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

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Mushrooms, Button	Pepper, Chili	Rainbow Chard

Mushrooms, Pepper, Green Rhubarb

Mushrooms, Maitake Pepper, Habanero Rutabaga

Mushrooms, Shiitake Pepper, Jalapeño Sauerkraut (Bubbies®

Mustard Greens Pepper, Poblano Scallions

Nori Pepper, Red Sea Vegetables

Okra Pepper, Serrano Seaweed

Olives (without vinegar) Pickles, Bubbies® Shallots

Onion, Green Pimento Spinach

Onion, Maui Potato, Fingerling Spirulina

Onion, Red Potato, Purple Squash

Onion, Sweet Potato, Red Squash, Acorn

Onion, Yellow Potato, Russet Squash, Butternut

Parsley Potato, Sweet Squash, Green

Parsnip Potato, White Squash, Spaghetti

Pea, Black-Eyed Potato, Yukon Gold Squash, Summer

Pea, Green Prickly Pear Squash, Winter

Pea, Snap Psyllium Husk Squash, Yellow

Pea, Snow Pumpkin Sugar Beet

Pea, Split Pumpkin Powder Sweet Potato, Red

Pea Protein Radicchio Sweet Potatoes, White

Pepper, Anaheim Radish Swiss Chard

Tomatillo	Fruits	Elderberry
Tomato Paste (gluten &	Acai	Fig
Tomato Sauce (gluten &	Agar Gum	Goji Berry
Tomato	Apple (all types)	Golden Berry
Tomatoes, Big Beef	Apple Cider	Gooseberry
Tomato, Cherry	Apple Juice	Grape
Tomato, Heirloom	Apple Sauce	Grape, Green
Tomato, Orange	Apricot	Grape, Purple
Tomato, Red	Banana	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomato, Yellow Truffle	Blueberry Boysenberry	Grapefruit Juice Guava
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Truffle	Boysenberry	Guava
Truffle Turnip Greens	Boysenberry Cantaloupe	Guava
Truffle Turnip Greens Turnips	Boysenberry Cantaloupe Cherry	Guava Huckleberry Jack fruit
Truffle Turnip Greens Turnips Water Chestnut	Boysenberry Cantaloupe Cherry Clementine	Guava Huckleberry Jack fruit Kiwi
Truffle Turnip Greens Turnips Water Chestnut Watercress	Boysenberry Cantaloupe Cherry Clementine Cranberry	Guava Huckleberry Jack fruit Kiwi Kumquat
Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett	Boysenberry Cantaloupe Cherry Clementine Cranberry Cranberry Juice	Guava Huckleberry Jack fruit Kiwi Kumquat Lemon
Truffle Turnip Greens Turnips Water Chestnut Watercress Yams, Garnett Yams, Japanese	Boysenberry Cantaloupe Cherry Clementine Cranberry Cranberry Cranberry Juice Currant	Guava Huckleberry Jack fruit Kiwi Kumquat Lemon Lemon Juice

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

Hemp Meal	Safflower/Safflower	Bean, Cannellini
Hemp Protein (Powder)	Sacha Inchi Seeds	Bean, Chana Dahl
Hemp Seed	Sesame Seed Oil	Bean, Chili
Hydrogenated Oils	Sesame Seeds	Bean, Green
Macadamia Nut Oil	Sesame Seeds, Black	Bean, Italian
Macadamia Nuts	Sunflower Seed Butter	Bean, Kidney
Olive Leaf Extract	Sunflower Seed	Bean, Lima
Olive Oil, Virgin	Sunflower Seed Oil	Bean, Mung
Palm Kernel Oil	Sunflower Seeds	Bean, Navy/Ninja
Pecan	Tahini	Bean, Pinto/Frijole
Pecan Flour	Tea, Ramon	Bean, Red (see also
D	Tiger Nuts	Chickpea (see also
Pepitas	riger radio	Orlickpea (see also
Pepitas Pili Nuts	Vegetable Oil	Edamame (must be
·	•	. ,
Pili Nuts	Vegetable Oil	Edamame (must be
Pili Nuts Pine Nut	Vegetable Oil Vegetable Shortening	Edamame (must be
Pili Nuts Pine Nut Pistachios	Vegetable Oil Vegetable Shortening Walnut (few)	Edamame (must be Fava Bean Fava Bean Flour
Pili Nuts Pine Nut Pistachios Poppy seeds	Vegetable Oil Vegetable Shortening Walnut (few) Walnut Oil	Edamame (must be Fava Bean Fava Bean Flour Garbanzo Bean
Pili Nuts Pine Nut Pistachios Poppy seeds Psyllium Husk	Vegetable Oil Vegetable Shortening Walnut (few) Walnut Oil Walnut, Black (few)	Edamame (must be Fava Bean Flour Garbanzo Bean Garbanzo Flour
Pili Nuts Pine Nut Pistachios Poppy seeds Psyllium Husk Pumpkin Oil	Vegetable Oil Vegetable Shortening Walnut (few) Walnut Oil Walnut, Black (few) Almond Legumes & Pulses Bean, Azuki	Edamame (must be Fava Bean Flour Garbanzo Bean Garbanzo Flour Lentil(s)
Pili Nuts Pine Nut Pistachios Poppy seeds Psyllium Husk Pumpkin Oil Pumpkin Seed Oil	Vegetable Oil Vegetable Shortening Walnut (few) Walnut Oil Walnut, Black (few) Almond Legumes & Pulses	Edamame (must be Fava Bean Flour Garbanzo Bean Garbanzo Flour Lentil(s)

