

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

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

Kombu

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|--------------------------------------|------------------------------|----------------------------------|
| 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 |
| Pea, Black-Eyed | Prickly Pear | Squash, Winter |
| Pea, Green | Psyllium Husk | Squash, Yellow |

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Truffle

Turnip Greens

Turnips

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

Fruits

Acai

Apple (all types)

Apple Cider

Apple Juice

Apple Sauce

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

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|------------------------|--|-----------------------------|
| 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 |

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

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 (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A 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)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

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

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)

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| 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 |
| Mint | Red Pepper Flake | Vanilla Powder |
| Mustard (as a Powder) | Rose Hips | White Willow Bark Extract |

Wintergreen

Cheese, Mozzarella (Raw)

Milk, Sheep

Wormwood

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and Unpasteurized

Cheese, Pecorino

Whey

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Cheese, Provolone

Yogurt (See Xanthan Gum)

Butter, Raw and Pasture-raised

Cheese, Raw and Pasture-raised

Buttermilk

Cheese, Ricotta

Casein

Cheese, Romano

Cheese, American

Cheese, Sheep

Cheese, Asiago

Cheese, String (Mozzarella)

Cheese, Bleu

Cheese, Swiss

Cheese, Brie

Chocolate, Milk

Cheese, Cheddar (Raw)

Chocolate, White

Cheese, Cottage

Cream, Raw and Unpasteurized

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Cheese, Feta

Goat Cheese

Cheese, Goat

Goat Kefir

Cheese, Gorgonzola

Kefir, Raw

Cheese, Gouda

Lactoalbumin

Cheese, Havarti

Milk Chocolate

Cheese, Machego

Milk, Cow

Cheese, Marscapone

Milk, Goat

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

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| Bean, White |
| Chickpea (see also Garbanzo Bean) |
| Coffee Bean, Organic |
| Edamame (must be organic) |
| Fava Bean |
| Fava Bean Flour |
| Garbanzo Bean |
| Garbanzo Flour |
| 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) |
| Soy Beans Oil (must be organic) |
| Vanilla Bean |
| Vanilla Powder |

| Gluten-Free Grains |
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| 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 |
| Glucomannan Flour (konjacfoods.com) |
| Hazelnut Flour |
| Hemp Meal |

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| Hemp Protein (Powder) |
| Hemp Seed |
| Konjac Glucomannan Flour |
| Millet |
| Oats (Bob's Red Mill Gluten Free Version) |
| Oats (Certified GF) |
| Potato Flour (gluten free) |
| Potato Starch (gluten free) |
| ProGranola (Julian Bakery) |
| Quinoa (gluten free) |
| Quinoa, Black (gluten free) |
| Quinoa, Red (gluten free) |
| Rice Bran |
| Rice Flour (gluten free) |
| Rice Protein Powder (gluten free) |
| Rice, Basmati (gluten free) |
| Rice, Black (gluten free) |
| Rice, Brown (gluten free) |
| Rice, Japonica (gluten free) |
| Rice, Purple (gluten free) |
| Rice, Red (gluten free) |
| Rice, White (gluten free) |

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

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWrapsÂ®, Sandwich Wrap
(Carrot)Maltodextrin (Corn-based,
non-GMO)Sriracha Sauce Organicville
gluten-free

SwerveÂ® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Beverages & Protein PowdersAlmond 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

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, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

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|---|--|---|
| Miscellaneous | GemWraps®®, Sandwich Wrap (Carrot) | Palm Wax |
| Acacia Gum | GemWraps®®, Sandwich Wrap (Kale-Apple) | Pycnogenol |
| Agar Gum | GemWraps®®, Sandwich Wrap (Mango/Chipotle) | Red Chili Paste Thai Kitchen® (gluten free) |
| Antimony | GemWraps®®, Sandwich Wrap (Tomato) | Red Food Dye |
| Arabic Gum | Glucomannon Flour (konjacfoods.com) | Red Tomato Paste (gluten free) |
| Baking Powder | Great Lake's® Beef Gelatin | Resveratrol |
| Baking Soda (Arm & Hammer®) | 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) |
| Carrageenan Gum | Julian Bakery Coconut Bread | Tamari (Wheat Free) |
| Chewing Gum (has gluten and corn) | Julian Bakery Paleo Wraps | Tofu (Organic) |
| Chewing Gum, Xylite® | Konjac Glucomannon Flour | Tomato Paste (gluten & Vinegar-free) |
| Chicken Broth (Imagine® g/l low sodium) | Lard (pork) | Tomato Sauce (gluten & Vinegar-free) |
| Chicory Root | Latex | Tragacanth Gum |
| Cocoa Butter | Liquid Aminos (Bragg's®)(has Soy) | Vegetable broth (Imagine® Low Sodium) |
| Cocoa/Cacao (raw, pure, & unsweetened) | Locust Bean Gum | Vegetable Oil |
| Coconut Aminos® | Lycopene | Vegetable Shortening (Spectrum®) |
| Coconut Cream | Malt | Vinegar, Red Wine |
| Collagen Protein (Powder) | Maltodextrin (Barley-derived) | Vinegar, Rice |
| Formaldehyde | Modified Food Starch | Vinegar, White Wine |
| Garam Masala | Modified Food Starch (Tapioca-based) | Xanthan Gum |

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies