Vegetables	Carrot, White	Jicama
Aloe Vera	Carrot, Yellow	Kale, all types
Bamboo Shoot	Cassava (see Tapioca	Kelp/Dulse
Beet	Cauliflower	Kohlrabi
Beet Greens	Cauliflower, Purple	Kombu
Bell Pepper	Celery	Leeks
Bell Pepper, Green	Chard	Mushrooms
Bell Pepper, Orange	Chayote	Mushrooms, Button
Bell Pepper, Red	Chives	Mushrooms,
Bell Pepper, Yellow	Collard Greens	Mushrooms, Maitake
Bok Choy	Corn (Gluten-free &	Mushrooms, Shiitake
Brussels Sprout	Corn, Blue	Mustard Greens
Burdock	Corn, White	Nori
Cabbage, Chinese (see	Cucumber	Okra
Cabbage, Green	Daikon Radish	Olives (without vinegar)
Cabbage, Purple	Dandelion Greens	Onion, Green
Cactus (Nopales)	Dandelion Root	Onion, Maui
Capers	Endive	Onion, Red
Capsicum	Fennel	Onion, Sweet
Carrot Juice	Garlic	Onion, Yellow
Carrot, Orange	Hearts of Palm	Parsley
Carrot, Purple	Horseradish	Parsnip

Pea, Black-Eyed	Prickly Pear	Squash, Yellow
Pea, Green	Psyllium Husk	Sugar Beet
Pea, Snap	Pumpkin	Swiss Chard
Pea, Snow	Pumpkin Powder	Tomatillo
Pea, Split	Radicchio	Tomato Paste (gluten &
Pea Protein	Radish	Tomato Sauce (gluten &
Pepper, Anaheim	Rainbow Chard	Tomato
Pepper, Chili	Rhubarb	Tomatoes, Big Beef
Pepper, Green	Rutabaga	Tomato, Cherry
Pepper, Habanero	Sauerkraut (Bubbies®	Tomato, Heirloom
Pepper, Jalapeño	Scallions	Tomato, Orange
Pepper, Poblano	Sea Vegetables	Tomato, Red
Pepper, Red	Seaweed	Tomato, Roma
Pepper, Serrano	Shallots	Tomato, Sun-dried
Pickles, Bubbies®	Spirulina	Tomato, Yellow
Pimento	Squash	Truffle
Potato, Fingerling	Squash, Acorn	Turnip Greens
Potato, Purple	Squash, Butternut	Turnips
Potato, Red	Squash, Green	Water Chestnut
Potato, Russet	Squash, Spaghetti	Watercress
Potato, White	Squash, Summer	Yams, Garnett
Potato, Yukon Gold	Squash, Winter	Yams, Japanese

Yucca	Elderberry	Litchi (aka Lychee)
Zucchini	Fig	Loganberry
Alfalfa Sprouts	Goji Berry	Loquat
Fruits	Golden Berry	Mango
Acai	Gooseberry	Mangosteen
Agar Gum	Grape	Maqui
Apple (all types)	Grape, Green	Melon, Honeydew
Apple Cider	Grape, Purple	Monk Fruit
Apple Juice	Grape, Red	Mulberry
Apple Sauce	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Boysenberry	Guava	Orange, Blood
Cantaloupe	Huckleberry	Orange Juice
Cherry	Jack fruit	Orange Peel/Rind
Clementine	Kiwi	Papaya
Cranberry	Kumquat	Passion Fruit
Cranberry Juice	Lemon	Peach
Currant	Lemon Juice	Pear
Date(s)	Lemon Rind/Peel	Pear, Asian
Dragon Fruit (Pitaya)	Lime	Persimmons
Dried Fruit	Lime Juice	Pineapple

