Vegetables	Broccoli Sprouts	Coconut Concentrate
Alfalfa Grass	Broccolini	Collard Greens
Alfalfa Sprouts	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Aloe Vera	Burdock	Corn, Blue
Artichoke (not pickled)	Cabbage, Chinese (see also Bok Choy)	Corn, White
Artichoke, Jerusalem (not pickled)	Cabbage, Green	Cucumber
Arugula	Cabbage, Purple	Daikon Radish
Asparagus	Cactus (Nopales)	Dandelion Greens
Avocado	Capers	Dandelion Root
Avocado Oil	Capsicum	Eggplant
Bamboo Shoot	Carrot Juice	Endive
Bean Sprout	Carrot, Orange	Fennel
Beet	Carrot, Purple	Garlic
Beet Greens	Carrot, White	Hearts of Palm
Bell Pepper	Carrot, Yellow	Horseradish
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Jicama
Bell Pepper, Orange	Cauliflower	Kale, all types
Bell Pepper, Red	Cauliflower, Purple	Kelp/Dulse
Bell Pepper, Yellow	Celery	Kohlrabi
Bok Choy	Chard	Kombu
Broccoli	Chayote	Leeks
Broccoli Rabe	Coconut (raw and unsweetened)	Mustard Greens

Nori	Pimento	Squash, Winter
Oat Grass (Not For Gluten Sensitive)	Potato, Fingerling	Sweet Potato, Red
Okra	Potato, Purple	Sweet Potatoes, White
Olives (without vinegar)	Potato, Red	Swiss Chard
Onion, Green	Potato, Russet	Tomatillo
Parsley	Potato, Sweet	Tomato
Parsnip	Potato, White	Tomato Paste (gluten & Vinegar-free)
Pea Protein	Potato, Yukon Gold	Tomato Sauce (gluten & Vinegar-free)
Pea, Black-Eyed	Prickly Pear	Tomato, Cherry
Pea, Green	Radicchio	Tomato, Heirloom
Pea, Snap	Rainbow Chard	Tomato, Orange
Pea, Snow	Rhubarb	Tomato, Red
Pea, Split	Rutabaga	Tomato, Roma
Pepper, Anaheim	Sauerkraut (Bubbies® Brand only)	Tomato, Sun-dried
Pepper, Chili	Scallions	Tomato, Yellow
Pepper, Green	Sea Vegetables	Tomatoes, Big Beef
Pepper, Habanero	Seaweed	Turnip Greens
Pepper, Jalapeño	Spinach	Water Chestnut
Pepper, Poblano	Spirulina	Watercress
Pepper, Red	Squash, Acorn	Yucca
Pepper, Serrano	Squash, Green	Zucchini
Pickles, Bubbies® brand only	Squash, Spaghetti	

Fruits	Peach	Coconut Oil
Acai	Pear	Coconut, shredded (raw, unsweetened)
Apple (all types)	Strawberry	Cola Nut (aka Kola Nut)
Apricot	Tamarind	Corn Oil
Banana	Wolfberry	Grapeseed Oil, Organic
Bilberry	Youngberry	Hazelnut Flour
Boysenberry		Hazelnut/Filbert
Goji Berry	Nuts, Seeds, Drupes & Oils	Olive Leaf Extract
Golden Berry	Almond	Olive Oil, Virgin
Gooseberry	Almond Butter (Artisana®)	Palm Kernel Oil
Huckleberry	Almond Flavor natural, gluten free)	Pepitas
Lemon	Almond Flour (gluten free)	Pili Nuts
Lemon Juice	Almond Meal (gluten free)	Pine Nut
Lemon Rind/Peel	Almond, Marcona	Pistachios
Litchi (aka Lychee)	Annatto Seed	Ramon Seeds
Loganberry	Brazil Nut	Sacha Inchi Seeds
Loquat	Caraway Seed	Tea, Ramon
Maqui	Cashew Butter	Tiger Nuts
Mulberry	Cashew Meal	Vegetable Oil
Nectarines	Cashews	Walnut (few)
Noni	Chestnut	Walnut Oil
Passion Fruit	Coconut Butter	Walnut, Black (few)

