organic)
- [ ] Lard (pork)
- [ ] Ostrich
- [ ] Pheasant
- [ ] Pork, (organic)
- [ ] Quail
- [ ] Rabbit
- [ ] Turkey (organic)
- [ ] Veal (organic)
- [ ] Venison (see also Deer)

Non-Dairy & Eggs

- [ ] Almond Milk, unsweetened (no
- [ ] Almond Yogurt, unsweetened
- [ ] BodyPro Avocado Oil Mayonnaise
- [ ] Cheese, Daiya
- [ ] Cheese, Soy (Organic) (see Soy)
- [ ] Coconut Kefir (No Tapioca,
- [ ] Coconut Milk(Native Forest or
- [ ] Egg, Pasture-raised (from a farmer)
- [ ] Egg, Vital FarmsÂ® or Pasture
- [ ] Egg, Whites, Pasture-raised
- [ ] Egg, Yolks Pasture-raised
- [ ] Milk, Soy (Organic)
- [ ] Sriracha Sauce Organicville
- [ ] Egg

Condiments

- [ ] Apple Cider Vinegar (Bragg'sÂ®)
- [ ] Balsamic Vinegar MiaBella
- [ ] Balsamic Vinegar (with Red Wine
- [ ] Balsamic Vinegar (Caramel/Red W.
- [ ] Barbeque Sauce, GF Annie'sÂ®
- [ ] BodyPro Almond Mayo Grade B
- [ ] BodyPro Almond Mayo with Yacon
- [ ] BodyPro Avocado Oil Mayonnaise
- [ ] Carob
- [ ] Coconut Vinegar (Coconut Secret)
- [ ] Dressing, Primal Kitchen Greek
- [ ] Dressing, Primal Kitchen Honey
- [ ] Earth BalanceÂ® Coconut Spread
- [ ] Earth BalanceÂ® Avocado Oil Butter
- [ ] Horseradish Sauce, Gluten-free
- [ ] Hummus
- [ ] Ketchup (Organicville)
- [ ] Mayonnaise
- [ ] Mayonnaise, Primal Kitchen
- [ ] Mayonnaise, Primal Kitchen
- [ ] Mustard, Brown (EdenÂ® gf mustard)
- [ ] Sauerkraut (BubbiesÂ® Brand only)
- [ ] Sriracha Sauce Organicville
- [ ] Ume Plum Vinegar
- [ ] Veganaise Soy-free (Follow Your
- [ ] Vinegar
- [ ] Vinegar, Distilled
- [ ] Vinegar, Malt
- [ ] Vinegar, Red Wine

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- [ ] Vinegar, Rice
- [ ] Vinegar, White
- [ ] Vinegar, White Wine
- [ ] Worcestershire Sauce (The

Sweeteners

- [ ] Agave Nectar
- [ ] Aspartame/Nutrasweet
- [ ] BodyPro Almond Mayo Grade B
- [ ] BodyPro Almond Mayo with Yacon
- [ ] Brown Rice Syrup (contains
- [ ] Chocolate, Dark
- [ ] Chocolate, Milk
- [ ] Chocolate, White
- [ ] Coconut Palm Sugar
- [ ] Date Sugar
- [ ] Erythritol (non-GMO)
- [ ] Fructose
- [ ] Fruit Pectin
- [ ] Honey, (Organic)
- [ ] Honey, Manuka
- [ ] Honey, Wildflower from MahavaÂ®
- [ ] Just Like SugarÂ®
- [ ] Lo Han
- [ ] Maltodextrin (Can be
- [ ] Maltodextrin (Corn-based,
- [ ] Maple Sugar
- [ ] Maple Syrup (Grade A Dark Amber
- [ ] Molasses
- [ ] Monk Fruit
- [ ] NutrasweetÂ®
- [ ] Rebiana Leaf (Stevia)
- [ ] Sorbitol
- [ ] Splenda
- [ ] Sucanat
- [ ] Sugar Beet
- [ ] Sugar Cane
- [ ] SweetleafÂ® Stevia
- [ ] SwerveÂ® Xylitol
- [ ] Xyla (Birchwood Xylitol/non-corn
- [ ] Yacon Syrup

