

## Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean Sprout

Bean, Green

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 Choy)

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 &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Hydrogenated Oils

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Sweet
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

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Truffle

Turnip Greens

Turnips

Vegetable Oil

Water Chestnut

Watercress

Wheat Grass (Is Gluten-contaminated)

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

## Fruits

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange Juice

Orange Peel/Rind

Orange, Blood

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Vinegar, Red Wine

Watermelon

Wolfberry

Youngberry

**Nuts, Seeds, Drupes & Oils**

Almond

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

Avocado Oil

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut Butter

## Coconut Oil

Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hazelnut Flour

Hazelnut/Filbert

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pecan Flour

Pecans

## Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

## Tiger Nuts

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

## Fish &amp; Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Hake

Halibut

Herring	Whitefish/Turbot	Chicken Broth (ImagineÂ® gf/low sodium)
Lobster		Chicken, free range (organic)
Mackerel	Meat & Poultry	Collagen Protein (Powder)
Mahi Mahi	ApplegateÂ® organic andouille sausage	Deer (see also Venison)
Mussel	ApplegateÂ® organic bacon	Duck
Octopus	ApplegateÂ® organic black forest ham	Goat, Grass-fed only (organic)
Orange Roughy	ApplegateÂ® organic chicken	Great Lake'sÂ® Beef Gelatin
Oyster	ApplegateÂ® organic chicken/apple sausage	Lamb
Perch	ApplegateÂ® organic ham	Lard (pork)
Red Snapper	ApplegateÂ® organic herb roasted turkey	Ostrich
Salmon, wild (fresh)	ApplegateÂ® organic hot dogs	Pheasant
Sardines	ApplegateÂ® organic red pepper sausage	Pork, (organic)
Scallop	ApplegateÂ® organic roast beef	Quail
Shrimp	ApplegateÂ® organic sausage sweet italian	Rabbit
Sole	ApplegateÂ® organic smoked chicken breast	Turkey (organic)
Squid	ApplegateÂ® organic smoked turkey breast	Veal (organic)
Swai	ApplegateÂ® organic spinach & feta sausage	Venison (see also Deer)
Swordfish	ApplegateÂ® organic turkey	
Tilapia (Wild, Non-farmed)	ApplegateÂ® organic turkey bacon	
Trout	Beef, Grass-fed only (organic)	
Tuna	Bison (see also Buffalo)	
Walleye Pike	Buffalo (see also Bison)	

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya  
(Coconut,Tapioca,yeast,Â....)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk(Native Forest or  
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital FarmsÂ® or Pasture  
VerdeÂ®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)**Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg'sÂ®)

Balsamic Vinegar (w/ Caramel or  
Red Wine Vinegar)Balsamic Vinegar (with Red Wine  
Vinegar)Balsamic Vinegar MiaBella (No  
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie'sÂ®  
Sweet & SpicyBodyPro Almond Mayo Grade A  
Maple SyrupBodyPro Almond Mayo with Yacon  
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut AminosÂ®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek  
Avocado OilDressing, Primal Kitchen Honey  
MustardEarth BalanceÂ® Avocado Oil Butter  
Spread

Earth BalanceÂ® Coconut Spread

Harissa

Horseradish Sauce, Gluten-free  
(Annie'sÂ®)

Hummus

Ketchup (Organicville)

Liquid Aminos (BriggsÂ®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen  
Avocado OilMayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Mustard, Brown (EdenÂ® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai KitchenÂ®  
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (BubbiesÂ® Brand only)

Sherry Vinegar

Sour Cream, Raw and  
Unpasteurized

Soy Sauce

Sriracha Sauce Organicville  
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten &  
Vinegar-free)Tomato Sauce (gluten &  
Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your  
HeartÂ®)

Vegetable Shortening (SpectrumÂ®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

White/Distilled Vinegar

Worcestershire Sauce (The Wizard's® GF)

**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based, non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom



Celery Powder

Garlic Pepper

Mace Spice

Chicory Root

Garlic Powder

Marjoram

Chili Powder

Garlic Salt

Mesquite

Chipotle Seasoning

Ginger

Milk Thistle

Cilantro/Coriander

Ginkgo Biloba

Mint

Cinnamon

Ginseng (All Types)

Mustard (as a Powder)

Cinnamon, Ceylon

Goldenseal

Mustard Seeds (gluten free)