Plum	Brazil Nut	Macadamia Nuts
Pomegranate	Canola/Rapeseed Oil	Olive Leaf Extract
Pomelo	Caraway Seed	Olive Oil, Virgin
Prune	Cashews	Palm Kernel Oil
Quince	Cashew Butter	Pecan
Raisin (unsulfured,	Cashew Meal	Pecan Flour
Raspberry	Chestnut	Pepitas
Star Fruit	Chia Seed (1/4 cup,	Pili Nuts
Strawberry	Cola Nut (aka Kola Nut)	Pine Nut
Tamarind	Corn Oil	Pistachios
Tangelo	Cottonseed/Cottonseed	Poppy seeds
Tangerine	Flax Meal	Psyllium Husk
Watermelon	Flax Oil	Pumpkin Oil
Wolfberry	Flax Seed	Pumpkin Seed Oil
Youngberry	Grapeseed Oil, Organic	Pumpkin Seeds
Nuts, Seeds, & Oils	Hazelnut Flour	Ramon Seeds
Almond Butter	Hazelnut/Filbert	Rice, Wild (Lundberg®
Almond Flavor natural,	Hemp Meal	Safflower/Safflower
Almond Flour (gluten	Hemp Protein (Powder)	Sacha Inchi Seeds
Almond Meal (gluten	Hemp Seed	Sunflower Seed Butter
Almond, Marcona	Hydrogenated Oils	Sunflower Seed
Annatto Seed	Macadamia Nut Oil	Sunflower Seed Oil

Sunflower Seeds	Peanut (Organic,	Mackerel
Tahini	Peanut Butter (Organic,	Mahi Mahi
Tea, Ramon	Peanut Oil (Organic)	Mussel
Tiger Nuts	Soy Beans (must be	Orange Roughy
Vegetable Oil	Soy Beans Oil (must be	Oyster
Vegetable Shortening	Vanilla Bean	Perch
Walnut (few)	Vanilla Powder	Red Snapper
Walnut Oil	White Beans	Salmon, wild (fresh)
Walnut, Black (few)	Fish & Shellfish	Sardines
Almond	Anchovy	Scallop
Legumes & Pulses	Catfish	Shrimp
Chickpea (see also	Chilean Sea Bass	Sole
Edamame (must be	Clam	Squid
Fava Bean	Cod/ Cod Liver Oil	Swai
Fava Bean Flour	Corvina	Swordfish
Garbanzo Bean	Crab	Tilapia (Non-farmed)
Garbanzo Flour	Crayfish	Trout
Lentil(s)	Flounder	Tuna
Miso	Hake	Walleye Pike
Pea, Snap	Halibut	Whitefish/Turbot
Pea, Snow	Herring	Crab, Immitation
Pea. Split	Lobster	

Meat & Poultry	Cheese, Soy (Organic)	BodyPro Almond Mayo
Applegate® organic	Egg, Whites,	Date Sugar
Applegate® organic	Milk, Soy (Organic)	Erythritol (non-GMO)
Applegate® organic	Sriracha Sauce	Fructose
Applegate® organic	Condiments	Fruit Pectin
Bison (see also Buffalo)	Apple Cider Vinegar	Honey, (Organic)
Buffalo (see also Bison)	BodyPro Almond Mayo	Honey, Manuka
Deer (see also Venison)	BodyPro Almond Mayo	Honey, Wildflower from
Duck	Carob	Just Like Sugar®
Goat, Grass-fed only	Ketchup (Organicville)	Lo Han
Lamb (organic)	Sauerkraut (Bubbies®	Maltodextrin
Lard (pork)	Sriracha Sauce	Maple Sugar
Ostrich	Ume Plum Vinegar	Maple Syrup (Grade A
Pheasant	Vinegar, Distilled	Molasses
Pork, (organic)	Vinegar, Red Wine	Monk Fruit
Quail	Vinegar, Rice	Rebiana Leaf (Stevia)
Rabbit	Vinegar, White	Sorbitol
Turkey (organic)	Vinegar, White Wine	Splenda
Venison (see also Deer)	Worcestershire Sauce	Sucanat
Non-Dairy & Eggs	Sweeteners	Sugar Beet
Almond Milk,	Agave Nectar	Sugar Cane
Almond Yogurt,	BodyPro Almond Mayo	Sweetleaf® Stevia

