Vegetables	Cabbage, Purple	Dandelion Root
Alfalfa Grass	Cactus (Nopales)	Endive
Alfalfa Sprouts	Capers	Fennel
Aloe Vera	Carrot Juice	Garlic
Artichoke (not pickled)	Carrot, Orange	Hearts of Palm
Artichoke, Jerusalem (not pickled)	Carrot, Purple	Horseradish
Arugula	Carrot, White	Jicama
Asparagus	Carrot, Yellow	Kale, all types
Avocado	Cassava (see Tapioca and Yucca)	Kelp/Dulse
Avocado Oil	Cauliflower	Kohlrabi
Bamboo Shoot	Cauliflower, Purple	Kombu
Bean Sprout	Celery	Leeks
Bean Sprout Beet Greens	Celery	Leeks Mustard Greens
	•	
Beet Greens	Chard Coconut (raw and	Mustard Greens
Beet Greens Bok Choy	Chard  Coconut (raw and unsweetened)	Mustard Greens  Nori  Oat Grass (Not For Gluten
Beet Greens  Bok Choy  Broccoli	Chard  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Corn (Gluten-free & Non-GMO)	Mustard Greens  Nori  Oat Grass (Not For Gluten Sensitive)
Beet Greens  Bok Choy  Broccoli  Broccoli Rabe	Chard  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Corn (Gluten-free & Non-GMO)  Corn, Blue	Mustard Greens  Nori  Oat Grass (Not For Gluten Sensitive)  Okra
Beet Greens  Bok Choy  Broccoli  Broccoli Rabe  Broccoli Sprouts	Chard  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Corn (Gluten-free & Non-GMO)	Mustard Greens  Nori  Oat Grass (Not For Gluten Sensitive)  Okra  Olives (without vinegar)
Beet Greens  Bok Choy  Broccoli  Broccoli Rabe  Broccoli Sprouts  Broccolini	Chard  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Corn (Gluten-free & Non-GMO)  Corn, Blue	Mustard Greens  Nori  Oat Grass (Not For Gluten Sensitive)  Okra  Olives (without vinegar)  Onion, Green  Parsley  Pea, Green
Beet Greens  Bok Choy  Broccoli  Broccoli Rabe  Broccoli Sprouts  Broccolini  Brussels Sprout	Chard  Coconut (raw and unsweetened)  Coconut Concentrate  Collard Greens  Corn (Gluten-free & Non-GMO)  Corn, Blue  Corn, White	Mustard Greens  Nori  Oat Grass (Not For Gluten Sensitive)  Okra  Olives (without vinegar)  Onion, Green  Parsley

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Pea, Split	Sweet Potato, Red	Clementine
Potato, Fingerling	Sweet Potatoes, White	Cranberry Juice
Potato, Purple	Swiss Chard	Date(s)
Potato, Red	Turnip Greens	Elderberry
Potato, Russet	Water Chestnut	Fig
Potato, Sweet	Watercress	Golden Berry
Potato, White	Yams, Garnett	Gooseberry
Potato, Yukon Gold	Yams, Japanese	Grape
Prickly Pear	Yucca	Grape, Green
Radicchio	Zucchini	Grape, Purple
Rainbow Chard		Grape, Red
Rutabaga	Fruits	Grape, White
Rutabaga Sauerkraut (Bubbies® Brand only)	Fruits Acai	
Sauerkraut (Bubbies® Brand		Grape, White
Sauerkraut (Bubbies® Brand only)	Acai	Grape, White Guava
Sauerkraut (Bubbies® Brand only) Sea Vegetables	Acai  Apple (all types)  Apple Cider  Apple Juice	Grape, White Guava Huckleberry
Sauerkraut (Bubbies® Brand only)  Sea Vegetables  Seaweed	Acai Apple (all types) Apple Cider	Grape, White Guava  Huckleberry  Kumquat
Sauerkraut (Bubbies® Brand only)  Sea Vegetables  Seaweed  Spinach	Acai  Apple (all types)  Apple Cider  Apple Juice	Grape, White Guava Huckleberry Kumquat Lemon
Sauerkraut (Bubbies® Brand only)  Sea Vegetables  Seaweed  Spinach  Spirulina	Acai Apple (all types) Apple Cider Apple Juice Apple Sauce	Grape, White  Guava  Huckleberry  Kumquat  Lemon  Lemon Juice
Sauerkraut (Bubbies® Brand only)  Sea Vegetables  Seaweed  Spinach  Spirulina  Squash, Acorn	Acai  Apple (all types)  Apple Cider  Apple Juice  Apple Sauce  Apricot	Grape, White  Guava  Huckleberry  Kumquat  Lemon  Lemon Juice  Lemon Rind/Peel
Sauerkraut (Bubbies® Brand only)  Sea Vegetables  Seaweed  Spinach  Spirulina  Squash, Acorn  Squash, Green	Acai  Apple (all types)  Apple Cider  Apple Juice  Apple Sauce  Apricot  Banana	Grape, White  Guava  Huckleberry  Kumquat  Lemon  Lemon Juice  Lemon Rind/Peel  Litchi (aka Lychee)

