

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are waiting for you to experiment with. Please enter them in the list. These are Foods that you can have occasionally. Please consume one choice from the list. The Following food will be in your diet at some point, but based on food reactions. These are the foods that have been removed from your diet

<b>Fruits</b>	dummy food	Lime Juice
	Elderberry	Litchi (aka Lychee)
Acai	Fig	Loganberry
alpha	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apricot	Gooseberry	Mangosteen
Banana	Grape	Maqui
Bilberry	Grape, Green	Melon, Honeydew
Blackberry	Grape, Purple	Monk Fruit (Pure)
Blueberry	Grape, Red	Mulberry
Some Definitions	Grape, White	Nectarines
Boysenberry	Grapefruit	Noni
bravo	Grapefruit Juice	Orange
Cantaloupe	Guava	Orange, Blood
charlie	Huckleberry	Orange Juice
Cherry	Jack fruit	Orange Peel/Rind
Clementine	Kiwi	Papaya
Cranberry	Kumquat	Passion Fruit
Cranberry Juice	Lemon	Peach
Currant	Lemon Juice	Pear
Dates	Lemon Rind/Peel	Pear, Asian
Dragon Fruit (Pitaya)	Lime	Persimmons
Dried Fruit		

Pineapple	Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil
Plantain	Almond	Flax Meal
Plum	Almond, Marcona	Flax Oil
Pomegranate	Almond Butter (Artisana®)	Flax Seed
Pomelo	Almond Flavor (natural, gluten free)	Grapeseed Oil, Organic
Prune	Almond Flour (gluten free)	Hazelnut/Filbert
Quince	Almond Meal (gluten free)	Hazelnut Flour
Raisin (unsulfured, organic)	Annatto Seed	Hemp Meal
Raspberry	Avocado Oil	Hemp Protein (Powder)
Star Fruit	Brazil Nut	Hemp Seed
Strawberry	Canola/Rapeseed Oil	Hydrogenated Oils
Tamarind	Caraway Seed	Macadamia Nut Oil
Tangelo	Cashew Butter	Macadamia Nuts
Tangerine	Cashew Meal	Olive Leaf Extract
Vinegar, Red Wine	Cashews	Olive Oil, Virgin
Watermelon	Chestnut	Palm Kernel Oil
Wolfberry	Chia Seed (1/4 cup, max)	Pecan Flour
Youngberry	Coconut, shredded (raw, unsweetened)	Pecans
	Coconut Butter	Pepitas
	Coconut Oil	Pili Nuts
	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios

Poppy seeds	Vegetable Oil	Lobster
Psyllium Husk	Vegetable Shortening (Spectrum®)	Mackerel
Pumpkin Oil	Walnut Oil	Mahi Mahi
Pumpkin Seed Oil	Walnuts	Mussel
Pumpkin Seeds	Walnuts, Black	Octopus
Ramon Seeds	Fish & Shellfish	Orange Roughy
Rice, Wild (Lundberg® - not the blend)		Oyster
Rice Bran Oil	Anchovy	Perch
Sacha Inchi Seeds	Bass	Red Snapper
Safflower/Safflower Seed Oil	Catfish	Salmon, wild (fresh)
Sesame Seed Oil	Chilean Sea Bass	Sardines
Sesame Seeds	Clam	Scallop
Sesame Seeds, Black	Cod/ Cod Liver Oil	Shrimp
Sunflower Seed Butter	Corvina	Sole
Sunflower Seed Lecithin	Crab	Squid
Sunflower Seed Oil	Crab, Immitation	Swai
Sunflower Seeds	Crayfish	Swordfish
Tahini	Flounder	Tilapia (Wild, Non-farmed)
Tea, Ramon	Haddock	Trout
Tiger Nuts	Hake	Tuna
Truffle Oil	Halibut	Walleye Pike
Truffle Oil, Black	Herring	Whitefish/Turbot

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

Kelp/Dulse	Parsnip	Potato, Sweet
Kohlrabi	Pea, Black-Eyed	Potato, White
Kombu	Pea, Green	Potato, Yukon Gold
Leeks	Pea, Snap	Prickly Pear
Lettuce, all types	Pea, Snow	Psyllium Husk
Mushrooms	Pea, Split	Pumpkin
Mushrooms, Button	Pea Protein	Pumpkin Powder
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Radicchio
Mushrooms, Maitake	Pepper, Cayenne	Radish
Mushrooms, Shiitake	Pepper, Chili	Rainbow Chard
Mustard Greens	Pepper, Green	Red Pepper Flake
Nori	Pepper, Habanero	Rhubarb
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rutabaga
Okra	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Olives (without vinegar)	Pepper, Red	Scallions
Onion, Green	Pepper, Serrano	Sea Vegetables
Onion, Maui	Pickles, Bubbies® brand only	Seaweed
Onion, Red	Pimento	Shallots
Onion, Sweet	Potato, Fingerling	Spinach
Onion, Yellow	Potato, Purple	Spirulina
Paprika	Potato, Red	Squash
Parsley	Potato, Russet	Squash, Acorn

