

<b>Fruits</b>	Grape, Green	Mulberry
Acai	Grape, Purple	Nectarines
Apple (all types)	Grape, Red	<b>Noni</b>
Apricot	Grape, White	Orange
Banana	Grapefruit	Orange Juice
Bilberry	Grapefruit Juice	Orange Peel/Rind
Blackberry	Guava	Orange, Blood
Blueberry	Huckleberry	Papaya
Boysenberry	Jack fruit	Passion Fruit
Cantaloupe	Kiwi	Peach
Cherry	Kumquat	Pear
Clementine	<b>Lemon</b>	Pear, Asian
Cranberry	<b>Lemon Juice</b>	Persimmons
Cranberry Juice	<b>Lemon Rind/Peel</b>	Pineapple
Currant	<b>Lime</b>	Plantain
Dates	<b>Lime Juice</b>	Plum
Dragon Fruit (Pitaya)	<b>Litchi (aka Lychee)</b>	Pomegranate
Dried Fruit	Loganberry	Pomelo
Elderberry	<b>Loquat</b>	Prune
Fig	Mango	Quince
Goji Berry	Mangosteen	Raisin (unsulfured, organic)
Golden Berry	<b>Maqui</b>	Raspberry
Gooseberry	Melon, Honeydew	Star Fruit
Grape	Monk Fruit (Pure)	Strawberry

Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut Butter	Pili Nuts
Tangerine	Coconut Oil	Pine Nut
Vinegar, Red Wine	Coconut, shredded (raw, unsweetened)	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
<b>Nuts, Seeds, Drupes &amp; Oils</b>		
Almond	Flax Meal	Pumpkin Seed Oil
Almond Butter (Artisana®)	Flax Oil	Pumpkin Seeds
Almond Flavor (natural, gluten free)	Flax Seed	Ramon Seeds
Almond Flour (gluten free)	Grapeseed Oil, Organic	Rice Bran Oil
Almond Meal (gluten free)	Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)
Almond, Marcona	Hazelnut/Filbert	Sacha Inchi Seeds
Annatto Seed	Hemp Meal	Safflower/Safflower Seed Oil
Avocado Oil	Hemp Protein (Powder)	Sesame Seed Oil
Brazil Nut	Hemp Seed	Sesame Seeds
Canola/Rapeseed Oil	Hydrogenated Oils	Sesame Seeds, Black
Caraway Seed	Macadamia Nut Oil	Sunflower Seed Butter
Cashew Butter	Macadamia Nuts	Sunflower Seed Lecithin
Cashew Meal	Olive Leaf Extract	Sunflower Seed Oil
Cashews	Olive Oil, Virgin	Sunflower Seeds
Chestnut	Palm Kernel Oil	Tahini
	Pecan Flour	Tea, Ramon
	Pecans	Tiger Nuts

Truffle Oil

Lobster

**Vegetables**

Truffle Oil, Black

Mackerel

Agave Nectar

Vegetable Oil

Mahi Mahi

Alfalfa Grass

Vegetable Shortening (Spectrum®)

Mussel

Alfalfa Sprouts

Walnut Oil

Octopus

Aloe Vera

Walnuts

Orange Roughy

Artichoke (not pickled)

Walnuts, Black

Oyster

Artichoke, Jerusalem (not pickled)

**Fish & Shellfish**

Anchovy

Perch

Arugula

Bass

Red Snapper

Asparagus

Catfish

Salmon, wild (fresh)

Avocado

Chilean Sea Bass

Sardines

Bamboo Shoot

Clam

Scallop

Barley Grass (can have gluten)

Cod/ Cod Liver Oil

Shrimp

Barley Greens (may contain gluten)

Corvina

Sole

Bean Sprout

Crab

Squid

Bean, Green

Crab, Immitation

Swai

Beet

Crayfish

Swordfish

Beet Greens

Flounder

Tilapia (Wild, Non-farmed)

Bell Pepper

Haddock

Trout

Bell Pepper, Green

Hake

Tuna

Bell Pepper, Orange

Halibut

Walleye Pike

Bell Pepper, Red

Herring

Whitefish/Turbot

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe	Coconut Concentrate	Mushrooms, Button
Broccoli Sprouts	Collard Greens	Mushrooms, Cremini/Crimini
Broccolini	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot Juice	Fennel	Onion, Red
Carrot, Orange	Garlic	Onion, Sweet
Carrot, Purple	Hearts of Palm	Onion, Yellow
Carrot, White	Horseradish	Paprika
Carrot, Yellow	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea Protein
Cauliflower, Purple	Kelp/Dulse	Pea, Black-Eyed
Celery	Kohlrabi	Pea, Green
Chard	Kombu	Pea, Snap
Chayote	Leeks	Pea, Snow
Chives	Lettuce, all types	Pea, Split
Coconut (raw and unsweetened)	Mushrooms	Pepper, Anaheim

Pepper, Cayenne	Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)
Pepper, Chili	Rhubarb	Tomato Sauce (gluten & Vinegar-free)
Pepper, Green	<b>Rutabaga</b>	Tomato, Cherry
Pepper, Habanero	<b>Sauerkraut (Bubbies® Brand only)</b>	Tomato, Heirloom
Pepper, Jalapeño	<b>Scallions</b>	Tomato, Orange
Pepper, Poblano	Sea Vegetables	Tomato, Red
Pepper, Red	Seaweed	Tomato, Roma
Pepper, Serrano	<b>Shallots</b>	Tomato, Sun-dried
Pickles, Bubbies® brand only	<b>Spinach</b>	Tomato, Yellow
Pimento	Spirulina	Tomatoes, Big Beef
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	<b>Turnip Greens</b>
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	<b>Water Chestnut</b>
Potato, White	Squash, Summer	<b>Watercress</b>
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
<b>Prickly Pear</b>	Squash, Yellow	Yams, Garnett
Psyllium Husk	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini
<b>Radicchio</b>	<b>Swiss Chard</b>	
<b>Radish</b>	Tomatillo	
<b>Rainbow Chard</b>	Tomato	