Fish & Shellfish	Perch	Applegate® organic smoked chicken breast
Anchovy	Red Snapper	Applegate® organic smoked turkey breast
Bass	Salmon, wild (fresh)	Applegate® organic turkey
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 chicken	Quail
Mackerel	Applegate® organic chicken/apple sausage	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 sausage sweet italian	

Non-Dairy & Eggs	Sweeteners	Caraway Seed
Almond Milk, unsweetened (no tapioca)	Agave Nectar	Cardamom
Almond Yogurt, unsweetened	Erythritol (non-GMO)	Celery Powder
Coconut Kefir (No Tapioca, Carageenan)	Fructose	Chicory Root
Coconut Milk(Native Forest or Natural Value)	Jerusalem Artichoke Syrup	Chili Powder
Paleo Cheese (Julianbakery.com or	Just Like Sugar®	Chipotle Seasoning
	Maltodextrin (Corn-based, non-GMO)	Cilantro/Coriander
Condiments	Maltodextrin (Tapioca-based)	Cinnamon
Apple Cider Vinegar (Bragg's®)	Rebiana Leaf (Stevia)	Cinnamon, Ceylon
Barbeque Sauce, GF Annie's® Sweet & Spicy	Sucralose	Cramp Bark Extract
Carob	Sweetleaf® Stevia	Cream of Tartar
Earth Balance® Avocado Oil Butter Spread	Tapioca Dextrose	Cumin
Harissa		Curcumin
Horseradish Sauce, Gluten-free (Annie's®)	Herbs & Spices	Curry (must be GF)
Ketchup (Organicville)	Allspice	Dandelion Root
Liquid Smoke gluten free (natural)	Almond Flavor natural, gluten free)	Dong Quai
Mayonnaise, Primal Kitchen Avocado Oil	Anise	Echinacea
Mustard, Brown (Eden® gf mustard)	Ashwaganda	Fennel
Sauerkraut (Bubbies® Brand only)	Astragalus	Garlic
Sriracha Sauce Organicville gluten-free	Basil	Garlic Pepper
Tabasco Sauce	Bay Leaf	Garlic Powder
Veganaise Soy-free (Follow Your Heart®)	Black Cohosh	Garlic Salt

Ginkgo Biloba		Olive Leaf Extract	Tarragon
Ginseng (All Types)		Orange Salt	Thyme
Goldenseal		Oregano	Tomatillo
Gymnema Silvestre		Paprika (smoked)	Turmeric
Herbs De Provence		Parsley	Uva Ursi
Hickory		Pepper, Black (see Garlic/Lemon Pepper)	Valerian
Himalayan Salt		Pepper, Cayenne	Vanilla (gluten and corn-free)
Jamaican Jerk		Pepper, Red	Vanilla Bean
Juniper Berry		Pepper, Szechuan	Vanilla Powder
Lavender		Pepper/Peppercorns	White Willow Bark Extract
Lemon Balm (Melissa Officinalis)		Peppermint	Wintergreen
Lemon Pepper		Pine Bark Extract	Wormwood
Lemongrass		Red Pepper Flake	
Maca Root		Rose Hips	Milk-Containing Foods
Mace Spice		Rosemary	
Marjoram		Saffron	Legumes & Pulses
Mesquite		Sage	Bean, Black
Milk Thistle		Saw Plametto	Bean, Butter
Mint		Spearmint	Bean, Cannellini
Mustard (as a Powder)		St. John's Wort	Bean, Chana Dahl
Mustard Seeds (gluten free)		Sumac	Bean, Chili
Madiara Dodao (grateri 1100)	ш		

