

Vegetables		
Alfalfa Grass	Bok Choy	Chard
Alfalfa Sprouts	Broccoli	Chayote
Aloe Vera	Broccoli Rabe	Chives
Artichoke (not pickled)	Broccoli Sprouts	Coconut (raw and unsweetened)
Artichoke, Jerusalem (not pickled)	Broccolini	Coconut Concentrate
Arugula	Brussels Sprout	Collard Greens
Asparagus	Burdock	Corn (Gluten-free & Non-GMO)
Avocado	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado Oil	Cabbage, Green	Corn, White
Bamboo Shoot	Cabbage, Purple	Cucumber
Barley Grass (can have gluten)	Cactus (Nopales)	Daikon Radish
Barley Greens (may contain gluten)	Capers	Dandelion Greens
Bean Sprout	Capsicum	Dandelion Root
Bean, Green	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
	Celery	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
Parship	Potato, Sweet	Squash, Butternut

Squash, Green	Turnip Greens	Cranberry
Squash, Spaghetti	Turnips	Cranberry Juice
Squash, Summer	Water Chestnut	Currant
Squash, Winter	Watercress	Dates
Squash, Yellow	Wheat Grass (Is Gluten-contaminated)	Dragon Fruit (Pitaya)
Sugar Beet	Yams, Garnett	Dried Fruit
Sweet Potato, Red	Yams, Japanese	Elderberry
Sweet Potatoes, White	Yucca	Fig
Swiss Chard	Zucchini	Goji Berry
Tomatillo		Golden Berry
Tomato	Fruits	Gooseberry
Tomato Paste (gluten & Vinegar-free)	Acai	Grape
Tomato Sauce (gluten & Vinegar-free)	Apple (all types)	Grape, Green
Tomato, Cherry	Apricot	Grape, Purple
Tomato, Heirloom	Banana	Grape, Red
Tomato, Orange	Bilberry	Grape, White
Tomato, Red	Blackberry	Grapefruit
Tomato, Roma	Blueberry	Grapefruit Juice
Tomato, Sun-dried	Boysenberry	Guava
Tomato, Yellow	Cantaloupe	Huckleberry
Tomatoes, Big Beef	Cherry	Jack fruit
Truffle	Clementine	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	<b>Fish &amp; Shellfish</b>
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	Meat & Poultry	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	Non-Dairy & Eggs
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® gt/low sodium)	Cheese, Daiya (Coconut, Tapioca, yeast, &....)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)	Coconut Vinegar (Coconut Secret)	Sherry Vinegar
Coconut Milk(Native Forest or Natural Value)	Cream, Raw and Unpasteurized	Sour Cream, Raw and Unpasteurized
Egg, Pasture-raised (from a farmer)	Dressing, Primal Kitchen Greek Avocado Oil	Soy Sauce
Egg, Vital Farms® or Pasture Verde®	Dressing, Primal Kitchen Honey Mustard	Sriracha Sauce Organicville gluten-free
Egg, Whites, Pasture-raised	Earth Balance® Avocado Oil Butter Spread	Tabasco Sauce
Egg, Yolks Pasture-raised	Earth Balance® Coconut Spread	Tamari (Wheat Free)
Milk, Soy (Organic)	Harissa	Teriyaki Sauce
Paleo Cheese (Julianbakery.com or Amazon.com)	Horseradish Sauce, Gluten-free (Annie's®)	Tomato Paste (gluten & Vinegar-free)
	Hummus	Tomato Sauce (gluten & Vinegar-free)
<b>Condiments, Spreads &amp; Sauces</b>	Ketchup (Organicville)	Ume Plum Vinegar
Apple Cider Vinegar (Bragg's®)	Liquid Aminos (Bragg's®)(has Soy)	Veganise Soy-free (Follow Your Heart®)
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Smoke (can have gluten)	Vegetable Shortening (Spectrum®)
Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke gluten free (natural)	Vinegar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Mayonnaise	Vinegar, Beet
Barbeque Sauce, GF Annie's® Sweet & Spicy	Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Distilled
BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Malt
BodyPro Almond Mayo with Yacon Syrup	Mustard, Brown (Eden® gf mustard)	Vinegar, Red Wine
BodyPro Avocado Oil Mayonnaise	Olives (without vinegar)	Vinegar, Rice
Carob	Red Bean Paste	Vinegar, White
Cocoa Butter	Red Chili Paste Thai Kitchen® (gluten free)	Vinegar, White Wine
Coconut Aminos®	Red Tomato Paste (gluten free)	White/Distilled Vinegar
Coconut Cream	Sauerkraut (Bubbies® Brand only)	Worcestershire Sauce (The Wizard's® GF)

