

**Vegetables**

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|-------------------------|---------------------------------|------------------------------|
| Aloe Vera | Brussels Sprout | Collard Greens |
| Artichoke (not pickled) | Burdock | Corn (Gluten-free & Non-GMO) |
| Arugula | Cabbage, Chinese (see also Bok | Corn, Blue |
| Asparagus | Cabbage, Green | Corn, White |
| Avocado | Cabbage, Purple | Cucumber |
| Avocado Oil | Cactus (Nopales) | Daikon Radish |
| Bamboo Shoot | Capers | Dandelion Greens |
| Bean, Green | Capsicum | Dandelion Root |
| Bean Sprout | Carrot Juice | Eggplant |
| Beet | Carrot, Orange | Endive |
| Beet Greens | Carrot, Purple | Fennel |
| Bell Pepper | Carrot, White | Garlic |
| Bell Pepper, Green | Carrot, Yellow | Hearts of Palm |
| Bell Pepper, Orange | Cassava (see Tapioca and Yucca) | Horseradish |
| Bell Pepper, Red | Cauliflower | Jicama |
| Bell Pepper, Yellow | Cauliflower, Purple | Kale, all types |
| Bok Choy | Celery | Kelp/Dulse |
| Broccoli | Chard | Kohlrabi |
| Broccoli Rabe | Chayote | Kombu |
| Broccoli Sprouts | Chives | Leeks |
| Broccolini | Coconut (raw and unsweetened) | Lettuce, all types |
| | Coconut Concentrate | Mushrooms |

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|----------------------------|------------------------------|----------------------------------|
| Mushrooms, Button | Pepper, Chili | Rhubarb |
| Mushrooms, Cremini/Crimini | Pepper, Green | Rutabaga |
| Mushrooms, Maitake | Pepper, Habanero | Sauerkraut (Bubbies® Brand only) |
| Mushrooms, Shiitake | Pepper, Jalapeño | Scallions |
| Mustard Greens | Pepper, Poblano | Sea Vegetables |
| Nori | Pepper, Red | Seaweed |
| Okra | Pepper, Serrano | Shallots |
| Olives (without vinegar) | Pickles, Bubbies® brand only | Spinach |
| Onion, Green | Pimento | Spirulina |
| Onion, Maui | Potato, Fingerling | Squash |
| Onion, Red | Potato, Purple | Squash, Acorn |
| Onion, Sweet | Potato, Red | Squash, Butternut |
| Onion, Yellow | Potato, Russet | Squash, Green |
| Parsley | Potato, Sweet | Squash, Spaghetti |
| Parsnip | Potato, White | Squash, Summer |
| Pea, Black-Eyed | Potato, Yukon Gold | Squash, Winter |
| Pea, Green | Prickly Pear | Squash, Yellow |
| Pea, Snap | Pumpkin | Sugar Beet |
| Pea, Snow | Pumpkin Powder | Sweet Potato, Red |
| Pea, Split | Radicchio | Sweet Potatoes, White |
| Pea Protein | Radish | Swiss Chard |
| Pepper, Anaheim | Rainbow Chard | Tomatillo |

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|------------------------|--|------------------------|
| Tomato Paste (gluten & | <input type="checkbox"/> Fruits | Elderberry |
| Tomato Sauce (gluten & | Acai | Fig |
| Tomato | Agar Gum | Goji Berry |
| Tomatoes, Big Beef | Apple (all types) | Golden Berry |
| Tomato, Cherry | Apple Cider | Gooseberry |
| Tomato, Heirloom | Apple Juice | Grape |
| Tomato, Orange | Apple Sauce | Grape, Green |
| Tomato, Red | Apricot | Grape, Purple |
| Tomato, Roma | Banana | Grape, Red |
| Tomato, Sun-dried | Bilberry | Grape, White |
| Tomato, Yellow | Blackberry | Grapefruit |
| Truffle | Blueberry | Grapefruit Juice |
| Turnip Greens | Boysenberry | Guava |
| Turnips | Cantaloupe | Huckleberry |
| Water Chestnut | Cherry | Jack fruit |
| Watercress | Clementine | Kiwi |
| Yams, Garnett | Cranberry | Kumquat |
| Yams, Japanese | Cranberry Juice | Lemon |
| Yucca | Currant | Lemon Juice |
| Zucchini | Date(s) | Lemon Rind/Peel |
| Alfalfa Sprouts | Dragon Fruit (Pitaya) | Lime |
| Psyllium Husk | Dried Fruit | Lime Juice |

