

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Applegate® organic chicken/apple
sausage

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

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 & 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	Pea, Black-Eyed	Prickly Pear
Kombu	Pea, Green	Psyllium Husk
Leeks	Pea, Snap	Pumpkin
Lettuce, all types	Pea, Snow	Pumpkin Powder
Mushrooms	Pea, Split	Radicchio
Mushrooms, Button	Pepper, Anaheim	Radish
Mushrooms, Cremini/Crimini	Pepper, Chili	Rainbow Chard
Mushrooms, Maitake	Pepper, Green	Rhubarb
Mushrooms, Shiitake	Pepper, Habanero	Rutabaga
Mustard Greens	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Nori	Pepper, Poblano	Scallions
Oat Grass (Not For Gluten Sensitive)	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

Squash, Winter	Watercress	Cranberry Juice
Squash, Yellow	Wheat Grass (Is Gluten-contaminated)	Currant
Sugar Beet	Yams, Garnett	Dates
Sweet Potato, Red	Yams, Japanese	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Yucca	Dried Fruit
Swiss Chard	Zucchini	Elderberry
Tomatillo		Fig
Tomato	Fruits	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Acai	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple (all types)	Gooseberry
Tomato, Cherry	Apple Cider	Grape
Tomato, Heirloom	Apple Juice	Grape, Green
Tomato, Orange	Apple Sauce	Grape, Purple
Tomato, Red	Applegate® organic chicken/apple sausage	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat

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

Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Fish & Shellfish
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi
Poppy seeds	Walnuts	Mussel

Octopus	Meat & Poultry	Collagen Protein (Powder)
Orange Roughy	Applegate® organic andouille sausage	Deer (see also Venison)
Oyster	Applegate® organic bacon	Duck
Perch	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Red Snapper	Applegate® organic chicken	Great Lake's® Beef Gelatin
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Lamb
Sardines	Applegate® organic ham	Lard (pork)
Scallop	Applegate® organic herb roasted turkey	Ostrich
Shrimp	Applegate® organic hot dogs	Pheasant
Sole	Applegate® organic red pepper sausage	Pork, (organic)
Squid	Applegate® organic roast beef	Quail
Swai	Applegate® organic sausage sweet italian	Rabbit
Swordfish	Applegate® organic smoked chicken breast	Turkey (organic)
Tilapia (Wild, Non-farmed)	Applegate® organic smoked turkey breast	Veal (organic)
Trout	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Tuna	Applegate® organic turkey	
Walleye Pike	Applegate® organic turkey bacon	Non-Dairy & Eggs
Whitefish/Turbot	Beef, Grass-fed only (organic)	Almond Milk, unsweetened (no tapioca)
	Bison (see also Buffalo)	Almond Yogurt, unsweetened
	Buffalo (see also Bison)	BodyPro Avocado Oil Mayonnaise
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)

Earth Balance® Avocado Oil Butter Spread

Vinegar, Rice

Coconut Milk(Native Forest or Natural Value)

Earth Balance® Coconut Spread

Vinegar, White

Egg, Pasture-raised (from a farmer)

Harissa

Vinegar, White Wine

Egg, Vital Farms® or Pasture Verde®

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

Worcestershire Sauce (The Wizard's® GF)

Egg, Whites, Pasture-raised

Hummus

Egg, Yolks Pasture-raised

Ketchup (Organicville)

Sweeteners

Milk, Soy (Organic)

Liquid Smoke (can have gluten)

Agave Nectar

Paleo Cheese (Julianbakery.com or Amazon.com)

Liquid Smoke gluten free (natural)

Aspartame

Condiments

Mayonnaise

BodyPro Almond Mayo Grade A Maple Syrup

Mayonnaise, Primal Kitchen Avocado Oil

Brown Rice Syrup (contains MSG/Gluten)

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Cane Syrup

Apple Cider Vinegar (Bragg's®)

Mustard, Brown (Eden® gf mustard)

Chocolate, Dark

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Sauerkraut (Bubbies® Brand only)

Chocolate, Milk

Balsamic Vinegar (with Red Wine Vinegar)

Sriracha Sauce Organicville gluten-free

Chocolate, White

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Tabasco Sauce

Coconut Palm Sugar

Barbeque Sauce, GF Annie's® Sweet & Spicy

Ume Plum Vinegar

Coconut Sugar

BodyPro Almond Mayo Grade A Maple Syrup

Veganise Soy-free (Follow Your Heart®)

Date Sugar

BodyPro Almond Mayo with Yacon Syrup

Vinegar

Erythritol (non-GMO)

BodyPro Avocado Oil Mayonnaise

Vinegar, Beet

Fructose

Carob

Vinegar, Distilled

Fruit Pectin

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Vinegar, Malt

Honey, (Organic)

Dressing, Primal Kitchen Honey Mustard

Vinegar, Red Wine

Honey, Manuka

Honey, Wildflower from Mahava®	Swerve® Sweetener	Chipotle Seasoning
Jerusalem Artichoke Syrup	Tapioca Dextrose	Cilantro/Coriander
Just Like Sugar®	Xyla (Birchwood Xylitol)	Cinnamon
Lo Han	Xylitol	Cinnamon, Ceylon
Maltitol	Yacon Syrup	Cloves
Maltodextrin (Barley-derived)		Cloves, Madagascar
Maltodextrin (Corn-based, non-GMO)	Herbs & Spices	Cloves, Penang
Maltodextrin (Tapioca-based)		Cramp Bark Extract
Maple Sugar	Almond Flavor (natural, gluten free)	Cream of Tartar
Maple Syrup (Grade A Dark Amber Organic)	Anise	Cumin
Molasses	Applegate® organic chicken/apple sausage	Curcumin
Monk Fruit (Pure)	Ashwaganda	Curry (must be GF)
Monk Fruit Extract	Astragalus	Dandelion Root
Nutrasweet®	Basil	Dill
Rebiana Leaf (Stevia)	Bay Leaf	Dong Quai
Sorbitol	Black Cohosh	Echinacea
Splenda	Caramel Coloring	Fennel
Sucanat	Caraway Seed	Garlic
Sucralose	Cardamom	Garlic Pepper
Sugar Beet	Celery Powder	Garlic Powder
Sugar Cane	Chicory Root	Garlic Salt
Sweetleaf® Stevia	Chili Powder	Ginger

