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

sundas tanveer 08/31/2017

Mustard Greens	Pepper, Poblano	Squash, Green
Nori	Pepper, Red	Squash, Spaghetti
Okra	Pepper, Serrano	Squash, Winter
Olives (without vinegar)	Pimento	Sugar Beet
Onion, Green	Potato, Fingerling	Swiss Chard
Onion, Maui	Potato, Purple	Tomatillo
Onion, Red	Potato, Red	Tomato Paste (gluten &
Onion, Sweet	Potato, Russet	Tomato Sauce (gluten &
Onion, Yellow	Potato, White	Tomato
Parsley	Potato, Yukon Gold	Tomatoes, Big Beef
Parsnip	Prickly Pear	Tomato, Cherry
Pea, Black-Eyed	Radicchio	Tomato, Heirloom
Pea, Green	Radish	Tomato, Orange
Pea, Snap	Rainbow Chard	Tomato, Red
Pea, Snow	Rhubarb	Tomato, Roma
Pea, Split	Rutabaga	Tomato, Sun-dried
Pea Protein	Scallions	Tomato, Yellow
Pepper, Anaheim	Sea Vegetables	Truffle
Pepper, Chili	Seaweed	Turnip Greens
Pepper, Green	Shallots	Turnips
Pepper, Habanero	Spirulina	Water Chestnut
Pepper, Jalapeño	Squash, Acorn	Watercress

Yams, Japanese	Noni	Cashew Meal
Yucca	Passion Fruit	Chestnut
Zucchini	Pear	Chia Seed (1/4 cup, max)
Alfalfa Sprouts	Persimmons	Coconut Butter
Psyllium Husk	Pomelo	Coconut Oil
	Quince	Coconut, shredded (raw,
Fruits	Star Fruit	Cola Nut (aka Kola Nut)
Acai	Tamarind	Cottonseed/Cottonseed Oil
Agar Gum		Flax Meal
Apple (all types)	Nuts, Seeds, & Oils	Flax Oil
Apricot	Almond Butter (Artisana®)	Flax Seed
Bilberry	Almond Flavor natural, gluten free)	Grapeseed Oil, Organic
Currant	Almond Flour (gluten free)	Hazelnut Flour
Dragon Fruit (Pitaya)	Almond Meal (gluten free)	Hazelnut/Filbert
Jack fruit	Almond, Marcona	Hemp Meal
Kumquat	Annatto Seed	Hemp Protein (Powder)
Litchi (aka Lychee)	Arrowroot Flour/powder	Hemp Seed
Loquat	Brazil Nut	Hydrogenated Oils
Mangosteen	Canola/Rapeseed Oil	Macadamia Nut Oil
Maqui	Caraway Seed	Macadamia Nuts
Monk Fruit	Cashews	Olive Leaf Extract
Nectarines	Cashew Butter	Olive Oil, Virgin

Palm Kernel Oil		Walnut (few)		Lentil(s)
Pecan		Walnut Oil		Pea, Snap
Pecan Flour		Walnut, Black (few)		Pea, Snow
Pili Nuts		Almond		Pea, Split
Pine Nut		Psyllium Husk		Peanut (Organic, Valencia)
Pistachios				Peanut Butter (Organic,
Poppy seeds		Legumes & Pulses		Peanut Oil (Organic)
Ramon Seeds		Bean, Black		Vanilla Bean
Rice, Wild (Lundberg® - not the		Bean, Butter		Vanilla Powder
Safflower/Safflower Seed Oil		Bean, Cannellini		White Beans
Sacha Inchi Seeds		Bean, Chana Dahl		
Sesame Seed Oil		Bean, Green		Fish & Shellfish
Sesame Seeds		Bean, Italian		Anchovy
Sesame Seeds, Black		Bean, Lima		Bass
Sunflower Seed Butter		Bean, Mung		Catfish
Sunflower Seed Lecithin		Bean, Navy/Ninja		Chilean Sea Bass
Sunflower Seed Oil		Bean, Pinto/Frijole		Clam
Sunflower Seeds		Chieknes (see also Carbanzo Boan)		Cod/ Cod Liver Oil
Surmower Seeds	Ш	Chickpea (see also Garbanzo Bean)	ш	Coa/ Coa Liver Oil
Tahini		Fava Bean		Corvina
Tahini		Fava Bean		Corvina

