Vegetables	Carrot Juice	Eggplant
Aloe Vera	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 and Yucca)	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 unsweetened)	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms
Brussels Sprout	Collard Greens	Mushrooms, Button
Burdock	Corn (Gluten-free & Non-GMO)	Mushrooms, Cremeni/Crimini
Cabbage, Chinese (see also Bok	Corn, Blue	Mushrooms, Maitake
Cabbage, Green	Corn, White	Mushrooms, Shiitake
Cabbage, Purple	Cucumber	Mustard Greens
Cactus (Nopales)	Daikon Radish	Nori
Capers	Dandelion Greens	Okra
Capsicum	Dandelion Root	Olives (without vinegar)

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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	Truffle
Pepper, Chili	Rhubarb	Turnip Greens
Pepper, Green	Rutabaga	Turnips
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Water Chestnut
Pepper, Jalapeño	Scallions	Watercress
Pepper, Poblano	Sea Vegetables	Yams, Garnett
Pepper, Red	Seaweed	Yams, Japanese
Pepper, Serrano	Shallots	Yucca
Pickles, Bubbies® brand only	Spinach	Zucchini

Goji Berry

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

Pomelo

Loquat

Prune	Caraway Seed	Olive Oil, Virgin
Quince	Cashews	Palm Kernel Oil
Raisin (unsulfured, organic)	Cashew Butter	Pecan
Raspberry	Cashew Meal	Pecan Flour
Star Fruit	Chestnut	Pepitas
Strawberry	Chia Seed (1/4 cup, max)	Pili Nuts
Tamarind	Coconut Butter	Pine Nut
Tangelo	Coconut Oil	Pistachios
Tangerine	Coconut, shredded (raw,	Poppy seeds
Watermelon	Cola Nut (aka Kola Nut)	Pumpkin Oil
Wolfberry	Corn Oil	Pumpkin Seed Oil
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Seeds
	Grapeseed Oil, Organic	Ramon Seeds
Nuts, Seeds, & Oils	Hazelnut Flour	Rice, Wild (Lundberg® - not the
Almond Butter (Artisana®)	Hazelnut/Filbert	Safflower/Safflower Seed Oil
Almond Flavor natural, gluten free)	Hemp Meal	Sacha Inchi Seeds
Almond Flour (gluten free)	Hemp Protein (Powder)	Sesame Seed Oil
Almond Meal (gluten free)	Hemp Seed	Sesame Seeds
Almond, Marcona	Hydrogenated Oils	Sesame Seeds, Black
Annatto Seed	Macadamia Nut Oil	Sunflower Seed Butter
Brazil Nut	Macadamia Nuts	Sunflower Seed Lecithin
Canola/Rapeseed Oil	Olive Leaf Extract	Sunflower Seed Oil

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

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Walleye Pike	Lamb (organic)	Condiments
walleye Fike	Lamb (organic)	Condinents
Whitefish/Turbot	Ostrich	BodyPro Almond Mayo Grade B
Crab, Immitation	Pheasant	BodyPro Almond Mayo with Yacon
	Quail	Carob
Meat & Poultry	Rabbit	Coconut Vinegar (Coconut Secret)
Applegate® organic chicken	Turkey (organic)	Earth Balance® Coconut Spread
Applegate® organic hot dogs	Veal (organic)	Horseradish Sauce, Gluten-free
Applegate® organic roast beef	Venison (see also Deer)	Hummus
Applegate® organic andouille		Mayonnaise
Applegate® organic red pepper	Non-Dairy & Eggs	Mustard, Brown (Eden® gf mustard)
Applegate® organic spinach & feta	Almond Milk, unsweetened (no	Sauerkraut (Bubbies® Brand only)
Applegate® organic sausage sweet	Almond Yogurt, unsweetened	Sriracha Sauce Organicville
Applegate® organic smoked	Cheese, Soy (Organic) (see Soy)	Ume Plum Vinegar
Applegate® organic smoked turkey	Coconut Kefir (No Tapioca,	Veganaise Soy-free (Follow Your
Beef, Grass-fed only (organic)	Coconut Milk(Native Forest or	Vinegar, Distilled
Bison (see also Buffalo)	Egg, Pasture-raised (from a farmer)	Vinegar, Red Wine
Buffalo (see also Bison)	Egg, Vital Farms® or Pasture	Vinegar, Rice
Chicken Broth (Imagine® gf/low	Egg, Whites, Pasture-raised	Vinegar, White
Chicken, free range (organic)	Egg, Yolks Pasture-raised	Vinegar, White Wine
Deer (see also Venison)	Milk, Soy (Organic)	Worcestershire Sauce (The
Duck	Sriracha Sauce Organicville	
Goat, Grass-fed only (organic)		

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

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
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 Officinalis)	Paprika (smoked)	Tarragon
Lemon Pepper	Parsley	Thyme
Lemongrass	Pepper, Black (see Garlic/Lemon	Turmeric
Licorice Root	Pepper, Cayenne	Uva Ursi
Liquid Smoke (can have gluten)	Pepper/Peppercorns	Valerian
Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan	Vanilla (gluten and corn-free)
Maca Root	Pepper, Red	Vanilla Bean
Mace Spice	Peppermint	Vanilla Powder