Ginkgo Biloba	Mint	Red Pepper Flake
Ginseng (All Types)	Mustard (as a Powder)	Rose Hips
Goldenseal	Mustard Seeds (gluten free)	Rosemary
Grapefruit Seed Extract	Nutmeg	Saffron
Grapeseed Extract	Olive Leaf Extract	Sage
Guarana	Onion	Saw Plametto
Gymnema Silvestre	Onion Powder	Sesame Seeds
Herbs De Provence	Orange Peel/Rind	Sesame Seeds, Black
Hickory	Orange Salt	Shallots
Himalayan Salt	Oregano	Spearmint
Jamaican Jerk	Paprika	St. John's Wort
Juniper Berry	Paprika (smoked)	Sumac
Lavender	Parsley	Taco Seasoning
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemon Pepper	Pepper, Cayenne	Tarragon
Lemongrass	Pepper, Red	Thyme
Licorice Root	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

Vanilla Powder

Cheese, Machego

Milk, Cow

White Willow Bark Extract

Cheese, Marscapone

Milk, Goat

Wintergreen

Cheese, Mozzarella (Raw)

Milk, Sheep

Wormwood

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and
Unpasteurized**Milk-Containing Foods**Applegate® organic spinach & feta
sausage

Cheese, Pecorino

Whey

Cheese, Provolone

Yogurt (See Xanthan Gum)

Butter, Raw and Pasture-raised

Cheese, Raw and Pasture-raised

Buttermilk

Cheese, Ricotta

Legumes & Pulses

Casein

Cheese, Romano

Bean, Azuki

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Bleu

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chana Dahl

Cheese, Cheddar (Raw)

Chocolate, White

Bean, Chili

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Bean, Italian

Cheese, Feta

Goat Cheese

Bean, Kidney

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactoalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Bean, Pinto/Frijole	Vanilla Bean	Glucomannon Flour (konjacfoods.com)
Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannon Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Miso	Coconut Meal (gluten free)	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)

	Gluten-Containing Foods	
Rice, Purple (gluten free)		Maltodextrin (Barley-derived)
Rice, Red (gluten free)	Barley	Modified Food Starch
Rice, White (gluten free)	Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Rice, Wild (Lundberg® - not the blend)	Barley Juice (may contain gluten)	Oats
Simple Mills - Everything Sprouted Seed Cracker	Beer	Oats, GF (not Certified) can have gluten
Simple Mills Ground Sea Salt Almond Crackers	Bran	Orzo
Simple Mills Rosemary & Sea Salt Crackers	Bread	Panko
Simple Mills Tomato & Basil Almond Crackers	Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat
Sorghum	Caramel Coloring	Rye
Sweet Potato Flour (gluten free)	Cheese, Bleu	Semolina
Tapioca	Chewing Gum (has gluten and corn)	Soy Sauce
Tapioca Flour (gluten free)	Coffee, Instant (has gluten)	Spelt
Tapioca Starch (gluten free)	Couscous	Teechino
Teff	Crab, Immitation	Teriyaki Sauce
Tolerant Green Lentil & Pea Pasta	Durum Wheat	Triticale
Tolerant Red or Green Lentil Pasta	Farro	Vinegar
Tortilla, Siete Almond	Gluten	Vinegar, Malt
Tortilla, Siete Cassava & Coconut	Graham (wheat)	Vinegar, White
Tortilla, Siete Chia & Cassava	Kamut	Wheat (All Types)
	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	
	Maltitol	

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap
(Carrot)

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Coconut Kefir (No Tapioca,
Carageenan)

Coconut Milk(Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

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, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Roobios	Carrageenan Gum	Julian Bakery Coconut Bread
Tea, Unflavored	Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps
Tea, White	Chewing Gum, Xylitew®	Konjac Glucomannon Flour
Teechino	Chicken Broth (Imagine® gf/low sodium)	Lard (pork)
Water	Chicory Root	Latex
Whey	Cocoa Butter	Liquid Aminos (Brags®)(has Soy)
Wine, Red	Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum
Wine, White (Champagne)	Coconut Aminos®	Lycopene
Yerba Matte Tea (Organic/Pure)	Coconut Cream	Malt
Zevia Drinks	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
	Formaldehyde	Modified Food Starch
	Garam Masala	Modified Food Starch (Tapioca-based)
Acacia Gum	GemWraps®, Sandwich Wrap (Carrot)	Palm Wax
Agar Gum	GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Antimony	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen® (gluten free)
Arabic Gum	GemWraps®, Sandwich Wrap (Tomato)	Red Food Dye
Baking Powder	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Banana	Guar Gum	Rice Starch (if certified gluten free)
Beef broth (Imagine® low sodium/GF)	Hops	Sherry Vinegar
Blue Food Dye	Inulin	Silver
Bone Broth, Beef	Julian Bakery Almond Bread	Skinny Crisps® (Plain Jane)

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &
Vinegar-free)

Tomato Sauce (gluten &
Vinegar-free)

Tragacanth Gum

Vegetable broth (Imagine® Low
Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies