



Vegetables

Aloe Vera	Brussels Sprout	Collard Greens
Artichoke (not pickled)	Burdock	Corn (Gluten-free & Non-GMO)
Arugula	Cabbage, Chinese (see also Bok	Corn, Blue
Asparagus	Cabbage, Green	Corn, White
Avocado	Cabbage, Purple	Cucumber
Avocado Oil	Cactus (Nopales)	Daikon Radish
Bamboo Shoot	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	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
Bok Choy	Celery	Kelp/Dulse
Broccoli	Chard	Kohlrabi
Broccoli Rabe	Chayote	Kombu
Broccoli Sprouts	Chives	Leeks
Broccolini	Coconut (raw and unsweetened)	Lettuce, all types
	Coconut Concentrate	Mushrooms

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremini/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
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	Tomatillo

Tomato Paste (gluten &	<input type="checkbox"/> Fruits	Elderberry
Tomato Sauce (gluten &	Acai	Fig
Tomato	Agar Gum	Goji Berry
Tomatoes, Big Beef	Apple (all types)	Golden Berry
Tomato, Cherry	Apple Cider	Gooseberry
Tomato, Heirloom	Apple Juice	Grape
Tomato, Orange	Apple Sauce	Grape, Green
Tomato, Red	Apricot	Grape, Purple
Tomato, Roma	Banana	Grape, Red
Tomato, Sun-dried	Bilberry	Grape, White
Tomato, Yellow	Blackberry	Grapefruit
Truffle	Blueberry	Grapefruit Juice
Turnip Greens	Boysenberry	Guava
Turnips	Cantaloupe	Huckleberry
Water Chestnut	Cherry	Jack fruit
Watercress	Clementine	Kiwi
Yams, Garnett	Cranberry	Kumquat
Yams, Japanese	Cranberry Juice	Lemon
Yucca	Currant	Lemon Juice
Zucchini	Date(s)	Lemon Rind/Peel
Alfalfa Sprouts	Dragon Fruit (Pitaya)	Lime
Psyllium Husk	Dried Fruit	Lime Juice

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

Hazelnut/Filbert	Safflower/Safflower Seed Oil	<input type="checkbox"/> Legumes & Pulses
Hemp Meal	Sacha Inchi Seeds	Bean, Azuki
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Black
Hemp Seed	Sesame Seeds	Bean, Butter
Hydrogenated Oils	Sesame Seeds, Black	Bean, Cannellini
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Chana Dahl
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Chili
Olive Leaf Extract	Sunflower Seed Oil	Bean, Green
Olive Oil, Virgin	Sunflower Seeds	Bean, Italian
Palm Kernel Oil	Tahini	Bean, Kidney
Pecan	Tea, Ramon	Bean, Lima
Pecan Flour	Tiger Nuts	Bean, Mung
Pepitas	Vegetable Oil	Bean, Navy/Ninja
Pili Nuts	Vegetable Shortening (Spectrum®)	Bean, Pinto/Frijole
Pine Nut	Walnut (few)	Bean, Red (see also Bean, Kidney)
Pistachios	Walnut Oil	Chickpea (see also Garbanzo
Poppy seeds	Walnut, Black (few)	Edamame (must be organic)
Pumpkin Oil	Almond	Fava Bean
Pumpkin Seed Oil	Psyllium Husk	Fava Bean Flour
Pumpkin Seeds		Garbanzo Bean
Ramon Seeds		Garbanzo Flour
Rice, Wild (Lundberg® - not the		Lentil(s)

Miso	Crab	Swordfish
Pea, Snap	Crayfish	Tilapia (Non-farmed)
Pea, Snow	Flounder	Trout
Pea, Split	Haddock	Tuna
Peanut (Organic, Valencia)	Hake	Walleye Pike
Peanut Butter (Organic,	Halibut	Whitefish/Turbot
Peanut Oil (Organic)	Herring	Crab, Immitation
Red Bean Paste	Lobster	
Soy Beans (must be organic)	Mackerel	<input type="checkbox"/> Meat & Poultry
Soy Beans Oil (must be organic)	Mahi Mahi	Applegate® organic bacon
Vanilla Bean	Mussel	Applegate® organic black forest
Vanilla Powder	Orange Roughy	Applegate® organic chicken
White Beans	Oyster	Applegate® organic ham
	Perch	Applegate® organic herb roasted
<input type="checkbox"/> Fish & Shellfish	Red Snapper	Applegate® organic hot dogs
Anchovy	Salmon, wild (fresh)	Applegate® organic roast beef
Bass	Sardines	Applegate® organic andouille
Catfish	Scallop	Applegate® organic chicken/apple
Chilean Sea Bass	Shrimp	Applegate® organic red pepper
Clam	Sole	Applegate® organic spinach & feta
Cod/ Cod Liver Oil	Squid	Applegate® organic sausage sweet
Corvina	Swai	Applegate® organic smoked