Swerve® Xylitol	Cramp Bark Extract	Herbs De Provence
Xyla (Birchwood	Cream of Tartar	Hickory
Yacon Syrup	Cumin	Himalayan Salt
Herbs & Spices	Curcumin	Jamaican Jerk
Allspice	Curry (must be GF)	Juniper Berry
Almond Flavor natural,	Dandelion Root	Lavender
Anise	Dill	Lemon Balm (Melissa
Basil	Dong Quai	Lemon Pepper
Black Cohosh	Echinacea	Lemongrass
Caramel Coloring	Fennel	Licorice Root
Caraway Seed	Garlic	Liquid Smoke (can
Cardamom	Garlic Pepper	Liquid Smoke gluten
Celery Powder	Garlic Powder	Maca Root
Chicory Root	Garlic Salt	Mace Spice
Chili Powder	Ginger	Marjoram
Chipotle Seasoning	Ginkgo Biloba	Mesquite
Cilantro/Coriander	Ginseng (All Types)	Milk Thistle
Cinnamon	Goldenseal	Mint
Cinnamon, Ceylon	Grapefruit Seed Extract	Mustard Seeds (gluten
Cloves	Grapeseed Extract	Nutmeg
Cloves, Madagascar	Guarana	Olive Leaf Extract
Cloves, Penang	Gymnema Silvestre	Onion

Onion Powder	St. John's Wort	Goat Cheese
Orange Peel/Rind	Taco Seasoning	Goat Kefir
Orange Salt	Tamari (Wheat Free)	Lactoalbumin
Oregano	Tarragon	Milk, Goat
Paprika	Thyme	Milk, Sheep
Paprika (smoked)	Tomatillo	Whey
Parsley	Turmeric	Yogurt (See Xanthan
Pepper, Black (see	Uva Ursi	Cheese, Feta
Pepper, Cayenne	Valerian	Gluten-Free Grains
Pepper/Peppercorns	Vanilla (gluten and	Almond Flour (gluten
Pepper/Peppercorns,	Vanilla Bean	Amaranth
Pepper, Red	Vanilla Powder	Buckwheat
Peppermint	White Willow Bark	Buckwheat Flour
Pine Bark Extract	Wintergreen	Chicory Root
Red Chili Paste Thai	Rose Hips	Corn (Gluten-free &
Red Pepper Flake	Milk-Containing Foods	Corn, Blue
Rosemary	Cheese, Cream	Corn, White
Saffron	Cheese, Goat	Corn Starch (gluten
Sage	Cheese, Machego	Ener-G Brown Rice
Saw Plametto	Cheese, Pecorino	Fava Bean Flour
Shallots	Cheese, Ricotta	Flax Meal
Spearmint	Cheese, Sheep	Garbanzo Flour

