

**Vegetables**

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

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

Tomato Paste (gluten &	<b>Fruits</b>	Elderberry
Tomato Sauce (gluten &	Acai	Fig
Tomato	Agar Gum	Goji Berry
Tomatoes, Big Beef	Apple (all types)	Golden Berry
Tomato, Cherry	Apple Cider	Gooseberry
Tomato, Heirloom	Apple Juice	Grape
Tomato, Orange	Apple Sauce	Grape, Green
Tomato, Red	Apricot	Grape, Purple
Tomato, Roma	Banana	Grape, Red
Tomato, Sun-dried	Bilberry	Grape, White
Tomato, Yellow	Blackberry	Grapefruit
Truffle	Blueberry	Grapefruit Juice
Turnip Greens	Boysenberry	Guava
Turnips	Cantaloupe	Huckleberry
Water Chestnut	Cherry	Jack fruit
Watercress	Clementine	Kiwi
Yams, Garnett	Cranberry	Kumquat
Yams, Japanese	Cranberry Juice	Lemon
Yucca	Currant	Lemon Juice
Zucchini	Date(s)	Lemon Rind/Peel
Alfalfa Sprouts	Dragon Fruit (Pitaya)	Lime
Psyllium Husk	Dried Fruit	Lime Juice

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

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

Peanut (Organic, Valencia)

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach &amp; feta

Applegate® organic sausage sweet

Applegate® organic smoked

Applegate® organic smoked turkey

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

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

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Sriracha Sauce Organicville

Egg

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

**Sweeteners**

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

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	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds
Herbs De Provence	Onion	Sesame Seeds, Black
Hickory	Onion Powder	Shallots
Himalayan Salt	Orange Peel/Rind	Spearmint
Jamaican Jerk	Orange Salt	St. John's Wort
Juniper Berry	Oregano	Taco Seasoning
Lavender	Paprika	Tamari (Wheat Free)
Lemon Balm (Melissa Officinalis)	Paprika (smoked)	Tarragon
Lemon Pepper	Parsley	Thyme

Tomatillo	Cheese, Goat	Goat Kefir
Turmeric	Cheese, Gorgonzola	Kefir, Raw
Uva Ursi	Cheese, Gouda	Lactoalbumin
Valerian	Cheese, Havarti	Milk Chocolate
Vanilla (gluten and corn-free)	Cheese, Machego	Milk, Cow
Vanilla Bean	Cheese, Marscapone	Milk, Goat
Vanilla Powder	Cheese, Mozzarella (Raw)	Milk, Sheep
White Willow Bark Extract	Cheese, Muenster	Mozzarella Cheese
Wintergreen	Cheese, Parmesan	Sour Cream, Raw and
Rose Hips	Cheese, Pecorino	Whey
<b>Milk-Containing Foods</b>	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
	Cheese, Ricotta	Cheese, Feta
	Cheese, Romano	<b>Gluten-Free Grains</b>
	Cheese, Provolone	
	Cheese, Sheep	
	Cheese, String (Mozzarella)	
	Cheese, Swiss	
	Chocolate, Milk	
	Chocolate, White	
	Cream, Raw and Unpasteurized	
Applegate® organic spinach & feta	Ghee (Pasture-Raised, Organic)	
Butter, Raw and Pasture-raised	Goat Cheese	Almond Flour (gluten free)
Buttermilk		Amaranth
Casein		Arrowroot Flour/powder
Cheese, American		Basmati Rice (gluten free)
Cheese, Asiago		Buckwheat
Cheese, Bleu		Buckwheat Flour
Cheese, Brie		Chicory Root
Cheese, Cheddar (Raw)		Coconut Flour (gluten free)
Cheese, Cottage		Coconut Meal (gluten free)
Cheese, Cream		