Peanut (Organic,	Halibut	Whitefish/Turbot
Peanut Butter (Organic,	Herring	Crab, Immitation
Peanut Oil (Organic)	Lobster	Meat & Poultry
Red Bean Paste	Mackerel	Applegate® organic
Soy Beans (must be	Mahi Mahi	Applegate® organic
Soy Beans Oil (must be	Mussel	Applegate® organic
Vanilla Bean	Orange Roughy	Applegate® organic
Vanilla Powder	Oyster	Applegate® organic
White Beans	Perch	Applegate® organic hot
Fish & Shellfish	Red Snapper	Applegate® organic
Anchovy	Salmon, wild (fresh)	Applegate® organic
Bass	Sardines	Applegate® organic
Bass	Sardines Scallop	Applegate® organic Applegate® organic red
L		
Catfish	Scallop	Applegate® organic red
Catfish Chilean Sea Bass	Scallop Shrimp	Applegate® organic red Applegate® organic
Catfish Chilean Sea Bass Clam	Scallop Shrimp Sole	Applegate® organic red Applegate® organic Applegate® organic
Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil	Scallop Shrimp Sole Squid	Applegate® organic red Applegate® organic Applegate® organic Applegate® organic
Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina	Scallop Shrimp Sole Squid Swai	Applegate® organic red Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic
Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina Crab	Scallop Shrimp Sole Squid Swai Swordfish	Applegate® organic red Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic
Catfish Chilean Sea Bass Clam Cod/ Cod Liver Oil Corvina Crab Crayfish	Scallop Shrimp Sole Squid Swai Swordfish Tilapia (Non-farmed)	Applegate® organic red Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic Applegate® organic

Coconut Kefir (No

Chicken Broth	Coconut Milk(Native	Earth Balance®
Chicken, free range	Egg, Pasture-raised	Horseradish Sauce,
Deer (see also Venison)	Egg, Vital Farms® or	Hummus
Duck	Egg, Whites,	Ketchup (Organicville)
Goat, Grass-fed only	Egg, Yolks	Mayonnaise
Lamb (organic)	Milk, Soy (Organic)	Mayonnaise, Primal
Lard (pork)	Sriracha Sauce	Mayonnaise, Primal
Ostrich	Egg	Mustard, Brown (Eden®
Pheasant	Condiments	Sauerkraut (Bubbies®
Pork, (organic)	Apple Cider Vinegar	Sriracha Sauce
Quail	Balsamic Vinegar	Ume Plum Vinegar
Rabbit	Balsamic Vinegar (with	Veganaise Soy-free
Turkey (organic)	Balsamic Vinegar	Vinegar
Veal (organic)	Barbeque Sauce, GF	Vinegar, Distilled
Venison (see also Deer)	BodyPro Almond Mayo	Vinegar, Malt
Non-Dairy & Eggs	BodyPro Almond Mayo	Vinegar, Red Wine
Almond Milk,	BodyPro Avocado Oil	Vinegar, Rice
Almond Yogurt,	Carob	Vinegar, White
BodyPro Avocado Oil	Coconut Vinegar	Vinegar, White Wine
Cheese, Daiya (Coconu	Dressing, Primal	Worcestershire Sauce
Cheese, Soy (Organic)	Dressing, Primal	