	Maqui		Raisin (unsulfured, organic)	Coconut Butter
	Melon, Honeydew		Raspberry	Coconut Oil
	Monk Fruit (Pure)		Star Fruit	Coconut, shredded (raw, unsweetened)
	Mulberry		Strawberry	Corn Oil
	Nectarines		Tangelo	Cottonseed/Cottonseed Oil
	Noni		Tangerine	Grapeseed Oil, Organic
	Orange	_		Hazelnut Flour
	Orange Juice		Nuts, Seeds, Drupes & Oils	Hazelnut/Filbert
	Orange Peel/Rind		Almond	Hydrogenated Oils
	Orange, Blood		Almond Butter (Artisana®)	Olive Leaf Extract
	Рарауа		Almond Flavor natural, gluten	Olive Oil, Virgin
ш	' ~	ш	free)	
	Passion Fruit		free) Almond Flour (gluten free)	Palm Kernel Oil
			•	Palm Kernel Oil Pepitas
	Passion Fruit		Almond Flour (gluten free)	
	Passion Fruit Peach Pear Persimmons		Almond Flour (gluten free)  Almond Meal (gluten free)	Pepitas
	Passion Fruit Peach Pear Persimmons Pineapple		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona	Pepitas Pine Nut
	Passion Fruit  Peach  Pear  Persimmons  Pineapple  Plantain		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed	Pepitas Pine Nut Pistachios
	Passion Fruit  Peach  Pear  Persimmons  Pineapple  Plantain  Plum		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed  Brazil Nut	Pepitas Pine Nut Pistachios
	Passion Fruit  Peach  Pear  Persimmons  Pineapple  Plantain  Plum  Pomegranate		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed  Brazil Nut  Canola/Rapeseed Oil	Pepitas Pine Nut Pistachios
	Passion Fruit  Peach  Pear  Persimmons  Pineapple  Plantain  Plum  Pomegranate  Pomelo		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed  Brazil Nut  Canola/Rapeseed Oil	Pepitas Pine Nut Pistachios
	Passion Fruit  Peach  Pear  Persimmons  Pineapple  Plantain  Plum  Pomegranate		Almond Flour (gluten free)  Almond Meal (gluten free)  Almond, Marcona  Annatto Seed  Brazil Nut  Canola/Rapeseed Oil  Caraway Seed  Cashew Butter	Pepitas Pine Nut Pistachios

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Fish & Shellfish	Perch		Applegate® organic smoked turkey breast
Anchovy	Red Snapper		Applegate® organic turkey
Bass	Salmon, wild (fresh)		Applegate® organic turkey bacon
Catfish	Sardines		Beef, Grass-fed only (organic)
Chilean Sea Bass	Scallop		Bison (see also Buffalo)
Clam	Shrimp		Buffalo (see also Bison)
Cod/ Cod Liver Oil	Sole		Chicken Broth (Imagine® gf/low sodium)
Corvina	Swai		Chicken, free range (organic)
Crab	Swordfish		Deer (see also Venison)
Crab, Immitation	Tilapia (Non-farmed)		Duck
Crayfish	Trout		Goat, Grass-fed only (organic)
Flounder	Tuna		Lamb (organic)
Haddock	Walleye Pike		Lard (pork)
Hake	Whitefish/Turbot		Ostrich
Halibut			Pheasant
Herring	Meat & Poultry		Pork, (organic)
Lobster	Applegate® organic bacon		Quail
Mackerel	Applegate® organic chicken		Rabbit
Mahi Mahi	Applegate® organic ham		Turkey (organic)
Mussel	Applegate® organic herb roasted turkey		Veal (organic)
Orange Roughy	Applegate® organic roast beef		Venison (see also Deer)
Oyster	Applegate® organic smoked chicken breast		