Halibut	Meat & Poultry	Pork, (organic)
Herring	Applegate® organic chicken	Quail
Mackerel	Applegate® organic ham	Rabbit
Mahi Mahi	Applegate® organic herb roasted	Turkey (organic)
Orange Roughy	Applegate® organic roast beef	Veal (organic)
Perch	Applegate® organic chicken/apple	Venison (see also Deer)
Red Snapper	Applegate® organic sausage sweet	
Salmon, wild (fresh)	Applegate® organic smoked	Non-Dairy & Eggs
Sardines	Applegate® organic turkey	Almond Milk, unsweetened (no
Scallop	Applegate® organic turkey bacon	Almond Yogurt, unsweetened
Sole	Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise
Swai	Bison (see also Buffalo)	Coconut Kefir (No Tapioca,
Swai Swordfish	Bison (see also Buffalo) Buffalo (see also Bison)	Coconut Kefir (No Tapioca, Coconut Milk(Native Forest or
Swordfish	Buffalo (see also Bison)	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture
Swordfish Tilapia (Non-farmed)	Buffalo (see also Bison) Chicken Broth (Imagine® gf/low	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture Egg, Whites, Pasture-raised
Swordfish Tilapia (Non-farmed) Trout	Buffalo (see also Bison) Chicken Broth (Imagine® gf/low Chicken, free range (organic)	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture
Swordfish Tilapia (Non-farmed) Trout Tuna	Buffalo (see also Bison) Chicken Broth (Imagine® gf/low Chicken, free range (organic) Deer (see also Venison)	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture Egg, Whites, Pasture-raised
Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike	Buffalo (see also Bison) Chicken Broth (Imagine® gf/low Chicken, free range (organic) Deer (see also Venison) Duck	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture Egg, Whites, Pasture-raised
Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike	Buffalo (see also Bison) Chicken Broth (Imagine® gf/low Chicken, free range (organic) Deer (see also Venison) Duck Goat, Grass-fed only (organic)	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture Egg, Whites, Pasture-raised
Swordfish Tilapia (Non-farmed) Trout Tuna Walleye Pike	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)	Coconut Milk(Native Forest or Egg, Pasture-raised (from a farmer) Egg, Vital Farms® or Pasture Egg, Whites, Pasture-raised

	Condiments	Sugar Beet	Cramp Bark Extract
	BodyPro Avocado Oil Mayonnaise	Sugar Cane	Cream of Tartar
	Carob	Sweetleaf® Stevia	Cumin
	Earth Balance® Coconut Spread	Swerve® Xylitol	Dandelion Root
	Earth Balance® Avocado Oil Butter	Xyla (Birchwood Xylitol/non-corn	Dill
	Hummus		Dong Quai
	Worcestershire Sauce (The	Herbs & Spices	Echinacea
		Almond Flavor natural, gluten free)	Fennel
	Sweeteners	Ashwaganda	Garlic
	Aspartame/Nutrasweet	Astragalus	Garlic Pepper
	Fruit Pectin	Basil	Garlic Powder
	Honey, (Organic)	Bay Leaf	Garlic Salt
	Honey, Manuka	Black Cohosh	Ginger
	Honey, Wildflower from Mahava®	Caraway Seed	Ginkgo Biloba
	Just Like Sugar®	Cardamom	Ginseng (All Types)
	Molasses	Celery Powder	Goldenseal
	Monk Fruit	Chicory Root	Gymnema Silvestre
	Nutrasweet®	Chili Powder	Herbs De Provence
	Rebiana Leaf (Stevia)	Chipotle Seasoning	Hickory
Ш	Sorbitol	Cilantro/Coriander	Himalayan Salt
	Sorbitol Splenda	Cilantro/Coriander Cinnamon	Himalayan Salt Jamaican Jerk