White Willow Bark Extract	Cheese, Mozzarella (Raw)	Milk, Sheep
Wintergreen	Cheese, Muenster	Mozzarella Cheese
Rose Hips	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey
Milk-Containing Foods	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta	Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised	Cheese, Romano	
Buttermilk	Cheese, Provolone	Gluten-Free Grains
Casein	Cheese, Sheep	Almond Flour (gluten free)
Cheese, American	Cheese, String (Mozzarella)	Amaranth
Cheese, Asiago	Cheese, Swiss	Buckwheat
Cheese, Bleu	Chocolate, Milk	Buckwheat Flour
Cheese, Brie	Chocolate, White	Chicory Root
Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized	Coconut Flour (gluten free)
Cheese, Cottage	Ghee (Pasture-Raised, Organic)	Coconut Meal (gluten free)
Cheese, Cream	Goat Cheese	Corn (Gluten-free & Non-GMO)
Cheese, Goat	Goat Kefir	Corn, Blue
Cheese, Gorgonzola	Kefir, Raw	Corn, White
Cheese, Gouda	Lactoalbumin	Corn Starch (gluten free)
Cheese, Havarti	Milk Chocolate	Ener-G Brown Rice Yeast-Free
Cheese, Machego	Milk, Cow	Fava Bean Flour
Cheese, Marscapone	Milk, Goat	Garbanzo Flour

Glucomannon Flour	Rice, Wild (Lundberg® - not the	Chewing Gum (has gluten and corn)
Hazelnut Flour	Rice Bran	Coffee, Instant (has gluten)
Hemp Meal	Rice Flour (gluten free)	Couscous
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Durum Wheat
Hemp Seed	Sorghum	Farro
Konjac Glucomannon Flour	Sweet Potato Flour (gluten free)	Gluten
Millet	Tapioca	Graham (wheat)
Oats	Tapioca Flour (gluten free)	Kamut
Oats (Bob's Red Mill Gluten Free	Tapioca Starch (gluten free)	Liquid Smoke (can have gluten)
Oat Grass (Not For Gluten	Teff	Oats
Potato Flour (gluten free)	Tolerant Green Lentil & Pea Pasta	Orzo
Potato Starch (gluten free)	Tolerant Red or Green Lentil Pasta	Panko
Quinoa (gluten free)	Tortilla, Siete Almond	Polish Wheat
Quinoa, Black (gluten free)	Tortilla, Siete Cassava & Coconut	Rye
Quinoa, Red (gluten free)	Corn Meal (gluten free)	Semolina
Rice, Basmati (gluten free)		Soy Sauce
Rice, Black (gluten free)	Gluten-Containing Foods	Spelt
Rice, Brown (gluten free)	Bran	Teriyaki Sauce
Rice, Japonica (gluten free)	Bread	Triticale
Rice, Purple (gluten free)	Brown Rice Syrup (contains	Vinegar, White
Rice, Red (gluten free)	Caramel Coloring	Wheat (All Types)
Rice, White (gluten free)	Cheese, Bleu	Wheat Grass (Is

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Crab, Immitation	Beverages & Protein Powders	Mineral Water
	Almond Milk, unsweetened (no	Orange Juice
Corn-Derived Foods	Carrot Juice	Pea Protein
Cheese, Cream	Coconut Kefir (No Tapioca,	Rice Protein Powder (gluten free)
Cheese, Soy (Organic) (see Soy)	Coconut Milk(Native Forest or	Soy Milk/Soy Cheese (Organic)
Chewing Gum (has gluten and corn)	Coconut Water (low sugar)	Soy Protein (Organic)
Corn (Gluten-free & Non-GMO)	Coffee Bean, Organic	Sparkling Water, unflavored
Corn, Blue	Coffee	Tea, Black
Corn, White	Coffee, Instant (has gluten)	Tea, Chamomile
Corn Gluten	Collagen Protein (Powder)	Tea, Green
Corn Meal (gluten free)	Echinacea Tea	Tea, Oolong
Corn Oil	Grapefruit Juice	Tea, Ramon
Corn Starch (gluten free)	Green Tea	Tea, Roobios
Erythritol (non-GMO)	Hemp Protein (Powder)	Tea, unflavored/caffeine-free only
Fructose	Komboucha Tea	Tea, White
Maltodextrin (Corn-based,	Lemon Juice	Water
Sriracha Sauce Organicville	Licorice Tea	Wine, Red
Swerve® Xylitol	Lime Juice	Wine, White (Champagne)
Vegetable Oil	Milk, Cow	Yerba Matte Tea (Organic/Pure)
Xanthan Gum	Milk, Goat	
Yogurt (See Xanthan Gum)	Milk, Sheep	
	Milk, Soy (Organic)	

Miscellaneous	Locust Bean Gum	Red Dye
Agar Gum	Lycopene	Ispaghula/Psyllium
Antimony	Palm Wax	Acacia Gum
Beef broth (Imagine® low	Pycnogenol	
Carrageenan Gum	Red Chili Paste Thai Kitchen®	
Chewing Gum (has gluten and corn)	Resveratrol	
Chewing Gum, Xylichew®	Sherry Vinegar	
Chicken Broth (Imagine® gf/low	Silver	
Chicory Root	Tagacanth Gum	
Cocoa/Cacao (raw, pure, &	Tamari (Wheat Free)	
Coconut Aminos®	Tofu (Organic)	
Coconut Cream	Vegetable Oil	
Collagen Protein (Powder)	Vegetable Shortening (Spectrum®)	
GemWraps®, Sandwich Wrap	Vinegar, Red Wine	
Glucomannon Flour	Vinegar, Rice	
Great Lake's® Beef Gelatin	Vinegar, White Wine	
Guar Gum	Xanthan Gum	
Hops	Yeast, Baker's	
Julian Bakery Paleo Wraps	Yeast, Brewer's	
Julian Bakery Coconut Bread	Yeast, Nutritional	
Konjac Glucomannon Flour	Latex	
Liquid Aminos (Braggs®)(has Soy)	Formaldehyde	