Squash, Butternut	Truffle	Applegate® organic roast beef
Squash, Green	Turnip Greens	Applegate® organic sausage sweet italian
Squash, Spaghetti	Turnips	Applegate® organic smoked chicken breast
Squash, Summer	Vegetable Oil	Applegate® organic smoked turkey breast
Squash, Winter	Water Chestnut	Applegate® organic spinach & feta sausage
Squash, Yellow	Watercress	Applegate® organic turkey
Sugar Beet	Wheat Grass (Is Gluten-contaminated)	Applegate® organic turkey bacon
Sweet Potato, Red	Yams, Garnett	Beef, Grass-fed only (organic)
Sweet Potatoes, White	Yams, Japanese	Bison (see also Buffalo)
Swiss Chard	Yucca	Buffalo (see also Bison)
Tomatillo	Zucchini	Chicken, free range (organic)
Tomato	Meat & Poultry	Chicken Broth (Imagine® gf/low sodium)
Tomato, Cherry	Applegate® organic andouille sausage	Collagen Protein (Powder)
Tomato, Heirloom	Applegate® organic bacon	Deer (see also Venison)
Tomato, Orange	Applegate® organic black forest ham	Duck
Tomato, Red	Applegate® organic chicken	Goat, Grass-fed only (organic)
Tomato, Roma	Applegate® organic chicken/apple sausage	Great Lake's® Beef Gelatin
Tomato, Sun-dried	Applegate® organic ham	Lamb
Tomato, Yellow	Applegate® organic herb roasted turkey	Lard (pork)
Tomatoes, Big Beef	Applegate® organic hot dogs	Ostrich
Tomato Paste (gluten & Vinegar-free)	Applegate® organic red pepper sausage	Pheasant
Tomato Sauce (gluten & Vinegar-free)		Pork, (organic)

Quail	Condiments, Spreads & Sauces	Ketchup (Organicville)
Rabbit	Apple Cider Vinegar (Bragg's®)	Liquid Aminos (Braggs®)(has Soy)
Turkey (organic)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Smoke (can have gluten)
Veal (organic)	Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke gluten free (natural)
Venison (see also Deer)	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Mayonnaise
Non-Dairy & Eggs	Barbeque Sauce, GF Annie's® Sweet & Spicy	Mayonnaise, Primal Kitchen Avocado Oil
Almond Milk, unsweetened (no tapioca)	BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Almond Yogurt, unsweetened	BodyPro Almond Mayo with Yacon Syrup	Mustard, Brown (Eden® gf mustard)
BodyPro Avocado Oil Mayonnaise	BodyPro Avocado Oil Mayonnaise	Olives (without vinegar)
Cheese, Daiya (Coconut, Tapioca, yeast,....)	Carob	Red Bean Paste
Cheese, Soy (Organic) (see Soy)	Cocoa Butter	Red Chili Paste Thai Kitchen® (gluten free)
Coconut Kefir (No Tapioca, Carageenan)	Coconut Aminos®	Red Tomato Paste (gluten free)
Coconut Milk(Native Forest or Natural Value)	Coconut Cream	Sauerkraut (Bubbies® Brand only)
Egg, Pasture-raised (from a farmer)	Coconut Vinegar (Coconut Secret)	Sherry Vinegar
Egg, Vital Farms® or Pasture Verde®	Cream, Raw and Unpasteurized	Sour Cream, Raw and Unpasteurized
Egg, Whites, Pasture-raised	Dressing, Primal Kitchen Greek Avocado Oil	Soy Sauce
Egg, Yolks Pasture-raised	Dressing, Primal Kitchen Honey Mustard	Sriracha Sauce Organicville gluten-free
Milk, Soy (Organic)	Earth Balance® Avocado Oil Butter Spread	Tabasco Sauce
Paleo Cheese (Julianbakery.com or Amazon.com)	Earth Balance® Coconut Spread	Tamari (Wheat Free)
	Harissa	Teriyaki Sauce
	Horseradish Sauce, Gluten-free (Annie's®)	Tomato Paste (gluten & Vinegar-free)
	Hummus	Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar	Chocolate, White	Nutrasweet®
Veganise Soy-free (Follow Your Heart®)	Coconut Palm Sugar	Rebiana Leaf (Stevia)
Vegetable Shortening (Spectrum®)	Coconut Sugar	Sorbitol
Vinegar	Date Sugar	Splenda
Vinegar, Beet	Erythritol (non-GMO)	Sucanat
Vinegar, Distilled	Fructose	Sucralose
Vinegar, Malt	Fruit Pectin	Sugar Beet
Vinegar, Red Wine	Honey, (Organic)	Sugar Cane
Vinegar, Rice	Honey, Manuka	Sweetleaf® Stevia
Vinegar, White	Honey, Wildflower from Mahava®	Swerve® Sweetener
Vinegar, White Wine	Jerusalem Artichoke Syrup	Tapioca Dextrose
White/Distilled Vinegar	Just Like Sugar®	Xyla (Birchwood Xylitol)
Worcestershire Sauce (The Wizard's® GF)	Lo Han	Xylitol
<b>Sweeteners</b>	Maltitol	Yacon Syrup
Agave Nectar	Maltodextrin (Barley-derived)	<b>Herbs &amp; Spices</b>
Aspartame	Maltodextrin (Corn-based, non-GMO)	Allspice
BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)	Almond Flavor (natural, gluten free)
Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar	Anise
Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)	Ashwaganda
Chocolate, Dark	Molasses	Astragalus
Chocolate, Milk	Monk Fruit (Pure)	Basil
	Monk Fruit Extract	