Bean, Lima		Gluten-Free Grains		Rice Bran
Bean, Mung		Almond Flour (gluten free)		Rice Flour (gluten free)
Bean, Pinto/Frijole		Arrowroot Flour/powder		Rice Protein Powder (gluten free)
Chickpea (see also Garbanzo Bean)		Basmati Rice (gluten free)		Rice, Basmati (gluten free)
Coffee Bean, Organic		Chicory Root		Rice, Black (gluten free)
Fava Bean		Coconut Flour (gluten free)		Rice, Brown (gluten free)
Fava Bean Flour		Coconut Meal (gluten free)		Rice, Japonica (gluten free)
Garbanzo Bean		Corn (Gluten-free & Non-GMO)		Rice, Purple (gluten free)
Garbanzo Flour		Corn Meal (gluten free)		Rice, Red (gluten free)
Lentil(s)		Corn Starch (gluten free)		Rice, White (gluten free)
Pea, Snap		Corn, Blue		Sweet Potato Flour (gluten free)
	1 г			
Pea, Snow		Corn, White		Tapioca
Pea, Snow Pea, Split	$ig \ \Box ig $	Corn, White Fava Bean Flour		Tapioca Tapioca Flour (gluten free)
Pea, Split		Fava Bean Flour		Tapioca Flour (gluten free)
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic,		Fava Bean Flour Garbanzo Flour Glucomannon Flour		Tapioca Flour (gluten free) Tapioca Starch (gluten free)
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Maranatha®)		Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com)		Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Maranatha®) Peanut Oil (Organic)		Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour		Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Maranatha®) Peanut Oil (Organic) Vanilla Bean		Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Konjac Glucomannon Flour		Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Maranatha®) Peanut Oil (Organic) Vanilla Bean Vanilla Powder		Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Konjac Glucomannon Flour Millet Oats (Bob's Red Mill Gluten		Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava &
Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Maranatha®) Peanut Oil (Organic) Vanilla Bean Vanilla Powder		Fava Bean Flour Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Konjac Glucomannon Flour Millet Oats (Bob's Red Mill Gluten Free Version)		Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava &

Gluten-Containing Foods	Beverages & Protein Powders		Tea, unflavored/caffeine-free only
Crab, Immitation	Almond Milk, unsweetened (no tapioca)		Tea, White
	Bone Broth Protein, Beef		Water
Corn-Derived Foods	Carrot Juice		Yerba Matte Tea (Organic/Pure)
Barbeque Sauce, GF Annie's® Sweet & Spicy	Coconut Kefir (No Tapioca, Carageenan)		Zevia Drinks
Corn (Gluten-free & Non-GMO)	Coconut Milk(Native Forest or Natural Value)		
Corn Gluten	Coconut Water (low sugar)		Miscellaneous
Corn Meal (gluten free)	Coffee		Acacia Gum
Corn Oil	Coffee Bean, Organic		Agar Gum
Corn Starch (gluten free)	Collagen Protein (Powder)		Antimony
Corn, Blue	Echinacea Tea		Arabic Gum
Corn, White	Lemon Juice		Baking Powder
Erythritol (non-GMO)	Mineral Water		Baking Soda (Arm & Hammer®)
Fructose	Pea Protein		Bone Broth, Beef
GemWraps®, Sandwich Wrap (Carrot)	Rice Protein Powder (gluten free)		Carrageenan Gum
Maltodextrin (Corn-based, non-GMO)	Sparkling Water, unflavored		Chewing Gum, Xylichew®
Sriracha Sauce Organicville gluten-free	Tea, Black		Chicken Broth (Imagine® gf/low sodium)
Vegetable Oil	Tea, Chamomile		Chicory Root
Xanthan Gum	Tea, Hibiscus		Cocoa Butter
	Tea, Oolong		Cocoa/Cacao (raw, pure, & unsweetened)
	Tea, Ramon		Coconut Aminos®
	Tea, Roobios		Coconut Cream

Collagen Protein (Powder)	Vegetable Oil
Formaldehyde	Xanthan Gum
GemWraps®, Sandwich Wrap (Carrot)	
Glucomannon Flour (konjacfoods.com)	Snacks
Great Lake's® Beef Gelatin	Simple Mills Chocolate Chip Cookies
Guar Gum	
Hops	
Inulin	
Konjac Glucomannon Flour	
Lard (pork)	
Latex	
Locust Bean Gum	
Lycopene	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Pycnogenol	
Red Tomato Paste (gluten free)	
Rice Starch (if certified gluten free)	
Silver	
Tomato Paste (gluten & Vinegar-free)	
Tomato Sauce (gluten & Vinegar-free)	
Tragacanth Gum	