Applegate® organic smoked turkey	<input type="checkbox"/>	Non-Dairy & Eggs	BodyPro Almond Mayo Grade B
Applegate® organic turkey		Almond Milk, unsweetened (no	BodyPro Almond Mayo with Yacon
Applegate® organic turkey bacon		Almond Yogurt, unsweetened	BodyPro Avocado Oil Mayonnaise
Beef, Grass-fed only (organic)		BodyPro Avocado Oil Mayonnaise	Carob
Bison (see also Buffalo)		Cheese, Daiya	Coconut Vinegar (Coconut Secret)
Buffalo (see also Bison)		Cheese, Soy (Organic) (see Soy)	Dressing, Primal Kitchen Greek
Chicken Broth (Imagine® gf/low		Coconut Kefir (No Tapioca,	Dressing, Primal Kitchen Honey
Chicken, free range (organic)		Coconut Milk(Native Forest or	Earth Balance® Coconut Spread
Deer (see also Venison)		Egg, Pasture-raised (from a farmer)	Earth Balance® Avocado Oil Butter
Duck		Egg, Vital Farms® or Pasture	Horseradish Sauce, Gluten-free
Goat, Grass-fed only (organic)		Egg, Whites, Pasture-raised	Hummus
Lamb (organic)		Egg, Yolks Pasture-raised	Ketchup (Organicville)
Lard (pork)		Milk, Soy (Organic)	Mayonnaise
Ostrich		Sriracha Sauce Organicville	Mayonnaise, Primal Kitchen
Pheasant		Egg	Mayonnaise, Primal Kitchen
Pork, (organic)			Mustard, Brown (Eden® gf
Quail	<input type="checkbox"/>	Condiments	Sauerkraut (Bubbies® Brand only)
Rabbit		Apple Cider Vinegar (Bragg's®)	Sriracha Sauce Organicville
Turkey (organic)		Balsamic Vinegar MiaBella	Ume Plum Vinegar
Veal (organic)		Balsamic Vinegar (with Red Wine	Veganise Soy-free (Follow Your
Venison (see also Deer)		Balsamic Vinegar (Caramel/Red W.	Vinegar
		Barbeque Sauce, GF Annie's®	Vinegar, Distilled

Vinegar, Malt	Honey, Manuka	<input type="checkbox"/> Herbs & Spices
Vinegar, Red Wine	Honey, Wildflower from Mahava®	Allspice
Vinegar, Rice	Just Like Sugar®	Almond Flavor natural, gluten free)
Vinegar, White	Lo Han	Anise
Vinegar, White Wine	Maltodextrin (Can be	Ashwaganda
Worcestershire Sauce (The	Maltodextrin (Corn-based,	Astragalus
<input type="checkbox"/> Sweeteners	Maple Sugar	Basil
Agave Nectar	Maple Syrup (Grade A Dark Amber	Bay Leaf
Aspartame/Nutrasweet	Molasses	Black Cohosh
BodyPro Almond Mayo Grade B	Monk Fruit	Caramel Coloring
BodyPro Almond Mayo with Yacon	Nutrasweet®	Caraway Seed
Brown Rice Syrup (contains	Rebiana Leaf (Stevia)	Cardamom
Chocolate, Dark	Sorbitol	Celery Powder
Chocolate, Milk	Splenda	Chicory Root
Chocolate, White	Sucanat	Chili Powder
Coconut Palm Sugar	Sugar Beet	Chipotle Seasoning
Date Sugar	Sugar Cane	Cilantro/Coriander
Erythritol (non-GMO)	Sweetleaf® Stevia	Cinnamon
Fructose	Sweve® Xylitol	Cinnamon, Ceylon
Fruit Pectin	Xyla (Birchwood Xylitol/non-corn	Cloves
Honey, (Organic)	Yacon Syrup	Cloves, Madagascar
		Cloves, Penang

Cramp Bark Extract	Herbs De Provence	Onion
Cream of Tartar	Hickory	Onion Powder
Cumin	Himalayan Salt	Orange Peel/Rind
Curcumin	Jamaican Jerk	Orange Salt
Curry (must be GF)	Juniper Berry	Oregano
Dandelion Root	Lavender	Paprika
Dill	Lemon Balm (Melissa Officinalis)	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
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

Sesame Seeds, Black

**Milk-Containing Foods**

Cheese, Raw and Pasture-raised

Shallots

Applegate® organic spinach & feta

Cheese, Ricotta

Spearmint

Butter, Raw and Pasture-raised

Cheese, Romano

St. John's Wort

Buttermilk

Cheese, Provolone

Taco Seasoning

Casein

Cheese, Sheep

Tamari (Wheat Free)

Cheese, American

Cheese, String (Mozzarella)