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

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- [ ] 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
- [ ] Onion
- [ ] Onion Powder
- [ ] Orange Peel/Rind
- [ ] Orange Salt
- [ ] Oregano
- [ ] Paprika
- [ ] Paprika (smoked)
- [ ] Parsley
- [ ] Pepper, Black (see Garlic/Lemon
- [ ] Pepper, Cayenne
- [ ] Pepper/Peppercorns
- [ ] Pepper/Peppercorns, Szechuan
- [ ] Pepper, Red
- [ ] Peppermint
- [ ] Pine Bark Extract
- [ ] Red Chili Paste Thai KitchenÂ®
- [ ] Red Pepper Flake
- [ ] Rosemary
- [ ] Saffron
- [ ] Sage
- [ ] Saw Plametto
- [ ] Sesame Seeds
- [ ] Sesame Seeds, Black
- [ ] Shallots

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- [ ] Spearmint
- [ ] St. John's Wort
- [ ] 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
- [ ] Rose Hips

Milk-Containing Foods

- [ ] ApplegateÂ® organic spinach & feta
- [ ] Butter, Raw and Pasture-raised
- [ ] Buttermilk
- [ ] Casein
- [ ] Cheese, American
- [ ] Cheese, Asiago
- [ ] Cheese, Bleu
- [ ] Cheese, Brie
- [ ] Cheese, Cheddar (Raw)
- [ ] Cheese, Cottage
- [ ] Cheese, Cream
- [ ] Cheese, Goat
- [ ] Cheese, Gorgonzola
- [ ] Cheese, Gouda
- [ ] Cheese, Havarti
- [ ] Cheese, Machego
- [ ] Cheese, Marscapone
- [ ] Cheese, Mozzarella (Raw)
- [ ] Cheese, Muenster
- [ ] Cheese, Parmesan
- [ ] Cheese, Pecorino
- [ ] Cheese, Raw and Pasture-raised
- [ ] Cheese, Ricotta
- [ ] Cheese, Romano
- [ ] Cheese, Provolone
- [ ] 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, Cow
- [ ] Milk, Goat
- [ ] Milk, Sheep
- [ ] Mozzarella Cheese
- [ ] Sour Cream, Raw and
- [ ] Whey
- [ ] Yogurt (See Xanthan Gum)
- [ ] Cheese, Feta

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Gluten-Free Grains

- [ ] Almond Flour (gluten free)
- [ ] Amaranth
- [ ] Arrowroot Flour/powder
- [ ] Basmati Rice (gluten free)
- [ ] Buckwheat
- [ ] Buckwheat Flour
- [ ] Chicory Root
- [ ] Coconut Flour (gluten free)
- [ ] Coconut Meal (gluten free)
- [ ] Corn (Gluten-free & Non-GMO)
- [ ] Corn, Blue
- [ ] Corn, White
- [ ] Corn Starch (gluten free)
- [ ] Ener-G Brown Rice Yeast-Free
- [ ] Fava Bean Flour
- [ ] Flax Meal
- [ ] Garbanzo Flour
- [ ] Glucomannon Flour
- [ ] Hazelnut Flour
- [ ] Hemp Meal
- [ ] Hemp Protein (Powder)
- [ ] Hemp Seed
- [ ] Konjac Glucomannon Flour
- [ ] Millet
- [ ] Oats
- [ ] Oats (Bob's Red Mill Gluten Free
- [ ] Oat Grass (Not For Gluten
- [ ] 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 (LundbergÂ® - not the
- [ ] Rice Bran
- [ ] Rice Flour (gluten free)
- [ ] Rice Protein Powder (gluten free)
- [ ] Simple Mills Grnd Sea Salt Almond
- [ ] Simple Mills Rosemary & Sea Salt
- [ ] Simple Mills Tomato & Basil Almond
- [ ] 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
- [ ] Simple Mills
- [ ] Corn Meal (gluten free)

Gluten-Containing Foods

- [ ] Barley
- [ ] Barley Greens (Not for
- [ ] Barley Juice (Not for
- [ ] Beer

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- [ ] Bran
- [ ] Bread
- [ ] Brown Rice Syrup (contains
- [ ] 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
- [ ] 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
- [ ] Crab, Immitation

