

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

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

Squash, Green

Squash, Spaghetti

Squash, Summer

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

Wheat Grass (Is  
Gluten-contaminated)

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

**Fruits**

Acai

Apple (all types)

Apricot

Banana

Blackberry

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	Passion Fruit	Youngberry
Lemon	Peach	
Lemon Juice	Pear	Nuts, Seeds, Drupes & Oils
Lemon Rind/Peel	Pear, Asian	Almond
Lime	Persimmons	Almond Butter (Artisana®)
Lime Juice	Pineapple	Almond Flavor (natural, gluten free)
Litchi (aka Lychee)	Plantain	Almond Flour (gluten free)
Loganberry	Plum	Almond Meal (gluten free)
Loquat	Pomegranate	Almond, Marcona
Mango	Pomelo	Annatto Seed
Mangosteen	Prune	Avocado Oil
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	Vinegar, Red Wine	Coconut Butter
Orange, Blood	Watermelon	Coconut Oil
Papaya	Wolfberry	Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)	Pine Nut	Vegetable Shortening (Spectrum®)
Corn Oil	Pistachios	Walnut Oil
Cottonseed/Cottonseed Oil	Poppy seeds	Walnuts
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

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

Paleo Cheese (Julianbakery.com or Amazon.com)

**Condiments, Spreads & Sauces**

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 &amp; Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

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 Aminos (Bragg's®)(has Soy)

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)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

White/Distilled Vinegar

Worcestershire Sauce (The Wizard's® GF)

**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A  
Maple SyrupBrown 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®

Lo Han

Maltitol

**Maltodextrin (Barley-derived)**Maltodextrin (Corn-based,  
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves



Cloves, Madagascar	Grapeseed Extract	Olive Leaf Extract
Cloves, Penang	Guarana	Onion
Cramp Bark Extract	Gymnema Silvestre	Onion Powder
Cream of Tartar	Herbs De Provence	Orange Peel/Rind
Cumin	Hickory	Orange Salt
Curcumin	Himalayan Salt	Oregano
Curry (must be GF)	Jamaican Jerk	Paprika
Dandelion Root	Juniper Berry	Paprika (smoked)
Dill	Lavender	Parsley
Dong Quai	Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)
Echinacea	Lemon Pepper	Pepper, Cayenne
Fennel	Lemongrass	Pepper, Red
Garam Masala	Licorice Root	Pepper, Sichuan
Garlic	Maca Root	Pepper, Szechuan
Garlic Pepper	Mace Spice	Pepper/Peppercorns
Garlic Powder	Marjoram	Peppermint
Garlic Salt	Mesquite	Pine Bark Extract
Ginger	Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)
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

Sage	<b>Milk-Containing Foods</b>	Cheese, Pecorino
Saw Plametto	Applegate® organic spinach & feta sausage	Cheese, Provolone
Sesame Seeds	Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised
Sesame Seeds, Black	Buttermilk	Cheese, Ricotta
Shallots	Casein	Cheese, Romano
Spearmint	Cheese, American	Cheese, Sheep
St. John's Wort	Cheese, Asiago	Cheese, String (Mozzarella)
Sumac	Cheese, Bleu	Cheese, Swiss
Taco Seasoning	Cheese, Brie	Chocolate, Milk
Tamari (Wheat Free)	Cheese, Cheddar (Raw)	Chocolate, White
Tarragon	Cheese, Cottage	Cream, Raw and Unpasteurized
Thyme	Cheese, Cream	Ghee (Pasture-Raised, Organic)
Tomatillo	Cheese, Feta	Goat Cheese
Turmeric	Cheese, Goat	Goat Kefir
Uva Ursi	Cheese, Gorgonzola	Kefir, Raw
Valerian	Cheese, Gouda	Lactoalbumin
Vanilla (gluten and corn-free)	Cheese, Havarti	Milk Chocolate
Vanilla Bean	Cheese, Machego	Milk, Buffalo
Vanilla Powder	Cheese, Mascapone	Milk, Cow
White Willow Bark Extract	Cheese, Mozzarella (Raw)	Milk, Goat
Wintergreen	Cheese, Muenster	Milk, Sheep
Wormwood	Cheese, Parmesan	Mozzarella Cheese