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Non-Dairy & Eggs	Vinegar, Beet		Monk Fruit (Pure)
Almond Milk, unsweetened (no tapioca)			Monk Fruit Extract
Almond Yogurt, unsweetened	Sweeteners		Nutrasweet®
Coconut Kefir (No Tapioca, Carageenan)	Agave Nectar		Rebiana Leaf (Stevia)
Coconut Milk(Native Forest or Natural Value)	Aspartame/Nutrasweet		Sorbitol
Paleo Cheese (Julianbakery.com or Amazon.com)	BodyPro Almond Mayo Grade B Maple Syrup		Splenda
	Cane Syrup		Sucanat
Condiments	Chocolate, Dark		Sugar Beet
Apple Cider Vinegar (Bragg's®)	Coconut Sugar		Sugar Cane
Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	Date Sugar		Sweetleaf® Stevia
Barbeque Sauce, GF Annie's® Sweet & Spicy	Erythritol (non-GMO)		Tapioca Dextrose
BodyPro Almond Mayo Grade B Maple Syrup	Fructose		Xyla (Birchwood Xylitol/non-corn source)
Dressing, Primal Kitchen Honey Mustard	Fruit Pectin		
Horseradish Sauce, Gluten-free (Annie's®)	Honey, (Organic)		Herbs & Spices
Ketchup (Organicville)	Honey, Manuka		Allspice
Liquid Smoke gluten free (natural)	Honey, Wildflower from Mahava®		Almond Flavor natural, gluten free)
Mayonnaise, Primal Kitchen Avocado Oil	Jerusalem Artichoke Syrup		Anise
Mustard, Brown (Eden® gf mustard)	Maltodextrin (Corn-based, non-GMO)		Astragalus
Sauerkraut (Bubbies® Brand only)	Maltodextrin (Tapioca-based)		Basil
Sriracha Sauce Organicville gluten-free	Maple Sugar		Bay Leaf
Tabasco Sauce	Maple Syrup (Grade A Dark Amber Organic)		Black Cohosh
Veganaise Soy-free (Follow Your Heart®)	Molasses		Caraway Seed

Cardamom	Grapeseed Extract	Oregano
Celery Powder	Guarana	Parsley
Chicory Root	Gymnema Silvestre	Pepper, Black (see Garlic/Lemon Pepper)
Cilantro/Coriander	Herbs De Provence	Pepper/Peppercorns
Cinnamon	Hickory	Peppermint
Cinnamon, Ceylon	Himalayan Salt	Pine Bark Extract
Cramp Bark Extract	Juniper Berry	Rose Hips
Cream of Tartar	Lavender	Rosemary
Cumin	Lemon Balm (Melissa Officinalis)	Saffron
Curcumin	Lemon Pepper	Sage
Curry (must be GF)	Lemongrass	Saw Plametto
Dandelion Root	Maca Root	Spearmint
Dong Quai	Mace Spice	St. John's Wort
Echinacea	Marjoram	Sumac
Fennel	Milk Thistle	Tarragon
Garlic	Mint	Thyme
Garlic Pepper	Mustard (as a Powder)	Turmeric
Garlic Powder	Mustard Seeds (gluten free)	Uva Ursi
Garlic Salt	Nutmeg	Valerian
Ginkgo Biloba	Olive Leaf Extract	White Willow Bark Extract
Ginseng (All Types)	Orange Peel/Rind	Wintergreen
Goldenseal	Orange Salt	Wormwood

