

Vegetables

Alfalfa Sprouts	Broccoli Sprouts	Coconut (raw and unsweetened)
Aloe Vera	Broccolini	Coconut Concentrate
Artichoke (not pickled)	Brussels Sprout	Collard Greens
Artichoke, Jerusalem (not pickled)	Burdock	Corn (Gluten-free & Non-GMO)
Arugula	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Asparagus	Cabbage, Green	Corn, White
Avocado	Cabbage, Purple	Cucumber
Avocado Oil	Cactus (Nopales)	Daikon Radish
Bamboo Shoot	Capers	Dandelion Greens
Bean Sprout	Capsicum	Dandelion Root
Bean, Green	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
	Chives	Leeks

Lettuce, all types	Pea, Split	Radicchio
Mushrooms	Pepper, Anaheim	Radish
Mushrooms, Button	Pepper, Chili	Rainbow Chard
Mushrooms, Cremini/Crimini	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Mustard Greens	Pepper, Poblano	Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea Protein	Potato, Yukon Gold	Squash, Summer
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red

Sweet Potatoes, White	Zucchini	Cranberry
Swiss Chard		Cranberry Juice
Tomatillo	Snacks	Currant
Tomato	Apple Sauce	Date(s)
Tomato Paste (gluten & Vinegar-free)	Date(s)	Dragon Fruit (Pitaya)
Tomato Sauce (gluten & Vinegar-free)	Simple Mills Chocolate Chip Cookies	Dried Fruit
Tomato, Cherry		Elderberry
Tomato, Heirloom	Fruits	Fig
Tomato, Orange	Acai	Goji Berry
Tomato, Red	Apple (all types)	Golden Berry
Tomato, Roma	Apple Cider	Gooseberry
Tomato, Sun-dried	Apple Juice	Grape
Tomato, Yellow	Apple Sauce	Grape, Green
Tomatoes, Big Beef	Apricot	Grape, Purple
Truffle	Banana	Grape, Red
Turnip Greens	Bilberry	Grape, White
Turnips	Blackberry	Grapefruit
Water Chestnut	Blueberry	Grapefruit Juice
Watercress	Boysenberry	Guava
Yams, Garnett	Cantaloupe	Huckleberry
Yams, Japanese	Cherry	Jack fruit
Yucca	Clementine	Kiwi

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

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

Garbanzo Bean	Clam	Scallop
Garbanzo Flour	Cod/ Cod Liver Oil	Shrimp
Lentil(s)	Corvina	Sole
Miso	Crab	Squid
Pea, Snap	Crab, Immitation	Swai
Pea, Snow	Crayfish	Swordfish
Pea, Split	Flounder	Tilapia (Non-farmed)
Peanut (Organic, Valencia)	Haddock	Trout
Peanut Butter (Organic, Maranatha®)	Hake	Tuna
Peanut Oil (Organic)	Halibut	Walleye Pike
Red Bean Paste	Herring	Whitefish/Turbot
Soy Beans (must be organic)	Lobster	
Soy Beans Oil (must be organic)	Mackerel	
Vanilla Bean	Mahi Mahi	
Vanilla Powder	Mussel	
White Beans	Octopus	

Fish & Shellfish

Anchovy	Perch	
Bass	Red Snapper	
Catfish	Salmon, wild (fresh)	
Chilean Sea Bass	Sardines	

Meat & Poultry

Applegate® organic andouille sausage
Applegate® organic bacon
Applegate® organic black forest ham
Applegate® organic chicken
Applegate® organic chicken/apple sausage
Applegate® organic ham
Applegate® organic herb roasted turkey
Applegate® organic hot dogs
Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low sodium)

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

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 Farms® or Pasture Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Modified Food Starch

Paleo Cheese (Julianbakery.com or Amazon.com)

