

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 |

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

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

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

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

Miso

Crab

Swordfish

Pea, Snap

Crayfish

Tilapia (Non-farmed)

Pea, Snow

Flounder

Trout

Pea, Split

Haddock

Tuna

Peanut (Organic, Valencia)

Hake

Walleye Pike

Peanut Butter (Organic,

Halibut

Whitefish/Turbot

Peanut Oil (Organic)

Herring

Crab, Immitation

Red Bean Paste

Lobster

Soy Beans (must be organic)

Mackerel

Meat & Poultry

Soy Beans Oil (must be organic)

Mahi Mahi

Applegate® organic bacon

Vanilla Bean

Mussel

Applegate® organic black forest

Vanilla Powder

Orange Roughy

Applegate® organic chicken

White Beans

Oyster

Applegate® organic ham

Perch

Applegate® organic herb roasted

Fish & Shellfish

Red Snapper

Applegate® organic hot dogs

Anchovy

Salmon, wild (fresh)

Applegate® organic roast beef

Bass

Sardines

Applegate® organic andouille

Catfish

Scallop

Applegate® organic chicken/apple

Chilean Sea Bass

Shrimp

Applegate® organic red pepper

Clam

Sole

Applegate® organic spinach & feta

Cod/ Cod Liver Oil

Squid

Applegate® organic sausage sweet

Corvina

Swai

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 | Honey, Manuka | Herbs & Spices |
| Vinegar, Red Wine | Honey, Wildflower from Mahava® | Allspice |
| Vinegar, Rice | Just Like Sugar® | Almond Flavor natural, gluten free) |
| Vinegar, White | Lo Han | Anise |
| Vinegar, White Wine | Maltodextrin (Can be | Ashwaganda |
| Worcestershire Sauce (The | Maltodextrin (Corn-based, | Astragalus |
| | Maple Sugar | Basil |
| Sweeteners | Maple Syrup (Grade A Dark Amber | Bay Leaf |
| Agave Nectar | Molasses | Black Cohosh |
| Aspartame/Nutrasweet | Monk Fruit | Caramel Coloring |
| BodyPro Almond Mayo Grade B | Nutrasweet® | Caraway Seed |
| BodyPro Almond Mayo with Yacon | Rebiana Leaf (Stevia) | Cardamom |
| Brown Rice Syrup (contains | Sorbitol | Celery Powder |
| Chocolate, Dark | Splenda | Chicory Root |
| Chocolate, Milk | Sucanat | Chili Powder |
| Chocolate, White | Sugar Beet | Chipotle Seasoning |
| Coconut Palm Sugar | Sugar Cane | Cilantro/Coriander |
| Date Sugar | Sweetleaf® Stevia | Cinnamon |
| Erythritol (non-GMO) | Swerve® Xylitol | Cinnamon, Ceylon |
| Fructose | Xyla (Birchwood Xylitol/non-corn | Cloves |
| Fruit Pectin | Yacon Syrup | Cloves, Madagascar |
| Honey, (Organic) | | Cloves, Penang |

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|-------------------------|------------------------------------|---------------------------------|
| Cramp Bark Extract | Herbs De Provence | Onion |
| Cream of Tartar | Hickory | Onion Powder |
| Cumin | Himalayan Salt | Orange Peel/Rind |
| Curcumin | Jamaican Jerk | Orange Salt |
| Curry (must be GF) | Juniper Berry | Oregano |
| Dandelion Root | Lavender | Paprika |
| Dill | Lemon Balm (Melissa Officinalis) | Paprika (smoked) |
| Dong Quai | Lemon Pepper | Parsley |
| 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 |

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| Sesame Seeds, Black | Milk-Containing Foods | Cheese, Raw and Pasture-raised |
| Shallots | Applegate® organic spinach & feta | Cheese, Ricotta |
| Spearmint | Butter, Raw and Pasture-raised | Cheese, Romano |
| St. John's Wort | Buttermilk | Cheese, Provolone |
| Taco Seasoning | Casein | Cheese, Sheep |
| Tamari (Wheat Free) | Cheese, American | Cheese, String (Mozzarella) |
| Tarragon | Cheese, Asiago | Cheese, Swiss |
| Thyme | Cheese, Bleu | Chocolate, Milk |
| Tomatillo | Cheese, Brie | Chocolate, White |
| Turmeric | Cheese, Cheddar (Raw) | Cream, Raw and Unpasteurized |
| Uva Ursi | Cheese, Cottage | Ghee (Pasture-Raised, Organic) |
| Valerian | Cheese, Cream | Goat Cheese |
| Vanilla (gluten and corn-free) | Cheese, Goat | Goat Kefir |
| Vanilla Bean | Cheese, Gorgonzola | Kefir, Raw |
| Vanilla Powder | Cheese, Gouda | Lactoalbumin |
| White Willow Bark Extract | Cheese, Havarti | Milk Chocolate |
| Wintergreen | Cheese, Machego | Milk, Cow |
| Rose Hips | Cheese, Marscapone | Milk, Goat |
| | Cheese, Mozzarella (Raw) | Milk, Sheep |
| | Cheese, Muenster | Mozzarella Cheese |
| | Cheese, Parmesan | Sour Cream, Raw and |
| | Cheese, Pecorino | Whey |

Yogurt (See Xanthan Gum)

Cheese, Feta

Gluten-Free Grains

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, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free)

Oat Grass (Not For Gluten)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (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)

Rice, Wild (Lundberg® - not the

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary & Sea Salt

Simple Mills Tomato & Basil

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

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 & Coconut

Tortilla, Siete Chia & Cassava

Simple Mills

Corn Meal (gluten free)

Gluten-Containing Foods

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

Corn-Derived Foods

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap

Maltodextrin (Corn-based,

Sriracha Sauce Organicville

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Beverages & Protein Powders

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee Bean, Organic

Coffee

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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Miscellaneous

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylitew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

| | |
|----------------------------------|----------------------------------|
| Great Lake's® Beef Gelatin | Tamari (Wheat Free) |
| Guar Gum | Tofu (Organic) |
| Hops | Tomato Paste (gluten & |
| Julian Bakery Paleo Wraps | Tomato Sauce (gluten & |
| Julian Bakery Almond Bread | Tagacanth Gum |
| Julian Bakery Coconut Bread | Vegetable broth (Imagine® Low |
| Konjac Glucomannon Flour | Vegetable Oil |
| Lard (pork) | Vegetable Shortening (Spectrum®) |
| Liquid Aminos (Braggs®)(has Soy) | Vinegar, Red Wine |
| Locust Bean Gum | Vinegar, Rice |
| Lycopene | Vinegar, White Wine |
| Malt | Xanthan Gum |
| Maltodextrin (Can be | Yeast, Baker's |
| Palm Wax | Yeast, Brewer's |
| Pycnogenol | Yeast, Nutritional |
| Red Chili Paste Thai Kitchen® | Latex |
| Red Tomato Paste (gluten free) | Formaldehyde |
| Resveratrol | Red Dye |
| Sherry Vinegar | Acacia Gum |
| Silver | Ispaghula/Psyllium |
| Skinny Crisps®(Plain Jane) | |
| Tagacanth Gum | |