Cloves

Grapefruit Seed Extract

Nutmeg

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

Pepper/Peppercorns	Uva Ursi	Cheese, Goat
Peppermint	Valerian	Cheese, Gorgonzola
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Gouda
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Havarti
Red Pepper Flake	Vanilla Powder	Cheese, Machego
Rose Hips	White Willow Bark Extract	Cheese, Mascapone
Rosemary	Wintergreen	Cheese, Mozzarella (Raw)
Saffron	Wormwood	Cheese, Muenster
Sage		Cheese, Parmesan
Saw Plametto	Milk-Containing Foods	Cheese, Pecorino
Sesame Seeds	Applegate® organic spinach & feta sausage	Cheese, Provolone
Sesame Seeds, Black	Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised
Shallots	Buttermilk	Cheese, Ricotta
Spearmint	Casein	Cheese, Romano
St. John's Wort	Cheese, American	Cheese, Sheep
Sumac	Cheese, Asiago	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Bleu	Cheese, Swiss
Tamari (Wheat Free)	Cheese, Brie	Chocolate, Milk
Tarragon	Cheese, Cheddar (Raw)	Chocolate, White
Thyme	Cheese, Cottage	Cream, Raw and Unpasteurized
Tomatillo	Cheese, Cream	Ghee (Pasture-Raised, Organic)
Turmeric	Cheese, Feta	Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and  
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**Legumes & Pulses**

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Hydrogenated Oils

Kidney Bean

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,  
Maranatha®)

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soybean oil(must be organic)

Vanilla Bean

Vanilla Powder

Vegetable Oil

**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 &amp; Non-GMO)

Corn Meal (gluten free)

Corn Starch (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Rice Bran	Tolerant Red or Green Lentil Pasta
Corn, White	Rice Flour (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Black (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Brown (gluten free)	
Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)	<b>Corn-Derived Foods</b>
Hazelnut Flour	Rice, Purple (gluten free)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Hemp Meal	Rice, Red (gluten free)	Cheese, Cream
Hemp Protein (Powder)	Rice, White (gluten free)	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
Hemp Seed	Rice, Wild (Lundberg® - not the blend)	Cheese, Soy (Organic) (see Soy)
Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker	Chewing Gum (has gluten and corn)
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	Corn (Gluten-free & Non-GMO)
Millet	Simple Mills Rosemary & Sea Salt Crackers	Corn Gluten
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	Corn Meal (gluten free)
Oats (Certified GF)	Sorghum	Corn Oil
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Corn Starch (gluten free)
Potato Starch (gluten free)	Tapioca	Corn, Blue
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Corn, White
Quinoa (gluten free)	Tapioca Starch (gluten free)	Erythritol (non-GMO)
Quinoa, Black (gluten free)	Teff	Fructose

GemWraps®®, Sandwich Wrap (Carrot)	Chewing Gum (has gluten and corn)	Soy Sauce
Hydrogenated Oils	Coffee, Instant (has gluten)	Spelt
Maltitol	Couscous	Teechino
Maltodextrin (Corn-based, non-GMO)	Crab, Immitation	Teriyaki Sauce
Modified Food Starch	Durum Wheat	Triticale
Sriracha Sauce Organicville gluten-free	Farro	Vinegar
Swerve® Sweetener	Gluten	Vinegar, Malt
Vegetable Oil	Graham (wheat)	Vinegar, White
Xanthan Gum	Kamut	Wheat (All Types)
Yogurt (See Xanthan Gum)	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	
<b>Gluten-Containing Foods</b>	Maltitol	<b>Beverages &amp; Protein Powders</b>
Barley	Maltodextrin (Barley-derived)	Almond Milk, unsweetened (no tapioca)
Barley Grass (can have gluten)	Modified Food Starch	Apple Cider
Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)	Apple Juice
Barley Juice (may contain gluten)	Oats	Beer
Beer	Oats, GF (not Certified) can have gluten	Bone Broth Protein, Beef
Bran	Orzo	Carrot Juice
Bread	Panko	<b>Casein</b>
Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat	Coconut Kefir (No Tapioca, Carageenan)
Caramel Coloring	Rye	Coconut Milk(Native Forest or Natural Value)
<b>Cheese, Bleu</b>	Semolina	Coconut Water (low sugar)

Coffee	Rice Protein Powder (gluten free)	Miscellaneous
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee, Instant (has gluten)	Soy Protein (Organic)	Agar Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Antimony
Echinacea Tea	Tea, Black	Arabic Gum
Grapefruit Juice	Tea, Chamomile	Baking Powder
Great Lake's® Beef Gelatin	Tea, Green	Baking Soda (Arm & Hammer®)
Green Tea	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Hemp Protein (Powder)	Tea, Komboucha	Blue Food Dye
Komboucha Tea	Tea, Oolong	Bone Broth, Beef
Lactoalbumin	Tea, Ramon	Carrageenan Gum
Lemon Juice	Tea, Roobios	Chewing Gum (has gluten and corn)
Licorice Tea	Tea, Unflavored	Chewing Gum, Xylitew®
Lime Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Milk, Buffalo	Teechino	Chicory Root
Milk, Cow	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Goat	Water	Collagen Protein (Powder)
Milk, Sheep	Whey	Formaldehyde
Milk, Soy (Organic)	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Pea Protein	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour  
(konjacfoods.com)

Great Lake's® Beef Gelatin

Guar Gum

Hops

Hydrogenated Oils

Inulin

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Julian Bakery Paleo Wraps

Konjac Glucomannon Flour

Lard (pork)

Latex

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