Sweeteners		Herbs & Spices
Agave Nectar	Maltodextrin (Barley-derived)	Allspice
Aspartame	Maltodextrin (Corn-based, non-GMO)	Almond Flavor (natural, gluten free)
BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)	Anise
Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar	Ashwaganda
Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)	Astragalus
Chocolate, Dark	Molasses	Basil
Chocolate, Milk	Monk Fruit (Pure)	Bay Leaf
Chocolate, White	Monk Fruit Extract	Bell Pepper, Red
Coconut Palm Sugar	Nutrasweet®	Black Cohosh
Coconut Sugar	Rebiana Leaf (Stevia)	Capsicum
Date Sugar	Sorbitol	Caramel Coloring
Erythritol (non-GMO)	Splenda	Caraway Seed
Fructose	Sucanat	Cardamom
Fruit Pectin	Sucralose	Celery Powder
Honey, (Organic)	Sugar Beet	Chicory Root
Honey, Manuka	Sugar Cane	Chili Powder
Honey, Wildflower from Mahava®	Sweetleaf® Stevia	Chipotle Seasoning
Jerusalem Artichoke Syrup	Swerve® Sweetener	Cilantro/Coriander
Just Like Sugar®	Tapioca Dextrose	Cinnamon
Lo Han	Xyla (Birchwood Xylitol)	Cinnamon, Ceylon
Maltitol	Xylitol	Cloves
	Yacon Syrup	



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	Milk-Containing Foods	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, Cow
Vanilla Powder	Cheese, Mascapone	Milk, Goat
White Willow Bark Extract	Cheese, Mozzarella (Raw)	Milk, Sheep
Wintergreen	Cheese, Muenster	Mozzarella Cheese
Wormwood	Cheese, Parmesan	Sour Cream, Raw and Unpasteurized

Whey	Edamame (must be organic)	Gluten-Free Grains
Yogurt (See Xanthan Gum)	Fava Bean	Almond Flour (gluten free)
	Fava Bean Flour	Amaranth
Legumes & Pulses	Garbanzo Bean	Arrowroot Flour/powder
Bean, Azuki	Garbanzo Flour	Basmati Rice (gluten free)
Bean, Black	Kidney Bean	Buckwheat
Bean, Butter	Lentil(s)	Buckwheat Flour
Bean, Cannellini	Miso	Chicory Root
Bean, Chana Dahl	Pea, Snap	Coconut Flour (gluten free)
Bean, Chili	Pea, Snow	Coconut Meal (gluten free)
Bean, Green	Pea, Split	Corn (Gluten-free & Non-GMO)
Bean, Italian	Peanut (Organic, Valencia)	Corn Meal (gluten free)
Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Corn Starch (gluten free)
Bean, Lima	Peanut Oil (Organic)	Corn, Blue
Bean, Mung	Red Bean Paste	Corn, White
Bean, Navy	Soy Beans (must be organic)	Ener-G Brown Rice Yeast-Free Bread
Bean, Ninja	Soy Beans Oil (must be organic)	Fava Bean Flour
Bean, Pinto/Frijole	Vanilla Bean	Flax Meal
Bean, Red	Vanilla Powder	Garbanzo Flour
Bean, White		Glucomannon Flour (konjacfoods.com)
Chickpea (see also Garbanzo Bean)		Hazelnut Flour
Coffee Bean, Organic		Hemp Meal

Hemp Protein (Powder)	Rice, Wild (Lundberg® - not the blend)	Beer
Hemp Seed	Simple Mills - Everything Sprouted Seed Cracker	Bran
Konjac Glucomannan 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	Chewing Gum (has gluten and corn)	<b>Beverages &amp; Protein Powders</b>
Orzo	Corn (Gluten-free & Non-GMO)	Almond Milk, unsweetened (no tapioca)
Panko	Corn Gluten	Apple Cider
Polish Wheat	Corn Meal (gluten free)	Apple Juice
Rye	Corn Oil	Beer
Semolina	Corn Starch (gluten free)	Bone Broth Protein, Beef
Soy Sauce	Corn, Blue	Carrot Juice
Spelt	Corn, White	Coconut Kefir (No Tapioca, Carageenan)
Teechino	Erythritol (non-GMO)	Coconut Milk(Native Forest or Natural Value)
Teriyaki Sauce	Fructose	Coconut Water (low sugar)
Triticale	GemWraps®, Sandwich Wrap (Carrot)	Coffee
Vinegar	Maltitol	Coffee Bean, Organic
Vinegar, Malt	Maltodextrin (Corn-based, non-GMO)	Coffee, Instant (has gluten)
Vinegar, White	Modified Food Starch	Collagen Protein (Powder)
Wheat (All Types)	Sriracha Sauce Organicville gluten-free	Echinacea Tea
Wheat Grass (Is Gluten-contaminated)	Swerve® Sweetener	Grapefruit Juice
<b>Corn-Derived Foods</b>	Vegetable Oil	Great Lake's® Beef Gelatin
Barbeque Sauce, GF Annie's® Sweet & Spicy	Xanthan Gum	Green Tea
Cheese, Cream	Yogurt (See Xanthan Gum)	Hemp Protein (Powder)
Cheese, Daiya (Coconut, Tapioca, yeast, etc.)		Komboucha Tea
Cheese, Soy (Organic) (see Soy)		Lactoalbumin
		Lemon Juice

Licorice Tea	Tea, White	Chewing Gum, Xylitew®
Lime Juice	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)
Tea, Roobios	Carrageenan Gum	Latex
Tea, Unflavored	Chewing Gum (has gluten and corn)	Locust Bean Gum

## Lycopene

Malt

Maltodextrin (Barley-derived)

Modified Food Starch

Modified Food Starch  
(Tapioca-based)

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

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies