

Vegetables	Broccoli Rabe	Chives
Alfalfa Grass	Broccoli Sprouts	Coconut (raw and unsweetened)
Alfalfa Sprouts	Broccolini	Coconut Concentrate
Aloe Vera	Brussels Sprout	Collard Greens
Artichoke (not pickled)	Burdock	Corn (Gluten-free & Non-GMO)
Artichoke, Jerusalem (not pickled)	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Arugula	Cabbage, Green	Corn, White
Asparagus	Cabbage, Purple	Cucumber
Avocado	Cactus (Nopales)	Daikon Radish
Avocado Oil	Capers	Dandelion Greens
Bamboo Shoot	Capsicum	Dandelion Root
Bean Sprout	Carrot Juice	Eggplant
Bean, Green	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse
Bok Choy	Chard	Kohlrabi
Broccoli	Chayote	Kombu

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	Yams, Japanese	Date(s)
Sweet Potato, Red	Yucca	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Zucchini	Dried Fruit
Swiss Chard		Elderberry
Tomatillo	Fruits	Fig
Tomato	Acai	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Gooseberry
Tomato, Cherry	Apple Juice	Grape
Tomato, Heirloom	Apple Sauce	Grape, Green
Tomato, Orange	Apricot	Grape, Purple
Tomato, Red	Banana	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	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

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

Flax Meal	Psyllium Husk	Walnut, Black (few)
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	Tahini	Hake
Pecan Flour	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut (few)	Mahi Mahi
Poppy seeds	Walnut Oil	Mussel

Octopus	<b>Meat &amp; Poultry</b>	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	<b>Lamb (organic)</b>
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)
<b>Shrimp</b>	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	<b>Veal (organic)</b>
<b>Swordfish</b>	Applegate® organic smoked chicken breast	Venison (see also Deer)
Tilapia (Non-farmed)	Applegate® organic smoked turkey breast	<b>Non-Dairy &amp; Eggs</b>
Trout	Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)
Tuna	Applegate® organic turkey	Almond Yogurt, unsweetened
Walleye Pike	Applegate® organic turkey bacon	<b>BodyPro Avocado Oil Mayonnaise</b>
Whitefish/Turbot	<b>Beef, Grass-fed only (organic)</b>	<b>Cheese, Daiya (Coconut, Tapioca, yeast, etc.)</b>
	Bison (see also Buffalo)	<b>Cheese, Soy (Organic) (see Soy)</b>
	Buffalo (see also Bison)	<b>Coconut Kefir (No Tapioca, Carageenan)</b>
	Chicken Broth (Imagine® gf/low sodium)	<b>Coconut Milk (Native Forest or Natural Value)</b>
	Chicken, free range (organic)	

Egg, Pasture-raised (from a farmer)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Vital Farms® or Pasture Verde®	Harissa	Vinegar, White Wine
Egg, Whites, Pasture-raised	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Yolks Pasture-raised	Hummus	
Milk, Soy (Organic)	Ketchup (Organicville)	Sweeteners
Modified Food Starch	Liquid Smoke (can have gluten)	Agave Nectar
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Aspartame/Nutrasweet
	Mayonnaise	BodyPro Almond Mayo Grade B Maple Syrup
Condiments	Mayonnaise, Primal Kitchen Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cane Syrup
Balsamic Vinegar (Caramel/Red W. Vinegar)	Mustard, Brown (Eden® gf mustard)	Chocolate, Dark
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Milk
Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	Sriracha Sauce Organicville gluten-free	Chocolate, White
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Coconut Palm Sugar
BodyPro Almond Mayo Grade B Maple Syrup	Ume Plum Vinegar	Coconut Sugar
BodyPro Almond Mayo with Yacon Syrup	Veganise Soy-free (Follow Your Heart®)	Date Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Erythritol (non-GMO)
Carob	Vinegar, Beet	Fructose
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fruit Pectin
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Honey, (Organic)
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, Manuka
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup	Tapioca Dextrose	Cinnamon, Ceylon
Just Like Sugar®	Xyla (Birchwood Xylitol/non-corn source)	Cloves
Lo Han	Yacon Syrup	Cloves, Madagascar
Maltitol		Cloves, Penang
Maltodextrin (Barley-derived)	Herbs & Spices	Cramp Bark Extract
Maltodextrin (Corn-based, non-GMO)	Allspice	Cream of Tartar
Maltodextrin (Tapioca-based)	Almond Flavor natural, gluten free)	Cumin
Maple Sugar	Anise	Curcumin
Maple Syrup (Grade A Dark Amber Organic)	Ashwaganda	Curry (must be GF)
Molasses	Astragalus	Dandelion Root
Monk Fruit (Pure)	Basil	Dill
Monk Fruit Extract	Bay Leaf	Dong Quai
Nutrasweet®	Black Cohosh	Echinacea
Rebiana Leaf (Stevia)	Caramel Coloring	Fennel
Sorbitol	Caraway Seed	Garlic
Splenda	Cardamom	Garlic Pepper
Sucanat	Celery Powder	Garlic Powder
Sucralose	Chicory Root	Garlic Salt
Sugar Beet	Chili Powder	Ginger
Sugar Cane	Chipotle Seasoning	Ginkgo Biloba
Sweetleaf® Stevia	Cilantro/Coriander	Ginseng (All Types)
Swerve® Xylitol	Cinnamon	Goldenseal



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
Mustard Seeds (gluten free)	Rosemary	Wintergreen

Wormwood

**Milk-Containing Foods**

Applegate® organic spinach &amp; feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**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/Ninja

Bean, Pinto/Frijole

Bean, Red (see also Bean, Kidney)

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)
Fava Bean
Fava Bean Flour
Garbanzo Bean
Garbanzo Flour
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
White Beans

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 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
Glucomannon Flour (konjacfoods.com)
Hazelnut Flour
Hemp Meal

Hemp Protein (Powder)
Hemp Seed
Konjac Glucomannon Flour
Millet
Oats (Bob's Red Mill Gluten Free Version)
Oats (Certified GF)
Potato Flour (gluten free)
Potato Starch (gluten free)
ProGranola (Jillian 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)

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

Corn Starch (gluten free)
Corn, Blue
Corn, White
Erythritol (non-GMO)
Fructose
GemWraps® Sandwich Wrap (Carrot)
Maltodextrin (Corn-based, non-GMO)
Sriracha Sauce Organicville gluten-free
Swerve® Xylitol
Vegetable Oil
Xanthan Gum
Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**

Almond 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, Oolong**

Tea, Ramon

Tea, Roobios

**Tea, unflavored/caffeine-free only****Tea, White**

Teechino

Water

**Wine, Red****Wine, White (Champagne)**

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous	GemWraps® Sandwich Wrap (Carrot)	Palm Wax
Acacia Gum	GemWraps® Sandwich Wrap (Kale-Apple)	Pycnogenol
Agar Gum	GemWraps®, Sandwich Wrap (Mango/Chi.)	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® gf/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

Date(s)

Simple Mills Chocolate Chip  
Cookies