

**Beverages & Protein Powders**

Almond Milk, unsweetened (no  
tapioca)

Carageenan)

Natural Value)

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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Licorice Tea

Lime Juice

Milk, Cow

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella  
NoCaramel/WineVinegar)

Vinegar)

Vinegar)

Sweet & Spicy

Spread

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Mayonnaise, Primal Kitchen

Erythritol (non-GMO)

Chipotle Avocado Oil

Sauerkraut (Bubbies® Brand only)

Fructose

Ume Plum Vinegar

GemWraps®, Sandwich Wrap

Veganise Soy-free (Follow Your Heart®)

(Carrot)

Maple Syrup

BodyPro Almond Mayo with Yacon

non-GMO)

Syrup



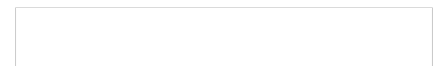
Sweet &amp; Spicy

Yogurt (See Xanthan Gum)

Sriracha Sauce Organicville  
gluten-free

Wizard's® GF)

(Coconut, Tapioca, yeast, A....)



gluten-free

Dressing, Primal Kitchen Greek  
Avocado Oil

Corn, White

Dressing, Primal Kitchen Honey  
Mustard

Corn Gluten

Corn Meal (gluten free)

Corvina

Mayonnaise, Primal Kitchen  
Avocado Oil

Corn Oil

Crab

Corn Starch (gluten free)

Crayfish

Flounder	Trout	Dragon Fruit (Pitaya)
Haddock	Tuna	Dried Fruit
Hake	Walleye Pike	Elderberry
Halibut	Whitefish/Turbot	Fig
Herring	Crab, Immitation	Golden Berry
Lobster		Gooseberry
Mackerel	Fruits	Grape
Mahi Mahi	Acai	Grape, Green
Mussel	Apple (all types)	Grape, Purple
Orange Roughy	Apple Cider	Grape, Red
Oyster	Apple Juice	Grape, White
Perch	Bilberry	Grapefruit
Red Snapper	Blackberry	Grapefruit Juice
Salmon, wild (fresh)	Blueberry	Guava
Sardines	Boysenberry	Huckleberry
Scallop	Cantaloupe	Jack fruit
Shrimp	Cherry	Kiwi
Sole	Clementine	Kumquat
Squid	Cranberry	Lemon
Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime

Lime Juice	Pineapple	Gluten-Containing Foods
Litchi (aka Lychee)	Plantain	Barley
Loganberry	Plum	Barley Greens (Not for Gluten-Sensitive)
Loquat	Pomegranate	
Mango	Pomelo	Gluten-Sensitive)
Mangosteen	Prune	
Maqui	Quince	
Melon, Honeydew	Raisin (unsulfured, organic)	
Monk Fruit	Raspberry	
Mulberry	Star Fruit	MSG/Gluten)
Nectarines	Strawberry	
Noni	Tamarind	
Orange	Tangelo	
Orange, Blood	Tangerine	
Orange Juice	Watermelon	
Orange Peel/Rind	Wolfberry	
Papaya	Youngberry	
Passion Fruit	Banana	
Peach	Apricot	
Pear	Goji Berry	
Pear, Asian	Apple Sauce	Kamut
Persimmons		Liquid Smoke (can have gluten)
		Malt

Maltodextrin (Can be  
Wheat-derived)

### Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free  
Bread

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free  
Version)

Sensitive)

Gluten-contaminated)

(koniacfoods.com)

Crab, Immitation

blend)

Hemp Protein (Powder)

Rice Bran

Hemp Seed

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond  
Crackers

Crackers

Crackers

**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

EverythingSproutedSeedCracker

Corn Meal (gluten free)

Coconut Flour (gluten free)

Arrowroot Flour/powder

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)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence	Orange Peel/Rind	Tamari (Wheat Free)
Hickory	Orange Salt	Tarragon
Himalayan Salt	Oregano	Thyme
Jamaican Jerk	Parsley	Tomatillo
Juniper Berry	Pepper, Black (see Garlic/Lemon Pepper)	Turmeric
Lavender		Uva Ursi
Lemon Balm (Melissa Officinalis)		Valerian
Lemon Pepper		Vanilla (gluten and corn-free)
Lemongrass		Vanilla Bean
Licorice Root		Vanilla Powder
Liquid Smoke (can have gluten)		White Willow Bark Extract
Liquid Smoke gluten free (natural)	(gluten free)	Wintergreen
Maca Root		Rose Hips
Mace Spice		Pepper, Sichuan
Marjoram		Pepper, Szechuan
Mesquite		Onion Powder
Milk Thistle		Onion
Mint		Shallots
Mustard (as a Powder)		Paprika (smoked)
Mustard Seeds (gluten free)		Paprika
Nutmeg		
Olive Leaf Extract	St. John's Wort	
	Taco Seasoning	