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella NoCaramel/WineVinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade B Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)	Basil	Dill
Sauerkraut (Bubbies® Brand only)	Bay Leaf	Dong Quai
Sriracha Sauce Organicville gluten-free	Black Cohosh	Echinacea
Tabasco Sauce	Caramel Coloring	Fennel
Ume Plum Vinegar	Caraway Seed	Garlic
Veganise Soy-free (Follow Your Heart®)	Cardamom	Garlic Pepper
Vinegar	Celery Powder	Garlic Powder
Vinegar, Beet	Chicory Root	Garlic Salt
Vinegar, Distilled	Chili Powder	Ginger
Vinegar, Malt	Chipotle Seasoning	Ginkgo Biloba
Vinegar, Red Wine	Cilantro/Coriander	Ginseng (All Types)
Vinegar, Rice	Cinnamon	Goldenseal
Vinegar, White	Cinnamon, Ceylon	Grapefruit Seed Extract
Vinegar, White Wine	Cloves	Grapeseed Extract
Worcestershire Sauce (The Wizard's® GF)	Cloves, Madagascar	Guarana
	Cloves, Penang	Gymnema Silvestre
Herbs & Spices	Cramp Bark Extract	hahahahah
Allspice	Cream of Tartar	Herbs De Provence
Almond Flavor natural, gluten free)	Cumin	Hickory
Anise	Curcumin	Himalayan Salt
Ashwaganda	Curry (must be GF)	Jamaican Jerk
Astragalus	Dandelion Root	Juniper Berry

Lavender	Paprika	St. John's Wort
Lemon Balm (Melissa Officinalis)	Paprika (smoked)	Sumac
Lemon Pepper	Parsley	Taco Seasoning
Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Licorice Root	Pepper, Cayenne	Tarragon
Liquid Smoke (can have gluten)	Pepper, Red	Thyme
Liquid Smoke gluten free (natural)	Pepper, Sichuan	Tomatillo
Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen
Nutmeg	Saffron	Wormwood
Olive Leaf Extract	Sage	
Onion	Saw Plametto	
Onion Powder	Sesame Seeds	
Orange Peel/Rind	Sesame Seeds, Black	
Orange Salt	Shallots	
Oregano	Spearmint	

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

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 Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

		Gluten-Containing Foods
Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)	
Hazelnut Flour	Rice, Purple (gluten free)	Barley
Hemp Meal	Rice, Red (gluten free)	Barley Greens (Not for Gluten-Sensitive)
Hemp Protein (Powder)	Rice, White (gluten free)	Barley Juice (Not for Gluten-Sensitive)
Hemp Seed	Rice, Wild (LundbergÅ® - not the blend)	Beer
Konjac Glucomannon Flour	Simple Mills - Everything Sprouted Seed Cracker	Bran
Millet	Simple Mills Grnd Sea Salt Almond Crackers	Bread
Oat Grass (Not For Gluten Sensitive)	Simple Mills Rosemary & Sea Salt Crackers	Brown Rice Syrup (contains MSG/Gluten)
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	Caramel Coloring
Oats (Certified GF)	Sorghum	Cheese, Bleu
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and corn)
Potato Starch (gluten free)	Tapioca	Coffee, Instant (has gluten)
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Couscous
Quinoa (gluten free)	Tapioca Starch (gluten free)	Crab, Immitation
Quinoa, Black (gluten free)	Teff	Durum Wheat
Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta	Farro
Rice Bran	Tolerant Red or Green Lentil Pasta	Gluten
Rice Flour (gluten free)	Tortilla, Siete Almond	Graham (wheat)
Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut	Kamut
Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava	Liquid Smoke (can have gluten)
Rice, Black (gluten free)		Malt
Rice, Brown (gluten free)		Maltodextrin (Barley-derived)

Oats (Can be contaminated with gluten)	Baking Powder	Great Lake's® Beef Gelatin
Orzo	Baking Soda (Arm & Hammer®)	Guar Gum
Panko	Beef broth (Imagine® low sodium/GF)	Hops
Polish Wheat	Blue Food Dye	Inulin
Rye	Bone Broth, Beef	Julian Bakery Almond Bread
Semolina	Carrageenan Gum	Julian Bakery Coconut Bread
Soy Sauce	Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps
Spelt	Chewing Gum, Xylitew®	Konjac Glucomannon Flour
Teechino	Chicken Broth (Imagine® gf/low sodium)	Lard (pork)
Teriyaki Sauce	Chicory Root	Latex
Triticale	Cocoa Butter	Liquid Aminos (Braggs®)(has Soy)
Vinegar	Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum
Vinegar, Malt	Coconut Aminos®	Lycopene
Vinegar, White	Coconut Cream	Malt
Wheat (All Types)	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
Wheat Grass (Is Gluten-contaminated)	Formaldehyde	Modified Food Starch
Miscellaneous	Garam Masala	Modified Food Starch (Tapioca-based)
	GemWraps®, Sandwich Wrap (Carrot)	Palm Wax
	GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol
	GemWraps®, Sandwich Wrap (Mango/Chi.)	Red Chili Paste Thai Kitchen® (gluten free)
	GemWraps®, Sandwich Wrap (Tomato)	Red Food Dye
Arabic Gum	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)

