

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lemon Juice

Licorice Tea

Lime Juice

Milk, Cow

Milk, Goat

Milk, Sheep

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

Bone Broth Protein, Beef

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella  
NoCaramel/WineVinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter Spread

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Distilled

Vinegar, Malt	Corn (Gluten-free & Non-GMO)	Clam
Vinegar, Red Wine	Corn, Blue	Cod/ Cod Liver Oil
Vinegar, Rice	Corn, White	Corvina
Vinegar, White	Corn Gluten	Crab
Vinegar, White Wine	Corn Meal (gluten free)	Crayfish
Worcestershire Sauce (The Wizard's® GF)	Corn Oil	Flounder
Sriracha Sauce Organicville gluten-free	Corn Starch (gluten free)	Haddock
Tabasco Sauce	Erythritol (non-GMO)	Hake
Dressing, Primal Kitchen Greek Avocado Oil	Fructose	Halibut
Dressing, Primal Kitchen Honey Mustard	GemWraps®, Sandwich Wrap (Carrot)	Herring
Mayonnaise, Primal Kitchen Avocado Oil	Maltodextrin (Corn-based, non-GMO)	Lobster
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Swerve® Xylitol	Mackerel
BodyPro Almond Mayo Grade B Maple Syrup	Vegetable Oil	Mahi Mahi
BodyPro Almond Mayo with Yacon Syrup	Xanthan Gum	Mussel
BodyPro Avocado Oil Mayonnaise	Yogurt (See Xanthan Gum)	Orange Roughy
	Sriracha Sauce Organicville gluten-free	Oyster
<b>Corn-Derived Foods</b>		Perch
Barbeque Sauce, GF Annie's® Sweet & Spicy	<b>Fish &amp; Shellfish</b>	Red Snapper
Cheese, Cream	Anchovy	Salmon, wild (fresh)
Cheese, Daiya (Coconut, Tapioca, yeast, &....)	Bass	Sardines
Cheese, Soy (Organic) (see Soy)	Catfish	Scallop
Chewing Gum (has gluten and corn)	Chilean Sea Bass	Shrimp

Sole	Clementine	Kumquat
Squid	Cranberry	Lemon
Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
Fruits	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Mulberry
Apple Cider	Grape, Red	Nectarines
Apple Juice	Grape, White	Noni
Bilberry	Grapefruit	Orange
Blackberry	Grapefruit Juice	Orange, Blood
Blueberry	Guava	Orange Juice
Boysenberry	Huckleberry	Orange Peel/Rind
Cantaloupe	Jack fruit	Papaya
Cherry	Kiwi	Passion Fruit

Peach	Apricot	Kamut
Pear	Goji Berry	Liquid Smoke (can have gluten)
Pear, Asian	Apple Sauce	Malt
Persimmons	Monk Fruit (Pure)	Maltodextrin (Can be Wheat-derived)
Pineapple		Oats
Plantain	Gluten-Containing Foods	Orzo
Plum	Barley	Panko
Pomegranate	Barley Greens (Not for Gluten-Sensitive)	Polish Wheat
Pomelo	Barley Juice (Not for Gluten-Sensitive)	Rye
Prune	Beer	Semolina
Quince	Bran	Soy Sauce
Raisin (unsulfured, organic)	Bread	Spelt
Raspberry	Brown Rice Syrup (contains MSG/Gluten)	Teechino
Star Fruit	Caramel Coloring	Teriyaki Sauce
Strawberry	Cheese, Bleu	Triticale
Tamarind	Chewing Gum (has gluten and corn)	Vinegar
Tangelo	Coffee, Instant (has gluten)	Vinegar, Malt
Tangerine	Couscous	Vinegar, White
Watermelon	Durum Wheat	Wheat (All Types)
Wolfberry	Farro	Wheat Grass (Is Gluten-contaminated)
Youngberry	Gluten	Crab, Immitation
Banana	Graham (wheat)	