Sour Cream, Raw and  
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**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

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

**Coffee Bean, Organic**

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Kidney Bean

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,  
Maranatha®)

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

**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 &amp; Non-GMO)

Corn Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

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)	Rice, Wild (Lundberg® - not the blend)	Beer
Hemp Seed	Simple Mills - Everything Sprouted Seed Cracker	Bran
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	Bread
Millet	Simple Mills Rosemary & Sea Salt Crackers	Brown Rice Syrup (contains MSG/Gluten)
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	Caramel Coloring
Oats (Certified GF)	Sorghum	Cheese, Bleu
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and corn)
Potato Starch (gluten free)	Tapioca	Coffee, Instant (has gluten)
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Couscous
Quinoa (gluten free)	Tapioca Starch (gluten free)	Crab, Immitation
Quinoa, Black (gluten free)	Teff	Durum Wheat
Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta	Farro
Rice Bran	Tolerant Red or Green Lentil Pasta	Gluten
Rice Flour (gluten free)	Tortilla, Siete Almond	Graham (wheat)
Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut	Kamut
Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava	Liquid Smoke (can have gluten)
Rice, Black (gluten free)		Malt
Rice, Brown (gluten free)	Gluten-Containing Foods	Maltitol
Rice, Japonica (gluten free)	Barley	Maltodextrin (Barley-derived)
Rice, Purple (gluten free)	Barley Grass (can have gluten)	Modified Food Starch
Rice, Red (gluten free)	Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Rice, White (gluten free)	Barley Juice (may contain gluten)	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 &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)**Maltitol**Maltodextrin (Corn-based,  
non-GMO)**Modified Food Starch**Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

**Yogurt (See Xanthan Gum)****Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

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

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Kombucha Tea

Lactoalbumin

Lemon Juice	Tea, Roobios	Carrageenan Gum
Licorice Tea	Tea, Unflavored	Chewing Gum (has gluten and corn)
Lime Juice	Tea, White	Chewing Gum, Xylitew®
Milk, Buffalo	Teechino	Chicken Broth (Imagine® gf/low sodium)
Milk, Cow	Vinegar, Red Wine	Chicory Root
Milk, Goat	Water	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Sheep	Whey	Collagen Protein (Powder)
Milk, Soy (Organic)	Wine, Red	Formaldehyde
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Carrot)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Kale-Apple)
Pea Protein	Zevia Drinks	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Rice Protein Powder (gluten free)		GemWraps®, Sandwich Wrap (Tomato)
Soy Milk/Soy Cheese (Organic)	Miscellaneous	Glucomannon Flour (konjacfoods.com)
Soy Protein (Organic)	Acacia Gum	Great Lake's® Beef Gelatin
Sparkling Water, unflavored	Agar Gum	Guar Gum
Tea, Black	Antimony	Hops
Tea, Chamomile	Arabic Gum	Inulin
Tea, Green	Baking Powder	Julian Bakery Almond Bread
Tea, Hibiscus	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Tea, Komboucha	Beef broth (Imagine® low sodium/GF)	Julian Bakery Paleo Wraps
Tea, Oolong	Blue Food Dye	Konjac Glucomannon Flour
Tea, Ramon	Bone Broth, Beef	Lard (pork)

Latex

Yeast, Brewer's

Locust Bean Gum

Yeast, Nutritional

Lycopene

Malt

Snacks

Maltodextrin (Barley-derived)

Apple Sauce

Modified Food Starch

Dates

Modified Food Starch  
(Tapioca-based)Simple Mills Chocolate Chip  
Cookies

Palm Wax

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)

Tofu (Organic)

Tragacanth Gum

Vegetable broth (Imagine® Low  
Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's