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

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| Hazelnut/Filbert | Safflower/Safflower Seed Oil | <input type="checkbox"/> Legumes & Pulses |
| Hemp Meal | Sacha Inchi Seeds | Bean, Azuki |
| Hemp Protein (Powder) | Sesame Seed Oil | Bean, Black |
| Hemp Seed | Sesame Seeds | Bean, Butter |
| Hydrogenated Oils | Sesame Seeds, Black | Bean, Cannellini |
| Macadamia Nut Oil | Sunflower Seed Butter | Bean, Chana Dahl |
| Macadamia Nuts | Sunflower Seed Lecithin | Bean, Chili |
| Olive Leaf Extract | Sunflower Seed Oil | Bean, Green |
| Olive Oil, Virgin | Sunflower Seeds | Bean, Italian |
| Palm Kernel Oil | Tahini | Bean, Kidney |
| Pecan | Tea, Ramon | Bean, Lima |
| Pecan Flour | Tiger Nuts | Bean, Mung |
| Pepitas | Vegetable Oil | Bean, Navy/Ninja |
| Pili Nuts | Vegetable Shortening (Spectrum®) | Bean, Pinto/Frijole |
| Pine Nut | Walnut (few) | Bean, Red (see also Bean, Kidney) |
| Pistachios | Walnut Oil | Chickpea (see also Garbanzo |
| Poppy seeds | Walnut, Black (few) | Edamame (must be organic) |
| Pumpkin Oil | Almond | Fava Bean |
| Pumpkin Seed Oil | Psyllium Husk | Fava Bean Flour |
| Pumpkin Seeds | | Garbanzo Bean |
| Ramon Seeds | | Garbanzo Flour |
| Rice, Wild (Lundberg® - not the | | Lentil(s) |

Miso

Pea, Snap

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**

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach & feta

Applegate® organic sausage sweet

Applegate® organic smoked

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|---------------------------------------|--------------------------|-------------------------------------|---|
| Applegate® organic smoked turkey | <input type="checkbox"/> | Non-Dairy & Eggs | BodyPro Almond Mayo Grade B |
| Applegate® organic turkey | | Almond Milk, unsweetened (no | BodyPro Almond Mayo with Yacon |
| Applegate® organic turkey bacon | | Almond Yogurt, unsweetened | BodyPro Avocado Oil Mayonnaise |
| Beef, Grass-fed only (organic) | | BodyPro Avocado Oil Mayonnaise | Carob |
| Bison (see also Buffalo) | | Cheese, Daiya | Coconut Vinegar (Coconut Secret) |
| Buffalo (see also Bison) | | Cheese, Soy (Organic) (see Soy) | Dressing, Primal Kitchen Greek |
| Chicken Broth (Imagine® gf/low | | Coconut Kefir (No Tapioca, | Dressing, Primal Kitchen Honey |
| Chicken, free range (organic) | | Coconut Milk(Native Forest or | Earth Balance® Coconut Spread |
| Deer (see also Venison) | | Egg, Pasture-raised (from a farmer) | Earth Balance® Avocado Oil Butter |
| Duck | | Egg, Vital Farms® or Pasture | Horseradish Sauce, Gluten-free |
| Goat, Grass-fed only (organic) | | Egg, Whites, Pasture-raised | Hummus |
| Lamb (organic) | | Egg, Yolks Pasture-raised | Ketchup (Organicville) |
| Lard (pork) | | Milk, Soy (Organic) | Mayonnaise |
| Ostrich | | Sriracha Sauce Organicville | Mayonnaise, Primal Kitchen |
| Pheasant | | Egg | Mayonnaise, Primal Kitchen |
| Pork, (organic) | | | Mustard, Brown (Eden® gf |
| Quail | <input type="checkbox"/> | Condiments | Sauerkraut (Bubbies® Brand only) |
| Rabbit | | Apple Cider Vinegar (Bragg's®) | Sriracha Sauce Organicville |
| Turkey (organic) | | Balsamic Vinegar MiaBella | Ume Plum Vinegar |
| Veal (organic) | | Balsamic Vinegar (with Red Wine | Veganise Soy-free (Follow Your |
| Venison (see also Deer) | | Balsamic Vinegar (Caramel/Red W. | Vinegar |
| | | Barbeque Sauce, GF Annie's® | Vinegar, Distilled |