Bay Leaf	Dandelion Root	Jamaican Jerk
Bell Pepper, Red	Dill	Juniper Berry
Black Cohosh	Dong Quai	Lavender
Capsicum	Echinacea	Lemon Balm (Melissa Officinalis)
Caramel Coloring	Fennel	Lemongrass
Caraway Seed	Garam Masala	Lemon Pepper
Cardamom	Garlic	Licorice Root
Celery Powder	Garlic Pepper	Maca Root
Chicory Root	Garlic Powder	Mace Spice
Chili Powder	Garlic Salt	Marjoram
Chipotle Seasoning	Ginger	Mesquite
Cilantro/Coriander	Ginkgo Biloba	Milk Thistle
Cinnamon	Ginseng (All Types)	Mint
Cinnamon, Ceylon	Goldenseal	Mustard (as a Powder)
Cloves	Grapefruit Seed Extract	Mustard Seeds (gluten free)
Cloves, Madagascar	Grapeseed Extract	Nutmeg
Cloves, Penang	Guarana	Olive Leaf Extract
Cramp Bark Extract	Gymnema Silvestre	Onion
Cream of Tartar	Herbs De Provence	Onion Powder
Cumin	Hickory	Orange Peel/Rind
Curcumin	Himalayan Salt	Orange Salt
Curry (must be GF)	Hydrogenated Oils	Oregano

Paprika	St. John's Wort	Milk-Containing Foods
Paprika (smoked)	Sumac	Applegate® organic spinach & feta sausage
Parsley	Taco Seasoning	Butter, Raw and Pasture-raised
Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)	Buttermilk
Pepper, Cayenne	Tarragon	Casein
Pepper, Red	Thyme	Cheese, American
Pepper, Sichuan	Tomatillo	Cheese, Asiago
Pepper, Szechuan	Turmeric	Cheese, Bleu
Pepper/Peppercorns	Uva Ursi	Cheese, Brie
Peppermint	Valerian	Cheese, Cheddar (Raw)
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Cottage
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Cream
Red Pepper Flake	Vanilla Powder	Cheese, Feta
Rose Hips	White Willow Bark Extract	Cheese, Goat
Rosemary	Wintergreen	Cheese, Gorgonzola
Saffron	Wormwood	Cheese, Gouda
Sage		Cheese, Havarti
Saw Plametto		Cheese, Machego
Sesame Seeds		Cheese, Marscapone
Sesame Seeds, Black		Cheese, Mozzarella (Raw)
Shallots		Cheese, Muenster
Spearmint		Cheese, Parmesan