Earth Balance®

Sweeteners	Maple Syrup (Grade A	Black Cohosh
Agave Nectar	Molasses	Caramel Coloring
Aspartame/Nutrasweet	Monk Fruit	Caraway Seed
BodyPro Almond Mayo	Nutrasweet®	Cardamom
BodyPro Almond Mayo	Rebiana Leaf (Stevia)	Celery Powder
Brown Rice Syrup	Sorbitol	Chicory Root
Chocolate, Dark	Splenda	Chili Powder
Chocolate, Milk	Sucanat	Chipotle Seasoning
Chocolate, White	Sugar Beet	Cilantro/Coriander
Coconut Palm Sugar	Sugar Cane	Cinnamon
Date Sugar	Sweetleaf® Stevia	Cinnamon, Ceylon
Erythritol (non-GMO)	Swerve® Xylitol	Cloves
Fructose	Xyla (Birchwood	Cloves, Madagascar
Fruit Pectin	Yacon Syrup	Cloves, Penang
Honey, (Organic)	Herbs & Spices	Cramp Bark Extract
Honey, Manuka	Allspice	Cream of Tartar
Honey, Wildflower from	Almond Flavor natural,	Cumin
Just Like Sugar®	Anise	Curcumin
Lo Han	Ashwaganda	Curry (must be GF)
Maltodextrin (Can be	Astragalus	Dandelion Root
Maltodextrin	Basil	Dill
Maple Sugar	Bay Leaf	Dong Quai

Echinacea	Lemongrass	Pepper, Black (see

Fennel Licorice Root Pepper, Cayenne

Garlic Liquid Smoke (can Pepper/Peppercorns

Garlic Pepper Liquid Smoke gluten Pepper/Peppercorns,

Garlic Powder Maca Root Pepper, Red

Garlic Salt Mace Spice Peppermint

Ginger Marjoram Pine Bark Extract

Ginkgo Biloba Mesquite Red Chili Paste Thai

Ginseng (All Types) Milk Thistle Red Pepper Flake

Goldenseal Mint Rosemary

Grapefruit Seed Extract Mustard (as a Powder) Saffron

Grapeseed Extract Mustard Seeds (gluten Sage

Guarana Nutmeg Saw Plametto

Gymnema Silvestre Olive Leaf Extract Sesame Seeds

Herbs De Provence Onion Sesame Seeds, Black

Hickory Onion Powder Shallots

Himalayan Salt Orange Peel/Rind Spearmint

Jamaican Jerk Orange Salt St. John's Wort

Juniper Berry Oregano Taco Seasoning

Lavender Paprika Tamari (Wheat Free)

Lemon Balm (Melissa Paprika (smoked) Tarragon

Lemon Pepper Parsley Thyme

	Tomatillo	Cheese, Goat	Go	at Kefir
	Turmeric	Cheese, Gorgonzola	Ke	fir, Raw
	Uva Ursi	Cheese, Gouda	La	ctoalbumin
	Valerian	Cheese, Havarti	Mil	k Chocolate
	Vanilla (gluten and	Cheese, Machego	Mil	k, Cow
	Vanilla Bean	Cheese, Marscapone	Mil	k, Goat
	Vanilla Powder	Cheese, Mozzarella	Mil	k, Sheep
	White Willow Bark	Cheese, Muenster	Мо	zzarella Cheese
	Wintergreen	Cheese, Parmesan	So	ur Cream, Raw and
	Rose Hips	Cheese, Pecorino	Wh	ney
	Milk-Containing Foods	Cheese, Raw and	Yo	gurt (See Xanthan
	Applegate® organic	Cheese, Ricotta	Ch	eese, Feta
	Butter, Raw and	Cheese, Romano	Gluten-	uten-Free Grains
	Buttermilk	Cheese, Provolone	Alr	nond Flour (gluten
	Casein	Cheese, Sheep	An	naranth
	Cheese, American	Cheese, String	1	owroot Flour/powder
	Cheese, Asiago	Cheese, Swiss	1	smati Rice (gluten
	OL DL	Chocolate, Milk	Bu	alla a a t
	Cheese, Bleu			ckwheat
	Cheese, Brie	Chocolate, White	Bu	ckwheat Flour
		Chocolate, White Cream, Raw and		
	Cheese, Brie		Ch	ckwheat Flour
	Cheese, Brie Cheese, Cheddar	Cream, Raw and	Ch Co	ckwheat Flour icory Root