Gluten-Free Grains	Millet	Simple Mills Tomato & Basil Almond Crackers
Almond Flour (gluten free)	Oats	Sorghum
Amaranth	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oat Grass (Not For Gluten Sensitive)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	Quinoa (gluten free)	Teff
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Ener-G Brown Rice Yeast-Free Bread	Rice, Japonica (gluten free)	Simple Mills Everything Sprouted Seed Cracker
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	Coconut Flour (gluten free)
Garbanzo Flour	Rice, White (gluten free)	Arrowroot Flour/powder
Glucomannon Flour (konjacfoods.com)	Rice, Wild (Lundberg® - not the blend)	
Hazelnut Flour	Rice Bran	
Hemp Meal	Rice Flour (gluten free)	
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	
Hemp Seed	Simple Mills Grnd Sea Salt Almond Crackers	
Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt Crackers	

**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

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Orange Peel/Rind	Tarragon	Legumes & Pulses
Orange Salt	Thyme	Bean, Azuki
Oregano	Tomatillo	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see Garlic/Lemon Pepper)	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark Extract	Bean, Kidney
Red Chili Paste Thai Kitchen® (gluten free)	Wintergreen	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo Bean)
Sesame Seeds	Shallots	Edamame (must be organic)
Sesame Seeds, Black	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic roast beef	Pork, (organic)
Pea, Snap	Applegate® organic andouille sausage	Quail
Pea, Snow	Applegate® organic chicken/apple sausage	Rabbit
Pea, Split	Applegate® organic red pepper sausage	Turkey (organic)
Peanut (Organic, Valencia)	Applegate® organic spinach & feta sausage	Veal (organic)
Peanut Butter (Organic, Maranatha®)	Applegate® organic sausage sweet italian	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic smoked chicken breast	
Red Bean Paste	Applegate® organic smoked turkey breast	Milk-Containing Foods
Soy Beans (must be organic)	Applegate® organic turkey	Applegate® organic spinach & feta sausage
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only (organic)	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also Bison)	Cheese, American
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
	Chicken, free range (organic)	Cheese, Bleu
Meat & Poultry	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Lamb (organic)	Cheese, Cream
Applegate® organic ham	Lard (pork)	Cheese, Goat
Applegate® organic herb roasted turkey	Ostrich	Cheese, Gorgonzola
Applegate® organic hot dogs	Pheasant	Cheese, Gouda



Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	<b>Garam Masala</b>
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano	<b>Miscellaneous</b>	Great Lake's® Beef Gelatin
Cheese, Provolone		Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	<b>Julian Bakery Paleo Wraps</b>
Cheese, Swiss	Baking Powder	<b>Julian Bakery Almond Bread</b>
Chocolate, Milk	Baking Soda (Arm & Hammer®)	<b>Julian Bakery Coconut Bread</b>
Chocolate, White	Beef broth (Imagine® low sodium/GF)	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylitew®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low sodium)	Lycopene
Kefir, Raw	Chicory Root	<b>Malt</b>
Lactalbumin	Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Can be Wheat-derived)

Palm Wax	Formaldehyde	Milk, Soy (Organic)
Pycnogenol	Acacia Gum	BodyPro Avocado Oil Mayonnaise
Red Chili Paste Thai Kitchen® (gluten free)	Tragacanth Gum	
Red Tomato Paste (gluten free)	Blue Food Dye	Nuts, Seeds, Drupes & Oils
Resveratrol	Skinny Crisps® (Plain Jane)	Almond
Sherry Vinegar	Red Food Dye	Almond Butter (Artisana®)
Silver	Cocoa Butter	Almond Flavor natural, gluten free)
Tamari (Wheat Free)	Agar Gum	Almond Flour (gluten free)
Tofu (Organic)	Rice Starch (if certified gluten free)	Almond Meal (gluten free)
Tomato Paste (gluten & Vinegar-free)	Bone Broth, Beef	Almond, Marcona
Tomato Sauce (gluten & Vinegar-free)		Annatto Seed
Vegetable broth (Imagine® Low Sodium)	Non-Dairy & Eggs	Brazil Nut
Vegetable Oil	Almond Milk, unsweetened (no tapioca)	Canola/Rapeseed Oil
Vegetable Shortening (Spectrum®)	Almond Yogurt, unsweetened	Caraway Seed
Vinegar, Red Wine	Cheese, Daiya (Coconut, Tapioca, yeast, & ...)	Cashews
Vinegar, Rice	Cheese, Soy (Organic) (see Soy)	Cashew Butter
Vinegar, White Wine	Coconut Kefir (No Tapioca, Carageenan)	Cashew Meal
Xanthan Gum	Coconut Milk (Native Forest or Natural Value)	Chestnut
Yeast, Baker's	Egg, Pasture-raised (from a farmer)	Chia Seed (1/4 cup, max)
Yeast, Brewer's	Egg, Vital Farms® or Pasture Verde®	Coconut Butter
Yeast, Nutritional	Egg, Whites, Pasture-raised	Coconut Oil
Latex	Egg, Yolks Pasture-raised	Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)	Pine Nut	Vegetable Shortening (Spectrum®)
Corn Oil	Pistachios	Walnut (few)
Cottonseed/Cottonseed Oil	Poppy seeds	Walnut Oil
Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Snacks</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip Cookies
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	<b>Sweeteners</b>
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)