Cheese, Pecorino	Sour Cream, Raw and Unpasteurized	Coffee Bean, Organic
Cheese, Provolone	Whey	Edamame (must be organic)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	Fava Bean
Cheese, Ricotta	<b>Legumes &amp; Pulses</b>	Fava Bean Flour
Cheese, Romano	Bean, Azuki	Garbanzo Bean
Cheese, Sheep	Bean, Black	Garbanzo Flour
Cheese, String (Mozzarella)	Bean, Butter	Hydrogenated Oils
Cheese, Swiss	Bean, Cannellini	Kidney Bean
Chocolate, Milk	Bean, Chana Dahl	Lentil(s)
Chocolate, White	Bean, Chili	Miso
Cream, Raw and Unpasteurized	Bean, Green	Pea, Snap
Ghee (Pasture-Raised, Organic)	Bean, Italian	Pea, Snow
Goat Cheese	Bean, Kidney	Pea, Split
Goat Kefir	Bean, Lima	Peanut (Organic, Valencia)
Kefir, Raw	Bean, Mung	Peanut Butter (Organic, Maranatha®)
Lactoalbumin	Bean, Navy	Peanut Oil (Organic)
Milk, Buffalo	Bean, Ninja	Red Bean Paste
Milk, Cow	Bean, Pinto/Frijole	Soybean oil(must be organic)
Milk, Goat	Bean, Red	Soy Beans (must be organic)
Milk, Sheep	Bean, White	Vanilla Bean
Milk Chocolate	Chickpea (see also Garbanzo Bean)	Vanilla Powder
Mozzarella Cheese		Vegetable Oil

**Corn-Derived Foods**Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

Cheese, Daiya  
(Coconut,Tapioca,yeast,....)

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; 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  
(Carrot)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains  
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten  
Sensitive)

Oats

Oats, GF (not Certified) can have  
gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White	Garbanzo Flour	Rice, Red (gluten free)
Wheat (All Types)	Glucomannon Flour (konjacfoods.com)	Rice, White (gluten free)
Wheat Grass (Is Gluten-contaminated)	Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)
<b>Gluten-Free Grains</b>	Hemp Meal	Rice Bran
Almond Flour (gluten free)	Hemp Protein (Powder)	Rice Flour (gluten free)
Amaranth	Hemp Seed	Rice Protein Powder (gluten free)
Arrowroot Flour/powder	Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker
Basmati Rice (gluten free)	Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers
Buckwheat	Millet	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat Flour	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Chicory Root	Oats (Certified GF)	Sorghum
Coconut Flour (gluten free)	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
Coconut Meal (gluten free)	Potato Starch (gluten free)	Tapioca
Corn (Gluten-free & Non-GMO)	ProGranola (Julian Bakery)	Tapioca Flour (gluten free)
Corn, Blue	Quinoa (gluten free)	Tapioca Starch (gluten free)
Corn, White	Quinoa, Black (gluten free)	Teff
Corn Meal (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn Starch (gluten free)	Rice, Basmati (gluten free)	Tolerant Red or Green Lentil Pasta
Ener-G Brown Rice Yeast-Free Bread	Rice, Black (gluten free)	Tortilla, Siete Almond
Fava Bean Flour	Rice, Brown (gluten free)	Tortilla, Siete Cassava & Coconut
Flax Meal	Rice, Japonica (gluten free)	Tortilla, Siete Chia & Cassava
	Rice, Purple (gluten free)	Vegetable Oil

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

Lemon Juice

Licorice Tea

Lime Juice

Milk, Buffalo

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, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Vinegar, Red Wine

Water

Whey

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

**Miscellaneous**

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low sodium/GF)

Blue Food Dye

Bone Broth, Beef

Carrageenan Gum	Lard (pork)	Yeast, Baker's
Chewing Gum (has gluten and corn)	Latex	Yeast, Brewer's
Chewing Gum, Xylichew®	Locust Bean Gum	Yeast, Nutritional
Chicken Broth (Imagine® gf/low sodium)	Lycopene	Snacks
Chicory Root	Malt	Apple Sauce
Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Barley-derived)	Dates
Collagen Protein (Powder)	Modified Food Starch	Simple Mills Chocolate Chip Cookies
Formaldehyde	Modified Food Starch (Tapioca-based)	AB
GemWraps®, Sandwich Wrap (Carrot)	Palm Wax	Flax Meal
GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol	Flax Oil
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Food Dye	Flax Seed
GemWraps®, Sandwich Wrap (Tomato)	Red Tomato Paste (gluten free)	Flounder
Glucomannon Flour (konjacfoods.com)	Resveratrol	qwerty
Great Lake's® Beef Gelatin	Rice Starch (if certified gluten free)	Yucca
Guar Gum	Silver	Zucchini
Hops	Skinny Crisps® (Plain Jane)	
Hydrogenated Oils	Tofu (Organic)	
Inulin	Tragacanth Gum	
Julian Bakery Almond Bread	Vegetable broth (Imagine® Low Sodium)	
Julian Bakery Coconut Bread	Vegetable Oil	
Julian Bakery Paleo Wraps	Vinegar, Red Wine	
Konjac Glucomannon Flour	Xanthan Gum	