

**Vegetables**

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

Leeks

Lettuce, all types

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

**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

**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

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

☐ Sweeteners

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

☐ Herbs & Spices

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

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	<input type="checkbox"/> 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 corn)	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 corn)	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 corn)
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	Tamari (Wheat Free)
Guar Gum	Tofu (Organic)
Hops	Tomato Paste (gluten &
Julian Bakery Paleo Wraps	Tomato Sauce (gluten &
Julian Bakery Almond Bread	Tagacanth Gum
Julian Bakery Coconut Bread	Vegetable broth (Imagine® Low
Konjac Glucomannon Flour	Vegetable Oil
Lard (pork)	Vegetable Shortening (Spectrum®)
Liquid Aminos (Braggs®)(has Soy)	Vinegar, Red Wine
Locust Bean Gum	Vinegar, Rice
Lycopene	Vinegar, White Wine
Malt	Xanthan Gum
Maltodextrin (Can be	Yeast, Baker's
Palm Wax	Yeast, Brewer's
Pycnogenol	Yeast, Nutritional
Red Chili Paste Thai Kitchen®	Latex
Red Tomato Paste (gluten free)	Formaldehyde
Resveratrol	Red Dye
Sherry Vinegar	Ispaghula/Psyllium
Silver	Acacia Gum
Skinny Crisps®(Plain Jane)	
Tagacanth Gum	