Honey, Manuka	Agave Nectar	Bok Choy
Honey, Wildflower from Mahava®	Coconut Sugar	Broccoli
Just Like Sugar®	Maltitol	Broccoli Rabe
Lo Han	Tapioca Dextrose	Broccoli Sprouts
Maltodextrin (Can be Wheat-derived)	Cane Syrup	Broccolini
Maltodextrin (Corn-based, non-GMO)	Monk Fruit Extract	Brussels Sprout
Maple Sugar	Monk Fruit (Pure)	Burdock
Maple Syrup (Grade A Dark Amber Organic)		Cabbage, Chinese (see also Bok Choy)
Molasses	Vegetables	Cabbage, Green
Nutrasweet®	Aloe Vera	Cabbage, Purple
Rebiana Leaf (Stevia)	Artichoke (not pickled)	Cactus (Nopales)
Sorbitol	Arugula	Capers
Splenda	Asparagus	Capsicum
Sucanat	Avocado	Carrot Juice
Sugar Beet	Avocado Oil	Carrot, Orange
Sugar Cane	Bamboo Shoot	Carrot, Purple
Sweetleaf® Stevia	Bean, Green	Carrot, White
Swerve® Xylitol	Bean Sprout	Carrot, Yellow
Xyla (Birchwood Xylitol/non-corn source)	Beet	Cassava (see Tapioca and Yucca)
Yacon Syrup	Beet Greens	Cauliflower
BodyPro Almond Mayo Grade B Maple Syrup	Bell Pepper, Green	Cauliflower, Purple
Sucralose	Bell Pepper, Red	Celery

Chard	Kombu	Pepper, Green
Chayote	Leeks	Pepper, Habanero
Coconut (raw and unsweetened)	Lettuce, all types	Pepper, Jalapeño
Coconut Concentrate	Mushrooms	Pepper, Poblano
Collard Greens	Mushrooms, Button	Pepper, Red
Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini	Pepper, Serrano
Corn, Blue	Mushrooms, Maitake	Pickles, Bubbies® brand only
Corn, White	Mushrooms, Shiitake	Pimento
Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb

Rutabaga	Tomato	Onion, Red
Sauerkraut (Bubbies® Brand only)	Tomatoes, Big Beef	Onion, Sweet
Scallions	Tomato, Cherry	Onion, Yellow
Sea Vegetables	Tomato, Heirloom	Chives
Seaweed	Tomato, Orange	Shallots
Spinach	Tomato, Red	Bell Pepper
Spirulina	Tomato, Roma	Bell Pepper, Yellow
Squash	Tomato, Sun-dried	Bell Pepper, Orange
Squash, Acorn	Tomato, Yellow	
Squash, Butternut	Truffle	
Squash, Green	Turnip Greens	
Squash, Spaghetti	Turnips	
Squash, Summer	Water Chestnut	
Squash, Winter	Watercress	
Squash, Yellow	Yams, Garnett	
Sugar Beet	Yams, Japanese	
Sweet Potato, Red	Yucca	
Sweet Potatoes, White	Zucchini	
Swiss Chard	Alfalfa Sprouts	
Tomatillo	Psyllium Husk	
Tomato Paste (gluten & Vinegar-free)	Onion, Green	
Tomato Sauce (gluten & Vinegar-free)	Onion, Maui	