Lemon Balm (Melissa Officinalis)	Red Pepper Flake	Milk-Containing Foods
Lemongrass	Rosemary	Cheese, Cheddar (Raw)
Licorice Root	Saffron	Cheese, Mozzarella (Raw)
Maca Root	Sage	
Marjoram	Saw Plametto	Gluten-Free Grains
Mesquite	Sesame Seeds	Almond Flour (gluten free)
Milk Thistle	Sesame Seeds, Black	Amaranth
Mint	Shallots	Arrowroot Flour/powder
Mustard (as a Powder)	Spearmint	Buckwheat
Mustard Seeds (gluten free)	St. John's Wort	Buckwheat Flour
Olive Leaf Extract	Taco Seasoning	Chicory Root
Onion	Tarragon	Coconut Flour (gluten free)
Onion Powder	Thyme	Coconut Meal (gluten free)
Oregano	Tomatillo	Fava Bean Flour
Parsley	Uva Ursi	Flax Meal
Pepper, Black (see Garlic/Lemon	Valerian	Garbanzo Flour
Pepper, Cayenne	Vanilla (gluten and corn-free)	Glucomannon Flour
Pepper/Peppercorns	Vanilla Bean	Hazelnut Flour
Pepper/Peppercorns, Szechuan	Vanilla Powder	Hemp Meal
Pepper, Red	White Willow Bark Extract	Hemp Protein (Powder)
Peppermint	Wintergreen	Hemp Seed
Pine Bark Extract	Rose Hips	Konjac Glucomannon Flour

Oats (Bob's Red Mill Gluten Free	Gluten-Containing Foods	Coconut Milk(Native Forest or
Potato Flour (gluten free)	Beer	Coconut Water (low sugar)
Potato Starch (gluten free)	Bran	Coffee Bean, Organic
Quinoa (gluten free)	Bread	Coffee
Quinoa, Black (gluten free)	Couscous	Collagen Protein (Powder)
Quinoa, Red (gluten free)	Durum Wheat	Hemp Protein (Powder)
Rice, Wild (Lundberg® - not the	Farro	Mineral Water
Simple Mills Grnd Sea Salt Almond	Graham (wheat)	Pea Protein
Simple Mills Rosemary & Sea Salt	Orzo	Sparkling Water, unflavored
Simple Mills Tomato & Basil Almond	Panko	Tea, Ramon
Sorghum	Semolina	Water
Tapioca	Wheat (All Types)	
Tapioca Flour (gluten free)	Wheat (All Types) Wheat Grass (Is	Miscellaneous
		Miscellaneous Agar Gum
Tapioca Flour (gluten free)		
Tapioca Flour (gluten free) Tapioca Starch (gluten free)	Wheat Grass (Is	Agar Gum
Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff	Wheat Grass (Is Corn-Derived Foods	Agar Gum Antimony
Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta	Wheat Grass (Is Corn-Derived Foods	Agar Gum Antimony Arabic Gum
Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta	Wheat Grass (Is Corn-Derived Foods Swerve® Xylitol	Agar Gum Antimony Arabic Gum Baking Soda (Arm & Hammer®)
Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta	Wheat Grass (Is Corn-Derived Foods Swerve® Xylitol Beverages & Protein Powders	Agar Gum Antimony Arabic Gum Baking Soda (Arm & Hammer®) Carrageenan Gum
Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea Pasta	Wheat Grass (Is Corn-Derived Foods Swerve® Xylitol Beverages & Protein Powders Almond Milk, unsweetened (no	Agar Gum Antimony Arabic Gum Baking Soda (Arm & Hammer®) Carrageenan Gum Chewing Gum, Xylichew®

Coconut Aminos®	Tagacanth Gum
Coconut Cream	Vegetable broth (Imagine® Low
Collagen Protein (Powder)	Vegetable Shortening (Spectrum®)
Garam Masala	Latex
Glucomannon Flour	Formaldehyde
Great Lake's® Beef Gelatin	Red Dye
Guar Gum	Ispaghula/Psyllium
Hops	Acacia Gum
Julian Bakery Almond Bread	
Julian Bakery Coconut Bread	
Konjac Glucomannon Flour	
Lard (pork)	
Locust Bean Gum	
Lycopene	
Palm Wax	
Pycnogenol	
Red Tomato Paste (gluten free)	
Silver	
Skinny Crisps®(Plain Jane)	
Tagacanth Gum	
Tomato Paste (gluten &	
Tomato Sauce (dluten &	