

Fruits

Goji Berry

Mangosteen

Monk Fruit (Pure)

Kumquat

Persimmons

dummy food

Elderberry

Pomelo

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Tamarind

Chia Seed (1/4 cup, max)

Pili Nuts

Wolfberry

Cola Nut (aka Kola Nut)

Youngberry

Nuts, Seeds, Drupes &amp; Oils

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Ramon Seeds

## Fish &amp; Shellfish

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Vegetables

Chayote

Pea, Black-Eyed

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Red Pepper Flake

Pepper, Habanero

Rhubarb

Pepper, Jalapeño

Pepper, Poblano

Pepper, Serrano

Pimento

Paprika

Truffle

Yams, Japanese

Meat & Poultry

Condiments, Spreads & Sauces

Non-Dairy & Eggs

Carob

Red Bean Paste

Cocoa Butter

Earth Balance® Coconut Spread

Hummus

Vegetable Shortening (Spectrum®)

Vinegar, Distilled

White/Distilled Vinegar

Just Like Sugar®

Xyla (Birchwood Xylitol)

Sweeteners

Herbs & Spices

Ashwaganda

Monk Fruit (Pure)

Monk Fruit Extract



Mesquite

Jamaican Jerk

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Sichuan

Pepper, Szechuan

Vanilla (gluten and corn-free)

Vanilla Bean

Red Pepper Flake

Vanilla Powder

Milk-Containing Foods

**Legumes & Pulses**

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Garbanzo Bean

Garbanzo Flour

Kidney Bean

Lentil(s)

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Red Bean Paste

Vanilla Bean

Vanilla Powder

Fava Bean

Fava Bean Flour

Corn-Derived Foods

Gluten-Containing Foods

**Gluten-Free Grains**

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Oats (Bob's Red Mill Gluten Free  
Version)

Oats (Certified GF)

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Fava Bean Flour

Flax Meal

Garbanzo Flour

Beverages & Protein Powders

Coffee

Coffee Bean, Organic

Hemp Protein (Powder)

Tea, Ramon

Miscellaneous

Acacia Gum

Arabic Gum

Yeast, Brewer's

Chewing Gum, Xylichew®

Locust Bean Gum

Yeast, Nutritional

Snacks

AB

Flax Meal

Flax Oil

Flax Seed

qwerty

Guar Gum

Tragacanth Gum

Yeast, Baker's