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	Rice, Japonica (gluten free)	Simple Mills
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	<b>Gluten-Containing Foods</b>
Garbanzo Flour	Rice, White (gluten free)	Barley
Glucomannon Flour	Rice, Wild (Lundberg® - not the	Barley Greens (Not for
Hazelnut Flour	Rice Bran	Barley Juice (Not for
Hemp Meal	Rice Flour (gluten free)	Beer
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Bran
Hemp Seed	Simple Mills Grnd Sea Salt Almond	Bread
Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt	Brown Rice Syrup (contains
Millet	Simple Mills Tomato & Basil	Caramel Coloring
Oats	Sorghum	Cheese, Bleu
Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and
Oat Grass (Not For Gluten	Tapioca	Coffee, Instant (has gluten)
Potato Flour (gluten free)	Tapioca Flour (gluten free)	Couscous
Potato Starch (gluten free)	Tapioca Starch (gluten free)	Durum Wheat
Quinoa (gluten free)	Teff	Farro
Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta	Gluten

Graham (wheat)

**Corn-Derived Foods****Beverages & Protein Powders**

Kamut

Barbeque Sauce, GF Annie's®

Almond Milk, unsweetened (no

Liquid Smoke (can have gluten)

Cheese, Cream

Apple Juice

Malt

Cheese, Daiya

Beer

Maltodextrin (Can be

Cheese, Soy (Organic) (see Soy)

Carrot Juice

Oats

Chewing Gum (has gluten and

Coconut Kefir (No Tapioca,

Orzo

Corn (Gluten-free &amp; Non-GMO)

Coconut Milk(Native Forest or

Panko

Corn, Blue

Coconut Water (low sugar)

Polish Wheat

Corn, White

Coffee Bean, Organic

Rye

Corn Gluten

Coffee

Semolina

Corn Meal (gluten free)

Coffee, Instant (has gluten)

Soy Sauce

Corn Oil

Collagen Protein (Powder)

Spelt

Corn Starch (gluten free)

Echinacea Tea

Teechino

Erythritol (non-GMO)

Grapefruit Juice

Teriyaki Sauce

Fructose

Green Tea

Triticale

GemWraps®, Sandwich Wrap

Hemp Protein (Powder)

Vinegar

Maltodextrin (Corn-based,

Komboucha Tea

Vinegar, Malt

Sriracha Sauce Organicville

Lemon Juice

Vinegar, White

Swerve® Xylitol

Licorice Tea

Wheat (All Types)

Vegetable Oil

Lime Juice

Wheat Grass (Is

Xanthan Gum

Milk, Cow

Crab, Immitation

Yogurt (See Xanthan Gum)

Milk, Goat

Milk, Sheep	<b>Miscellaneous</b>	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Agar Gum	Guar Gum
Mineral Water	Antimony	Hops
Orange Juice	Arabic Gum	Julian Bakery Paleo Wraps
Pea Protein	Baking Powder	Julian Bakery Almond Bread
Rice Protein Powder (gluten free)	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® low	Konjac Glucomannon Flour
Soy Protein (Organic)	Carrageenan Gum	Lard (pork)
Sparkling Water, unflavored	Chewing Gum (has gluten and	Liquid Aminos (Braggs®)(has Soy
Tea, Black	Chewing Gum, Xylitew®	Locust Bean Gum
Tea, Chamomile	Chicken Broth (Imagine® gf/low	Lycopene
Tea, Green	Chicory Root	Malt
Tea, Oolong	Cocoa/Cacao (raw, pure, &	Maltodextrin (Can be
Tea, Ramon	Coconut Aminos®	Palm Wax
Tea, Roobios	Coconut Cream	Pycnogenol
Tea, unflavored/caffeine-free only	Collagen Protein (Powder)	Red Chili Paste Thai Kitchen®
Tea, White	Garam Masala	Red Tomato Paste (gluten free)
Teechino	GemWraps®, Sandwich Wrap	Resveratrol
Water	GemWraps®, Sandwich Wrap	Sherry Vinegar
Wine, Red	GemWraps®, Sandwich Wrap	Silver
Wine, White (Champagne)	GemWraps®, Sandwich Wrap	Skinny Crisps®(Plain Jane)
Yerba Matte Tea (Organic/Pure)	Glucomannon Flour	Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tagacanth Gum

Vegetable broth (Imagine® Low

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Ispaghula/Psyllium

Acacia Gum