**Meat & Poultry**

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

**Applegate® organic roast beef**

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach &amp; feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

**Beef, Grass-fed only (organic)****Bison (see also Buffalo)****Buffalo (see also Bison)**

Chicken Broth (Imagine® gf/low sodium)

**Chicken, free range (organic)****Collagen Protein (Powder)****Deer (see also Venison)****Duck****Goat, Grass-fed only (organic)****Great Lake's® Beef Gelatin****Lamb****Lard (pork)****Ostrich****Pheasant****Pork, (organic)****Quail****Rabbit****Turkey (organic)****Veal (organic)****Venison (see also Deer)****Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

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	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
<b>Liquid Smoke gluten free (natural)</b>	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
<b>Olives (without vinegar)</b>	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	<b>Sweeteners</b>	Maltodextrin (Corn-based, non-GMO)
<b>Sauerkraut (Bubbies® Brand only)</b>		Maltodextrin (Tapioca-based)
Sherry Vinegar	Agave Nectar	Maple Sugar
Sour Cream, Raw and Unpasteurized	Aspartame	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	BodyPro Almond Mayo Grade A Maple Syrup	Molasses
Sriracha Sauce Organicville gluten-free	Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit (Pure)
Tabasco Sauce	Cane Syrup	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Dark	Nutrasweet®
Teriyaki Sauce	Chocolate, Milk	<b>Rebiana Leaf (Stevia)</b>
Tomato Paste (gluten & Vinegar-free)	Chocolate, White	Sorbitol

Herbs & Spices



Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	
Mustard Seeds (gluten free)	Sage	Applegate® organic spinach & feta sausage
Nutmeg	Saw Plametto	Butter, Raw and Pasture-raised
Olive Leaf Extract	Sesame Seeds	Buttermilk
Onion	Sesame Seeds, Black	Casein
Onion Powder	Shallots	Cheese, American
Orange Peel/Rind	Spearmint	Cheese, Asiago
Orange Salt	St. John's Wort	Cheese, Bleu
Oregano	Sumac	Cheese, Brie
Paprika	Taco Seasoning	Cheese, Cheddar (Raw)
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cottage
Parsley	Tarragon	Cheese, Cream
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Feta
Pepper, Cayenne	Tomatillo	Cheese, Goat
Pepper, Red	Turmeric	Cheese, Gorgonzola
Pepper, Sichuan	Uva Ursi	Cheese, Gouda
Pepper, Szechuan	Valerian	Cheese, Havarti
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Cheese, Machego
Peppermint	Vanilla Bean	Cheese, Marscapone
Pine Bark Extract	Vanilla Powder	Cheese, Mozzarella (Raw)

Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Edamame (must be organic)
Cheese, Parmesan	Whey	Fava Bean
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Fava Bean Flour
Cheese, Provolone	<b>Legumes &amp; Pulses</b>	Garbanzo Bean
Cheese, Raw and Pasture-raised		Garbanzo Flour
Cheese, Ricotta	Bean, Azuki	Hydrogenated Oils
Cheese, Romano	Bean, Black	Kidney Bean
Cheese, Sheep	Bean, Butter	Lentil(s)
Cheese, String (Mozzarella)	Bean, Cannellini	Miso
Cheese, Swiss	Bean, Chana Dahl	Pea, Snap
Chocolate, Milk	Bean, Chili	Pea, Snow
Chocolate, White	Bean, Green	Pea, Split
Cream, Raw and Unpasteurized	Bean, Italian	Peanut (Organic, Valencia)
Ghee (Pasture-Raised, Organic)	Bean, Kidney	Peanut Butter (Organic, Maranatha®)
Goat Cheese	Bean, Lima	Peanut Oil (Organic)
Goat Kefir	Bean, Mung	Red Bean Paste
Kefir, Raw	Bean, Navy	Soy Beans (must be organic)
Lactoalbumin	Bean, Ninja	Soybean oil(must be organic)
Milk Chocolate	Bean, Pinto/Frijole	Vanilla Bean
Milk, Buffalo	Bean, Red	Vanilla Powder
Milk, Cow	Bean, White	Vegetable Oil
Milk, Goat	Beans	
Milk, Sheep	Chickpea (see also Garbanzo Bean)	
Mozzarella Cheese	Coffee Bean, Organic	

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

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)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

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, Immitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten  
Sensitive)

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)

**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)

Hemp Seed

Hydrogenated Oils

**Konjac Glucomannon Flour**

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (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 blend)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Vegetable Oil

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

Guar Gum	Tofu (Organic)
Hops	Tragacanth Gum
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)
Inulin	Vegetable Oil
Julian Bakery Almond Bread	Vinegar, Red Wine
Julian Bakery Coconut Bread	Xanthan Gum
Julian Bakery Paleo Wraps	Yeast, Baker's
Konjac Glucomannon Flour	Yeast, Brewer's
Lard (pork)	Yeast, Nutritional

**Latex****Snacks**

Locust Bean Gum	Apple Sauce
Lycopene	Dates
Malt	Simple Mills Chocolate Chip Cookies
Maltodextrin (Barley-derived)	
Modified Food Starch	
Modified Food Starch (Tapioca-based)	
<b>Palm Wax</b>	
Pycnogenol	
Red Food Dye	
Red Tomato Paste (gluten free)	
Resveratrol	
Rice Starch (if certified gluten free)	
<b>Silver</b>	
Skinny Crisps® (Plain Jane)	