Corn-Derived Foods

- [ ] Barbeque Sauce, GF Annie'sÂ®
- [ ] Cheese, Cream
- [ ] Cheese, Daiya
- [ ] Cheese, Soy (Organic) (see Soy)
- [ ] Chewing Gum (has gluten and corn)
- [ ] Corn (Gluten-free & Non-GMO)
- [ ] Corn, Blue
- [ ] Corn, White
- [ ] Corn Gluten
- [ ] Corn Meal (gluten free)
- [ ] Corn Oil
- [ ] Corn Starch (gluten free)
- [ ] Erythritol (non-GMO)
- [ ] Fructose
- [ ] GemWrapsÂ®, Sandwich Wrap
- [ ] Maltodextrin (Corn-based,
- [ ] Sriracha Sauce Organicville
- [ ] SwerveÂ® Xylitol
- [ ] Vegetable Oil
- [ ] Xanthan Gum
- [ ] Yogurt (See Xanthan Gum)

Beverages & Protein Powders

- [ ] Almond Milk, unsweetened (no
- [ ] Apple Juice
- [ ] Beer
- [ ] Carrot Juice
- [ ] Coconut Kefir (No Tapioca,
- [ ] Coconut Milk(Native Forest or
- [ ] Coconut Water (low sugar)
- [ ] Coffee Bean, Organic

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- [ ] Coffee
- [ ] Coffee, Instant (has gluten)
- [ ] Collagen Protein (Powder)
- [ ] Echinacea Tea
- [ ] Grapefruit Juice
- [ ] Green Tea
- [ ] Hemp Protein (Powder)
- [ ] Kombucha 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)

Miscellaneous

- [ ] Agar Gum
- [ ] Antimony
- [ ] Arabic Gum
- [ ] Baking Powder
- [ ] Baking Soda (Arm & HammerÂ®)
- [ ] Beef broth (ImagineÂ® low
- [ ] Carrageenan Gum
- [ ] Chewing Gum (has gluten and corn)
- [ ] Chewing Gum, XylichewÂ®
- [ ] Chicken Broth (ImagineÂ® gf/low
- [ ] Chicory Root
- [ ] Cocoa/Cacao (raw, pure, &
- [ ] Coconut AminosÂ®
- [ ] Coconut Cream
- [ ] Collagen Protein (Powder)
- [ ] Garam Masala
- [ ] GemWrapsÂ®, Sandwich Wrap
- [ ] GemWrapsÂ®, Sandwich Wrap
- [ ] GemWrapsÂ®, Sandwich Wrap
- [ ] GemWrapsÂ®, Sandwich Wrap
- [ ] Glucomannon Flour
- [ ] Great Lake'sÂ® Beef Gelatin
- [ ] Guar Gum
- [ ] Hops
- [ ] Julian Bakery Paleo Wraps
- [ ] Julian Bakery Almond Bread
- [ ] Julian Bakery Coconut Bread
- [ ] Konjac Glucomannon Flour
- [ ] Lard (pork)

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- [ ] Liquid Aminos (BraggsÂ®)(has Soy)
- [ ] Locust Bean Gum
- [ ] Lycopene
- [ ] Malt
- [ ] Maltodextrin (Can be
- [ ] Palm Wax
- [ ] Pycnogenol
- [ ] Red Chili Paste Thai KitchenÂ®
- [ ] Red Tomato Paste (gluten free)
- [ ] Resveratrol
- [ ] Sherry Vinegar
- [ ] Silver
- [ ] Skinny CrispsÂ®(Plain Jane)
- [ ] Tagacanth Gum
- [ ] Tamari (Wheat Free)
- [ ] Tofu (Organic)
- [ ] Tomato Paste (gluten &
- [ ] Tomato Sauce (gluten &
- [ ] Tagacanth Gum
- [ ] Vegetable broth (ImagineÂ® Low
- [ ] Vegetable Oil
- [ ] Vegetable Shortening (SpectrumÂ®)
- [ ] Vinegar, Red Wine
- [ ] Vinegar, Rice
- [ ] Vinegar, White Wine
- [ ] Xanthan Gum
- [ ] Yeast, Baker's
- [ ] Yeast, Brewer's
- [ ] Yeast, Nutritional
- [ ] Latex
- [ ] Formaldehyde
- [ ] Red Dye
- [ ] Ispaghula/Psyllium
- [ ] Acacia Gum

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