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|---------------------------|----------------------------------|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Sweeteners | <input type="checkbox"/> | Herbs & Spices |
| Vinegar, Malt | Honey, Manuka | | Allspice |
| Vinegar, Red Wine | Honey, Wildflower from Mahava® | | Almond Flavor natural, gluten free) |
| Vinegar, Rice | Just Like Sugar® | | Anise |
| Vinegar, White | Lo Han | | Ashwaganda |
| Vinegar, White Wine | Maltodextrin (Can be | | Astragalus |
| Worcestershire Sauce (The | Maltodextrin (Corn-based, | | Basil |
| | Maple Sugar | | Bay Leaf |
| | Maple Syrup (Grade A Dark Amber | | Black Cohosh |
| | Molasses | | Caramel Coloring |
| | Monk Fruit | | Caraway Seed |
| | Nutrasweet® | | Cardamom |
| | Rebiana Leaf (Stevia) | | Celery Powder |
| | Sorbitol | | Chicory Root |
| | Splenda | | Chili Powder |
| | Sucanat | | Chipotle Seasoning |
| | Sugar Beet | | Cilantro/Coriander |
| | Sugar Cane | | Cinnamon |
| | Sweetleaf® Stevia | | Cinnamon, Ceylon |
| | Swerve® Xylitol | | Cloves |
| | Xyla (Birchwood Xylitol/non-corn | | Cloves, Madagascar |
| | Yacon Syrup | | Cloves, Penang |

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|-------------------------|------------------------------------|---------------------------------|
| Cramp Bark Extract | Herbs De Provence | Onion |
| Cream of Tartar | Hickory | Onion Powder |
| Cumin | Himalayan Salt | Orange Peel/Rind |
| Curcumin | Jamaican Jerk | Orange Salt |
| Curry (must be GF) | Juniper Berry | Oregano |
| Dandelion Root | Lavender | Paprika |
| Dill | Lemon Balm (Melissa Officinalis) | Paprika (smoked) |
| Dong Quai | Lemon Pepper | Parsley |
| Echinacea | Lemongrass | Pepper, Black (see Garlic/Lemon |
| Fennel | Licorice Root | Pepper, Cayenne |
| Garlic | Liquid Smoke (can have gluten) | Pepper/Peppercorns |
| Garlic Pepper | Liquid Smoke gluten free (natural) | Pepper/Peppercorns, Szechuan |
| Garlic Powder | Maca Root | Pepper, Red |
| Garlic Salt | Mace Spice | Peppermint |
| Ginger | Marjoram | Pine Bark Extract |
| Ginkgo Biloba | Mesquite | Red Chili Paste Thai Kitchen® |
| Ginseng (All Types) | Milk Thistle | Red Pepper Flake |
| Goldenseal | Mint | Rosemary |
| Grapefruit Seed Extract | Mustard (as a Powder) | Saffron |
| Grapeseed Extract | Mustard Seeds (gluten free) | Sage |
| Guarana | Nutmeg | Saw Plametto |
| Gymnema Silvestre | Olive Leaf Extract | Sesame Seeds |

Sesame Seeds, Black

**Milk-Containing Foods**

Cheese, Raw and Pasture-raised

Shallots

Applegate® organic spinach & feta

Cheese, Ricotta

Spearmint

Butter, Raw and Pasture-raised

Cheese, Romano

St. John's Wort

Buttermilk

Cheese, Provolone

Taco Seasoning

Casein

Cheese, Sheep

Tamari (Wheat Free)

Cheese, American

Cheese, String (Mozzarella)

Tarragon

Cheese, Asiago

Cheese, Swiss

Thyme

Cheese, Bleu

Chocolate, Milk

Tomatillo

Cheese, Brie

Chocolate, White

Turmeric

Cheese, Cheddar (Raw)

Cream, Raw and Unpasteurized

Uva Ursi

Cheese, Cottage

Ghee (Pasture-Raised, Organic)

Valerian

Cheese, Cream

Goat Cheese

Vanilla (gluten and corn-free)

Cheese, Goat

Goat Kefir

Vanilla Bean

Cheese, Gorgonzola

Kefir, Raw

Vanilla Powder

Cheese, Gouda

Lactoalbumin

White Willow Bark Extract

Cheese, Havarti

Milk Chocolate

Wintergreen

Cheese, Machego

Milk, Cow

Rose Hips

Cheese, Marscapone

Milk, Goat

Cheese, Mozzarella (Raw)

Milk, Sheep

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and

Cheese, Pecorino

Whey

**Gluten-Free Grains**

Yogurt (See Xanthan Gum)

Cheese, Feta

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 (Lundberg® - 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