Resveratrol	Beverages & Protein Powders	Milk, Goat
Rice Starch (if certified gluten free)	Almond Milk, unsweetened (no tapioca)	Milk, Sheep
Sherry Vinegar	Apple Juice	Milk, Soy (Organic)
Silver	Beer	Mineral Water
Skinny Crisps®(Plain Jane)	Bone Broth Protein, Beef	Orange Juice
Tamari (Wheat Free)	Carrot Juice	Pea Protein
Tofu (Organic)	Coconut Kefir (No Tapioca, Carageenan)	Rice Protein Powder (gluten free)
Tomato Paste (gluten & Vinegar-free)	Coconut Milk(Native Forest or Natural Value)	Soy Milk/Soy Cheese (Organic)
Tomato Sauce (gluten & Vinegar-free)	Coconut Water (low sugar)	Soy Protein (Organic)
Tragacanth Gum	Coffee	Sparkling Water, unflavored
Vegetable broth (Imagine® Low Sodium)	Coffee Bean, Organic	Tea, Black
Vegetable Oil	Coffee, Instant (has gluten)	Tea, Chamomile
Vegetable Shortening (Spectrum®)	Collagen Protein (Powder)	Tea, Green
Vinegar, Red Wine	Echinacea Tea	Tea, Hibiscus
Vinegar, Rice	Grapefruit Juice	Tea, Oolong
Vinegar, White Wine	Green Tea	Tea, Ramon
Xanthan Gum	Hemp Protein (Powder)	Tea, Roobios
Yeast, Baker's	Komboucha Tea	Tea, unflavored/caffeine-free only
Yeast, Brewer's	Lemon Juice	Tea, White
Yeast, Nutritional	Licorice Tea	Teechino
	Lime Juice	Water
	Milk, Cow	Wine, Red

Wine, White (Champagne)

Swerve® Xylitol

Honey, Wildflower from Mahava®

Yerba Matte Tea (Organic/Pure)

Vegetable Oil

Jerusalem Artichoke Syrup

Zevia Drinks

Xanthan Gum

Just Like Sugar®

Yogurt (See Xanthan Gum)

Lo Han

Corn-Derived FoodsBarbeque Sauce, GF Annie's®
Sweet & Spicy**Sweeteners**

Maltitol

Cheese, Cream

Agave Nectar

Maltodextrin (Barley-derived)

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

Aspartame/Nutrasweet

Maltodextrin (Corn-based,
non-GMO)

Cheese, Soy (Organic) (see Soy)

BodyPro Almond Mayo Grade B
Maple Syrup

Maltodextrin (Tapioca-based)

Chewing Gum (has gluten and corn)

Brown Rice Syrup (contains
MSG/Gluten)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Corn (Gluten-free & Non-GMO)

Cane Syrup

Molasses

Corn Gluten

Chocolate, Dark

Monk Fruit (Pure)

Corn Meal (gluten free)

Chocolate, Milk

Monk Fruit Extract

Corn Oil

Chocolate, White

Nutrasweet®

Corn Starch (gluten free)

Coconut Palm Sugar

Rebiana Leaf (Stevia)

Corn, Blue

Coconut Sugar

Sorbitol

Corn, White

Date Sugar

Splenda

Erythritol (non-GMO)

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Sucanat

Fructose

Fructose

Sucralose

GemWraps®, Sandwich Wrap
(Carrot)

Fruit Pectin

Sugar Beet

Maltodextrin (Corn-based,
non-GMO)

Honey, (Organic)

Sugar Cane

Sriracha Sauce Organicville
gluten-free

Honey, Manuka

Sweetleaf® Stevia

Swerve® Xylitol

Tapioca Dextrose

Xyla (Birchwood Xylitol/non-corn
source)

Yacon Syrup