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	Milk-Containing Foods	Corn, Blue		Tapioca
		Corn, White		Tapioca Flour (gluten free)
	Legumes & Pulses	Glucomannon Flour (konjacfoods.com)		Tapioca Starch (gluten free)
	Pea, Snap	Hazelnut Flour		Teff
	Pea, Snow	Konjac Glucomannon Flour		Tortilla, Siete Almond
	Pea, Split	Millet	! !	
	Peanut (Organic, Valencia)	Oats (Bob's Red Mill Gluten Free Version)		Gluten-Containing Foods
	Peanut Butter (Organic, Maranatha®)	Oats (Certified GF)		Crab, Immitation
	Peanut Oil (Organic)	Potato Flour (gluten free)		
		Potato Starch (gluten free)		Corn-Derived Foods
	Gluten-Free Grains	Rice Bran		Barbeque Sauce, GF Annie's® Sweet & Spicy
	Almond Flour (gluten free)	Rice Flour (gluten free)		Corn (Gluten-free & Non-GMO)
	Arrowroot Flour/powder	Rice Protein Powder (gluten free)		Corn Gluten
	Basmati Rice (gluten free)	Rice, Basmati (gluten free)		Corn Meal (gluten free)
	Buckwheat	Rice, Black (gluten free)		Corn Oil
	Buckwheat Flour	Rice, Brown (gluten free)		Corn Starch (gluten free)
	Chicory Root	Rice, Japonica (gluten free)		Corn, Blue
ш		 (3	ш	Com, blue
	Coconut Flour (gluten free)	Rice, Purple (gluten free)		Corn, White
	·			
	Coconut Flour (gluten free)	Rice, Purple (gluten free) Rice, Red (gluten free) Rice, White (gluten free)		Corn, White
	Coconut Flour (gluten free)  Coconut Meal (gluten free)	Rice, Purple (gluten free) Rice, Red (gluten free)		Corn, White  Erythritol (non-GMO)

	Sriracha Sauce Organicville gluten-free		Tea, Oolong	Collagen Protein (Powder)
	Vegetable Oil		Tea, Roobios	Formaldehyde
	Xanthan Gum		Tea, unflavored/caffeine-free only	GemWraps®, Sandwich Wrap (Carrot)
_			Tea, White	Glucomannon Flour (konjacfoods.com)
	Beverages & Protein Powders		Water	Great Lake's® Beef Gelatin
	Almond Milk, unsweetened (no tapioca)		Yerba Matte Tea (Organic/Pure)	Hops
	Apple Juice		Zevia Drinks	Inulin
	Bone Broth Protein, Beef			Konjac Glucomannon Flour
	Carrot Juice		Miscellaneous	Lard (pork)
	Coconut Kefir (No Tapioca, Carageenan)		Acacia Gum	Latex
	Coconut Milk(Native Forest or Natural Value)		Agar Gum	Lycopene
	Coconut Water (low sugar)		Antimony	Modified Food Starch (Tapioca-based)
		- 7		 
	Collagen Protein (Powder)		Baking Powder	Palm Wax
	Collagen Protein (Powder)  Echinacea Tea		Baking Powder Baking Soda (Arm & Hammer®)	Palm Wax Pycnogenol
				Pycnogenol  Resveratrol
	Echinacea Tea		Baking Soda (Arm & Hammer®)	Pycnogenol
	Echinacea Tea  Lemon Juice  Mineral Water  Orange Juice		Baking Soda (Arm & Hammer®)  Bone Broth, Beef  Carrageenan Gum  Chewing Gum, Xylichew®	Pycnogenol  Resveratrol
	Echinacea Tea  Lemon Juice  Mineral Water		Baking Soda (Arm & Hammer®)  Bone Broth, Beef  Carrageenan Gum  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low	Pycnogenol  Resveratrol  Rice Starch (if certified gluten free)  Silver  Vegetable Oil
	Echinacea Tea  Lemon Juice  Mineral Water  Orange Juice		Baking Soda (Arm & Hammer®)  Bone Broth, Beef  Carrageenan Gum  Chewing Gum, Xylichew®	Pycnogenol  Resveratrol  Rice Starch (if certified gluten free)  Silver
	Echinacea Tea  Lemon Juice  Mineral Water  Orange Juice  Rice Protein Powder (gluten free)		Baking Soda (Arm & Hammer®)  Bone Broth, Beef  Carrageenan Gum  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low sodium)	Pycnogenol  Resveratrol  Rice Starch (if certified gluten free)  Silver  Vegetable Oil
	Echinacea Tea  Lemon Juice  Mineral Water  Orange Juice  Rice Protein Powder (gluten free)  Sparkling Water, unflavored		Baking Soda (Arm & Hammer®)  Bone Broth, Beef  Carrageenan Gum  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low sodium)  Chicory Root  Cocoa/Cacao (raw, pure, &	Pycnogenol  Resveratrol  Rice Starch (if certified gluten free)  Silver  Vegetable Oil

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Snacks
Apple Sauce
Date(s)
Simple Mills Chocolate Chip Cookies