Glucomannon Flour	Rice, Wild (Lundberg® -	Couscous
Hazelnut Flour	Rice Bran	Gluten
Hemp Meal	Rice Flour (gluten free)	Kamut
Hemp Protein (Powder)	Rice Protein Powder	Liquid Smoke (can
Hemp Seed	Simple Mills Grnd Sea	Oats
Konjac Glucomannon	Simple Mills Rosemary	Orzo
Millet	Simple Mills Tomato &	Polish Wheat
Oats	Sorghum	Soy Sauce
Oats (Bob's Red Mill	Tapioca	Teriyaki Sauce
Oat Grass (Not For	Tapioca Flour (gluten	Vinegar, White
Potato Flour (gluten	Tapioca Starch (gluten	Wheat Grass (Is
Potato Starch (gluten	Teff	Crab, Immitation
Potato Starch (gluten Quinoa (gluten free)	Teff Tolerant Green Lentil &	Crab, Immitation  Corn-Derived Foods
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Quinoa (gluten free)	Tolerant Green Lentil &	Corn-Derived Foods
Quinoa (gluten free)  Quinoa, Black (gluten	Tolerant Green Lentil & Tolerant Red or Green	Corn-Derived Foods Cheese, Cream
Quinoa (gluten free)  Quinoa, Black (gluten  Quinoa, Red (gluten	Tolerant Green Lentil &  Tolerant Red or Green  Tortilla, Siete Almond	Cheese, Cream Cheese, Soy (Organic)
Quinoa (gluten free)  Quinoa, Black (gluten  Quinoa, Red (gluten  Rice, Basmati (gluten	Tolerant Green Lentil &  Tolerant Red or Green  Tortilla, Siete Almond  Tortilla, Siete Cassava	Cheese, Cream Cheese, Soy (Organic) Chewing Gum (has
Quinoa (gluten free)  Quinoa, Black (gluten  Quinoa, Red (gluten  Rice, Basmati (gluten  Rice, Black (gluten free)	Tolerant Green Lentil & Tolerant Red or Green Tortilla, Siete Almond Tortilla, Siete Cassava Simple Mills Everything	Corn-Derived Foods  Cheese, Cream  Cheese, Soy (Organic)  Chewing Gum (has  Corn (Gluten-free &
Quinoa (gluten free)  Quinoa, Black (gluten  Quinoa, Red (gluten  Rice, Basmati (gluten  Rice, Black (gluten free)  Rice, Brown (gluten	Tolerant Green Lentil & Tolerant Red or Green Tortilla, Siete Almond Tortilla, Siete Cassava Simple Mills Everything Corn Meal (gluten free)	Corn-Derived Foods  Cheese, Cream  Cheese, Soy (Organic)  Chewing Gum (has  Corn (Gluten-free &  Corn, Blue
Quinoa (gluten free)  Quinoa, Black (gluten  Quinoa, Red (gluten  Rice, Basmati (gluten  Rice, Black (gluten free)  Rice, Brown (gluten  Rice, Japonica (gluten	Tolerant Green Lentil & Tolerant Red or Green Tortilla, Siete Almond Tortilla, Siete Cassava Simple Mills Everything Corn Meal (gluten free) Gluten-Containing Foods	Corn-Derived Foods  Cheese, Cream  Cheese, Soy (Organic)  Chewing Gum (has  Corn (Gluten-free &  Corn, Blue  Corn, White

Corn Starch (gluten	Komboucha Tea	Water
Erythritol (non-GMO)	Lemon Juice	Wine, Red
Fructose	Licorice Tea	Wine, White
GemWraps®, Sandwich	Lime Juice	Yerba Matte Tea
Maltodextrin	Milk, Goat	Miscellaneous
Sriracha Sauce	Milk, Sheep	Agar Gum
Swerve® Xylitol	Milk, Soy (Organic)	Antimony
Vegetable Oil	Mineral Water	Beef broth (Imagine®
Xanthan Gum	Orange Juice	Carrageenan Gum
Yogurt (See Xanthan	Pea Protein	Chewing Gum (has
Beverarages & Protein	Rice Protein Powder	Chewing Gum,
Almond Milk,	Soy Milk/Soy Cheese	Chicory Root
Apple Juice	Soy Protein (Organic)	Collagen Protein
Carrot Juice	Sparkling Water,	GemWraps®, Sandwich
Coffee Bean, Organic	Tea, Black	GemWraps®, Sandwich
Coffee	Tea, Chamomile	GemWraps®, Sandwich
Coffee, Instant (has	Tea, Green	GemWraps®, Sandwich
Collagen Protein	Tea, Oolong	Glucomannon Flour
Echinacea Tea	Tea, Ramon	Great Lake's® Beef
Grapefruit Juice	Tea, Roobios	Guar Gum
Green Tea	Tea,	Hops
Hemp Protein (Powder)	Tea, White	Julian Bakery Paleo

Konjac Glucomannon	Vinegar, Red Wine
Lard (pork)	Vinegar, Rice
Liquid Aminos	Vinegar, White Wine
Locust Bean Gum	Xanthan Gum
Lycopene	Yeast, Baker's
Palm Wax	Yeast, Brewer's
Pycnogenol	Yeast, Nutritional
Red Chili Paste Thai	Latex
Red Tomato Paste	Formaldehyde
Resveratrol	Red Dye
Sherry Vinegar	Acacia Gum
Silver	Ispaghula/Psyllium
Skinny Crisps®(Plain	
Tagacanth Gum	
Tamari (Wheat Free)	
Tofu (Organic)	
Tomato Paste (gluten &	
Tomato Sauce (gluten &	
Tragacanth Gum	
Vegetable broth	
Vegetable Oil	
Vegetable Shortening	