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 | Panko | Corn (Gluten-free & Non-GMO) |
| Barley Greens (Not for | Polish Wheat | Corn, Blue |
| Barley Juice (Not for | Rye | Corn, White |
| Beer | Semolina | Corn Gluten |
| Bran | Soy Sauce | Corn Meal (gluten free) |
| Bread | Spelt | Corn Oil |
| Brown Rice Syrup (contains | Teechino | Corn Starch (gluten free) |
| Caramel Coloring | Teriyaki Sauce | Erythritol (non-GMO) |
| Cheese, Bleu | Triticale | Fructose |
| Chewing Gum (has gluten and | Vinegar | GemWraps®®, Sandwich Wrap |
| Coffee, Instant (has gluten) | Vinegar, Malt | Maltodextrin (Corn-based, |
| Couscous | Vinegar, White | Sriracha Sauce Organicville |
| Durum Wheat | Wheat (All Types) | Swerve® Xylitol |
| Farro | Wheat Grass (Is | Vegetable Oil |
| Gluten | Crab, Immitation | Xanthan Gum |
| Graham (wheat) | | Yogurt (See Xanthan Gum) |

Kamut

**Corn-Derived Foods**

Liquid Smoke (can have gluten)

Barbeque Sauce, GF Annie's®

**Beverages & Protein Powders**

Malt

Cheese, Cream

Almond Milk, unsweetened (no

Maltodextrin (Can be

Cheese, Daiya

Apple Juice

Oats

Cheese, Soy (Organic) (see Soy)

Beer

Orzo

Chewing Gum (has gluten and

Carrot Juice

| | | |
|-------------------------------|------------------------------------|--|
| Coconut Kefir (No Tapioca, | Rice Protein Powder (gluten free) | <input type="checkbox"/> Miscellaneous |
| Coconut Milk(Native Forest or | Soy Milk/Soy Cheese (Organic) | Agar Gum |
| Coconut Water (low sugar) | Soy Protein (Organic) | Antimony |
| Coffee Bean, Organic | Sparkling Water, unflavored | Arabic Gum |
| Coffee | Tea, Black | Baking Powder |
| Coffee, Instant (has gluten) | Tea, Chamomile | Baking Soda (Arm & Hammer®) |
| Collagen Protein (Powder) | Tea, Green | Beef broth (Imagine® low |
| Echinacea Tea | Tea, Oolong | Carrageenan Gum |
| Grapefruit Juice | Tea, Ramon | Chewing Gum (has gluten and |
| Green Tea | Tea, Roobios | Chewing Gum, Xylitew® |
| Hemp Protein (Powder) | Tea, unflavored/caffeine-free only | Chicken Broth (Imagine® gf/low |
| Komboucha Tea | Tea, White | Chicory Root |
| Lemon Juice | Teechino | Cocoa/Cacao (raw, pure, & |
| Licorice Tea | Water | Coconut Aminos® |
| Lime Juice | Wine, Red | Coconut Cream |
| Milk, Cow | Wine, White (Champagne) | Collagen Protein (Powder) |
| Milk, Goat | Yerba Matte Tea (Organic/Pure) | Garam Masala |
| Milk, Sheep | | GemWraps®, Sandwich Wrap |
| Milk, Soy (Organic) | | GemWraps®, Sandwich Wrap |
| Mineral Water | | GemWraps®, Sandwich Wrap |
| Orange Juice | | GemWraps®, Sandwich Wrap |
| Pea Protein | | Glucomannon Flour |

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|----------------------------------|----------------------------------|
| Great Lake's® Beef Gelatin | Tamari (Wheat Free) |
| Guar Gum | Tofu (Organic) |
| Hops | Tomato Paste (gluten & |
| Julian Bakery Paleo Wraps | Tomato Sauce (gluten & |
| Julian Bakery Almond Bread | Tagacanth Gum |
| Julian Bakery Coconut Bread | Vegetable broth (Imagine® Low |
| Konjac Glucomannon Flour | Vegetable Oil |
| Lard (pork) | Vegetable Shortening (Spectrum®) |
| Liquid Aminos (Braggs®)(has Soy) | Vinegar, Red Wine |
| Locust Bean Gum | Vinegar, Rice |
| Lycopene | Vinegar, White Wine |
| Malt | Xanthan Gum |
| Maltodextrin (Can be | Yeast, Baker's |
| Palm Wax | Yeast, Brewer's |
| Pycnogenol | Yeast, Nutritional |
| Red Chili Paste Thai Kitchen® | Latex |
| Red Tomato Paste (gluten free) | Formaldehyde |
| Resveratrol | Red Dye |
| Sherry Vinegar | Ispaghula/Psyllium |
| Silver | Acacia Gum |
| Skinny Crisps®(Plain Jane) | |
| Tagacanth Gum | |