Corn (Gluten-free &	Quinoa, Red (gluten	Tolerant Red or Green
Corn, Blue	Rice, Basmati (gluten	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava
Corn Starch (gluten	Rice, Brown (gluten	Tortilla, Siete Chia &
Ener-G Brown Rice	Rice, Japonica (gluten	Simple Mills Everything
Fava Bean Flour	Rice, Purple (gluten	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	Gluten-Containing
Garbanzo Flour	Rice, White (gluten	Barley
Glucomannon Flour	Rice, Wild (Lundberg® -	Barley Greens (Not for
Hazelnut Flour	Rice Bran	Barley Juice (Not for
Hemp Meal	Rice Flour (gluten free)	Beer
Hemp Protein (Powder)	Rice Protein Powder	Bran
Hemp Seed	Simple Mills Grnd Sea	Bread
Konjac Glucomannon	Simple Mills Rosemary	Brown Rice Syrup
Millet	Simple Mills Tomato &	Caramel Coloring
Oats	Sorghum	Cheese, Bleu
Oats (Bob's Red Mill	Sweet Potato Flour	Chewing Gum (has
Oat Grass (Not For	Tapioca	Coffee, Instant (has
Potato Flour (gluten	Tapioca Flour (gluten	Couscous
Potato Starch (gluten	Tapioca Starch (gluten	Durum Wheat
Quinoa (gluten free)	Teff	Farro
Quinoa, Black (gluten	Tolerant Green Lentil &	Gluten

	Graham (wheat)	Corn-Derived Foods	Beverages & Protein
	Kamut	Barbeque Sauce, GF	Almond Milk,
	Liquid Smoke (can	Cheese, Cream	Apple Juice
	Malt	Cheese, Daiya (Coconu	Beer
1	Maltodextrin (Can be	Cheese, Soy (Organic)	Carrot Juice
	Oats	Chewing Gum (has	Coconut Kefir (No
	Orzo	Corn (Gluten-free &	Coconut Milk(Native
	Panko	Corn, Blue	Coconut Water (low
	Polish Wheat	Corn, White	Coffee Bean, Organic
	Rye	Corn Gluten	Coffee
	Semolina	Corn Meal (gluten free)	Coffee, Instant (has
	Soy Sauce	Corn Oil	Collagen Protein
	Spelt	Corn Starch (gluten	Echinacea Tea
	Teechino	Erythritol (non-GMO)	Grapefruit Juice
	Teriyaki Sauce	Fructose	Green Tea
	Triticale	GemWraps®, Sandwich	Hemp Protein (Powder)
	Vinegar	Maltodextrin	Komboucha Tea
	Vinegar, Malt	Sriracha Sauce	Lemon Juice
	Vinegar, White	Swerve® Xylitol	Licorice Tea
	Wheat (All Types)	Vegetable Oil	Lime Juice
	Wheat Grass (Is	Xanthan Gum	Milk, Cow
	Crab, Immitation	Yogurt (See Xanthan	Milk, Goat

Milk, Sheep	Miscellaneous	Great Lake's® Beef
Milk, Soy (Organic)	Agar Gum	Guar Gum
Mineral Water	Antimony	Hops
Orange Juice	Arabic Gum	Julian Bakery Paleo
Pea Protein	Baking Powder	Julian Bakery Almond
Rice Protein Powder	Baking Soda (Arm &	Julian Bakery Coconut
Soy Milk/Soy Cheese	Beef broth (Imagine®	Konjac Glucomannon
Soy Protein (Organic)	Carrageenan Gum	Lard (pork)
Sparkling Water,	Chewing Gum (has	Liquid Aminos
Tea, Black	Chewing Gum,	Locust Bean Gum
Tea, Chamomile	Chicken Broth	Lycopene
Tea, Green	Chicory Root	Malt
Tea, Oolong	Cocoa/Cacao (raw,	Maltodextrin (Can be
Tea, Ramon	Coconut Aminos®	Palm Wax
Tea, Roobios	Coconut Cream	Pycnogenol
Tea,	Collagen Protein	Red Chili Paste Thai
Tea, White	Garam Masala	Red Tomato Paste
Teechino	GemWraps®, Sandwich	Resveratrol
Water	GemWraps®, Sandwich	Sherry Vinegar
Wine, Red	GemWraps®, Sandwich	Silver
Wine, White	GemWraps®, Sandwich	Skinny Crisps®(Plain
Yerba Matte Tea	Glucomannon Flour	Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tragacanth Gum

Vegetable broth

Vegetable Oil

Vegetable Shortening

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Acacia Gum

Ispaghula/Psyllium