Legumes & Pulses		
Bean, Azuki	Miso	Applegate® organic hot dogs
Bean, Black	Pea, Snap	Applegate® organic roast beef
Bean, Butter	Pea, Snow	Applegate® organic andouille sausage
Bean, Cannellini	Pea, Split	
Bean, Chana Dahl	Peanut (Organic, Valencia)	sausage
Bean, Chili	Peanut Butter (Organic, Maranatha®)	sausage
Bean, Green		
Bean, Italian		sausage
Bean, Kidney		
Bean, Lima		italian
Bean, Mung		
Bean, Navy/Ninja		chicken breast
Bean, Pinto/Frijole		
Bean, Red (see also Bean, Kidney)	Coffee Bean, Organic	breast
Chickpea (see also Garbanzo Bean)		
Edamame (must be organic)		Applegate® organic turkey
Fava Bean		Applegate® organic turkey bacon
Fava Bean Flour		Beef, Grass-fed only (organic)
Garbanzo Bean	ham	Bison (see also Buffalo)
Garbanzo Flour		Buffalo (see also Bison)
Lentil(s)	Applegate® organic ham	Chicken Broth (Imagine® gf/low sodium)
	Applegate® organic herb roasted turkey	



Chicken, free range (organic)	Cheese, Bleu	Chocolate, Milk
Deer (see also Venison)	Cheese, Brie	Chocolate, White
Duck	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Goat, Grass-fed only (organic)	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Lamb (organic)	Cheese, Cream	Goat Cheese
Lard (pork)	Cheese, Goat	Goat Kefir
Ostrich	Cheese, Gorgonzola	Kefir, Raw
Pheasant	Cheese, Gouda	Lactoalbumin
Pork, (organic)	Cheese, Havarti	Milk Chocolate
Quail	Cheese, Machego	Milk, Cow
Rabbit	Cheese, Marscapone	Milk, Goat
Turkey (organic)	Cheese, Mozzarella (Raw)	Milk, Sheep
Veal (organic)	Cheese, Muenster	Mozzarella Cheese
Venison (see also Deer)	Cheese, Parmesan	Sour Cream, Raw and Unpasteurized
	Cheese, Pecorino	
	Cheese, Raw and Pasture-raised	
	Cheese, Ricotta	
	Cheese, Romano	Cheese, Feta
	Cheese, Provolone	
	Cheese, Sheep	
	Cheese, String (Mozzarella)	
	Cheese, Swiss	
Cheese, Asiago		

### Milk-Containing Foods

Applegate® organic spinach & feta  
sausage

## Miscellaneous

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low  
sodium/GF)

sodium)

unsweetened)

Garam Masala

GemWraps®, Sandwich Wrap  
(Carrot)GemWraps®, Sandwich Wrap  
(Kale-Apple)GemWraps®, Sandwich Wrap  
(Mango/Chi.)

(Tomato)

(koniacfoods.com)

Wheat-derived)

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®  
(gluten free)

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &  
Vinegar-free)

Vinegar-free)

Sodium)

Yeast, Nutritional

Latex

Formaldehyde

Acacia Gum

Tragacanth Gum

Blue Food Dye

Skinny Crisps®(Plain Jane)

Red Food Dye

Cocoa Butter

Agar Gum

**Non-Dairy & Eggs**Almond Milk, unsweetened (no  
tapioca)

(Coconut Tapioca yeast A....)

Caradeenan)

Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture  
Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

BodyPro Avocado Oil Mayonnaise

**Nuts, Seeds, Drupes & Oils**

Almond

Almond Butter (Artisana®)

Almond Flavor natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashews

Cashew Butter

Cashew Meal

Chestnut

Chia Seed (1/4 cup, max)

Coconut Butter

Coconut Oil

Coconut, shredded (raw,  
unsweetened)

Pepitas

Pili Nuts	Vegetable Oil	Fruit Pectin
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, (Organic)
Pistachios	Walnut (few)	Honey, Manuka
Poppy seeds	Walnut Oil	Honey, Wildflower from Mahava®
Psyllium Husk	Walnut, Black (few)	Just Like Sugar®
Pumpkin Oil		Lo Han
Pumpkin Seed Oil	Snacks	Maltodextrin (Can be Wheat-derived)
Pumpkin Seeds	Date(s)	
Ramon Seeds	Simple Mills Chocolate Chip Cookies	non-GMO)
Rice, Wild (Lundberg® - not the blend)	Apple Sauce	
		Organic)
	MSG/Gluten)	
		Sugar Beet
	Erythritol (non-GMO)	Sugar Cane
Tiger Nuts	Fructose	Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn  
source)

Maple Syrup

Agave Nectar

Coconut Sugar

Beet Greens

Bell Pepper, Green

Bell Pepper, Red

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok  
Choy)

Cauliflower, Purple

Celery

Chard

Chayote

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

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

Tomato Sauce (gluten &  
Vinegar-free)

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Chives

Shallots

Bell Pepper

Bell Pepper, Yellow

Bell Pepper, Orange

Onion, Green