Tarragon

Cheese, Asiago

Cheese, Swiss

Thyme

Cheese, Bleu

Chocolate, Milk

Tomatillo

Cheese, Brie

Chocolate, White

Turmeric

Cheese, Cheddar (Raw)

Cream, Raw and Unpasteurized

Uva Ursi

Cheese, Cottage

Ghee (Pasture-Raised, Organic)

Valerian

Cheese, Cream

Goat Cheese

Vanilla (gluten and corn-free)

Cheese, Goat

Goat Kefir

Vanilla Bean

Cheese, Gorgonzola

Kefir, Raw

Vanilla Powder

Cheese, Gouda

Lactoalbumin

White Willow Bark Extract

Cheese, Havarti

Milk Chocolate

Wintergreen

Cheese, Machego

Milk, Cow

Rose Hips

Cheese, Marscapone

Milk, Goat

Cheese, Mozzarella (Raw)

Milk, Sheep

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and

Cheese, Pecorino

Whey

Yogurt (See Xanthan Gum)

Cheese, Feta

**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 & Non-GMO)

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free)

Oat Grass (Not For Gluten)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (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

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary & Sea Salt

Simple Mills Tomato & Basil

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Simple Mills

Corn Meal (gluten free)

**Gluten-Containing Foods**

Barley	Panko	Corn (Gluten-free & Non-GMO)
Barley Greens (Not for	Polish Wheat	Corn, Blue
Barley Juice (Not for	Rye	Corn, White
Beer	Semolina	Corn Gluten
Bran	Soy Sauce	Corn Meal (gluten free)
Bread	Spelt	Corn Oil
Brown Rice Syrup (contains	Teechino	Corn Starch (gluten free)
Caramel Coloring	Teriyaki Sauce	Erythritol (non-GMO)
Cheese, Bleu	Triticale	Fructose
Chewing Gum (has gluten and	Vinegar	GemWraps®, Sandwich Wrap
Coffee, Instant (has gluten)	Vinegar, Malt	Maltodextrin (Corn-based,
Couscous	Vinegar, White	Sriracha Sauce Organicville
Durum Wheat	Wheat (All Types)	Swerve® Xylitol
Farro	Wheat Grass (Is	Vegetable Oil
Gluten	Crab, Immitation	Xanthan Gum
Graham (wheat)		Yogurt (See Xanthan Gum)
Kamut	<input type="checkbox"/> Corn-Derived Foods	
Liquid Smoke (can have gluten)	Barbeque Sauce, GF Annie's®	<input type="checkbox"/> Beverages & Protein Powders
Malt	Cheese, Cream	Almond Milk, unsweetened (no
Maltodextrin (Can be	Cheese, Daiya	Apple Juice
Oats	Cheese, Soy (Organic) (see Soy)	Beer
Orzo	Chewing Gum (has gluten and	Carrot Juice

Coconut Kefir (No Tapioca,	Rice Protein Powder (gluten free)	<input type="checkbox"/> Miscellaneous
Coconut Milk(Native Forest or	Soy Milk/Soy Cheese (Organic)	Agar Gum
Coconut Water (low sugar)	Soy Protein (Organic)	Antimony
Coffee Bean, Organic	Sparkling Water, unflavored	Arabic Gum
Coffee	Tea, Black	Baking Powder
Coffee, Instant (has gluten)	Tea, Chamomile	Baking Soda (Arm & Hammer®)
Collagen Protein (Powder)	Tea, Green	Beef broth (Imagine® low
Echinacea Tea	Tea, Oolong	Carrageenan Gum
Grapefruit Juice	Tea, Ramon	Chewing Gum (has gluten and
Green Tea	Tea, Roobios	Chewing Gum, Xylitew®
Hemp Protein (Powder)	Tea, unflavored/caffeine-free only	Chicken Broth (Imagine® gf/low
Komboucha Tea	Tea, White	Chicory Root
Lemon Juice	Teechino	Cocoa/Cacao (raw, pure, &
Licorice Tea	Water	Coconut Aminos®
Lime Juice	Wine, Red	Coconut Cream
Milk, Cow	Wine, White (Champagne)	Collagen Protein (Powder)
Milk, Goat	Yerba Matte Tea (Organic/Pure)	Garam Masala
Milk, Sheep		GemWraps®, Sandwich Wrap
Milk, Soy (Organic)		GemWraps®, Sandwich Wrap
Mineral Water		GemWraps®, Sandwich Wrap
Orange Juice		GemWraps®, Sandwich Wrap
Pea Protein		Glucomannon Flour

Great Lake's® Beef Gelatin

Guar Gum

Hops

Julian Bakery Paleo Wraps

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

Lard (pork)

Liquid Aminos (Braggs®)(has Soy)

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Can be

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Skinny Crisps®(Plain Jane)

Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tagacanth Gum

Vegetable broth (Imagine® Low

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Ispaghula/Psyllium

Acacia Gum