

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

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)

Coffee Bean, Organic

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice	Corn, White	Corvina
Vinegar, White	Corn Gluten	Crab
Vinegar, White Wine	Corn Meal (gluten free)	Crayfish
Worcestershire Sauce (The	Corn Oil	Flounder
Sriracha Sauce Organicville	Corn Starch (gluten free)	Haddock
Tabasco Sauce	Erythritol (non-GMO)	Hake
Dressing, Primal Kitchen Greek	Fructose	Halibut
Dressing, Primal Kitchen Honey	GemWraps®®, Sandwich Wrap	Herring
Mayonnaise, Primal Kitchen	Maltodextrin (Corn-based,	Lobster
Mayonnaise, Primal Kitchen	Swerve® Xylitol	Mackerel
BodyPro Almond Mayo Grade B	Vegetable Oil	Mahi Mahi
BodyPro Almond Mayo with Yacon	Xanthan Gum	Mussel
BodyPro Avocado Oil Mayonnaise	Yogurt (See Xanthan Gum)	Orange Roughy
	Sriracha Sauce Organicville	Oyster
Corn-Derived Foods		Perch
Barbeque Sauce, GF Annie's®	Fish & Shellfish	Red Snapper
Cheese, Cream	Anchovy	Salmon, wild (fresh)
Cheese, Daiya	Bass	Sardines
Cheese, Soy (Organic) (see Soy)	Catfish	Scallop
Chewing Gum (has gluten and	Chilean Sea Bass	Shrimp
Corn (Gluten-free & Non-GMO)	Clam	Sole
Corn, Blue	Cod/ Cod Liver Oil	Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
Fruits	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach

Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for	Polish Wheat
Pomegranate	Barley Juice (Not for	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, organic)	Brown Rice Syrup (contains	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Bleu	Triticale
Strawberry	Chewing Gum (has gluten and	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is
Wolfberry	Gluten	Crab, Immitation
Youngberry	Graham (wheat)	
Banana	Kamut	
Apricot	Liquid Smoke (can have gluten)	

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

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)

Coconut Flour (gluten free)

Arrowroot Flour/powder

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

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

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Orange Peel/Rind	Tarragon	Legumes & Pulses
Orange Salt	Thyme	Bean, Azuki
Oregano	Tomatillo	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see Garlic/Lemon)	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark Extract	Bean, Kidney
Red Chili Paste Thai Kitchen®	Wintergreen	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo)
Sesame Seeds	Shallots	Edamame (must be organic)
Sesame Seeds, Black	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic roast beef	Pork, (organic)
Pea, Snap	Applegate® organic andouille	Quail
Pea, Snow	Applegate® organic chicken/apple	Rabbit
Pea, Split	Applegate® organic red pepper	Turkey (organic)
Peanut (Organic, Valencia)	Applegate® organic spinach & feta	Veal (organic)
Peanut Butter (Organic,	Applegate® organic sausage sweet	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic smoked	
Red Bean Paste	Applegate® organic smoked turkey	Milk-Containing Foods
Soy Beans (must be organic)	Applegate® organic turkey	Applegate® organic spinach & feta
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only (organic)	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also Bison)	Cheese, American
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low	Cheese, Asiago
	Chicken, free range (organic)	Cheese, Bleu
Meat & Poultry	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Lamb (organic)	Cheese, Cream
Applegate® organic ham	Lard (pork)	Cheese, Goat
Applegate® organic herb roasted	Ostrich	Cheese, Gorgonzola
Applegate® organic hot dogs	Pheasant	Cheese, Gouda

Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Marscapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap
Cheese, Parmesan	Sour Cream, Raw and	GemWraps®, Sandwich Wrap
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	Miscellaneous	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine® low	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylite®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low	Lycopene
Kefir, Raw	Chicory Root	Malt
Lactoalbumin	Cocoa/Cacao (raw, pure, &	Maltodextrin (Can be

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Vegetable broth (Imagine® Low

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

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

Almond Yogurt, unsweetened

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)

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,

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

Flax Meal
Flax Oil
Flax Seed
Grapeseed Oil, Organic
Hazelnut Flour
Hazelnut/Filbert
Hemp Meal
Hemp Protein (Powder)
Hemp Seed
Hydrogenated Oils
Macadamia Nut Oil
Macadamia Nuts
Olive Leaf Extract
Olive Oil, Virgin
Palm Kernel Oil
Pecan
Pecan Flour
Pepitas
Pili Nuts
Pine Nut
Pistachios
Poppy seeds

Psyllium Husk
Pumpkin Oil
Pumpkin Seed Oil
Pumpkin Seeds
Ramon Seeds
Rice, Wild (Lundberg® - not the
Safflower/Safflower Seed Oil
Sacha Inchi Seeds
Sesame Seed Oil
Sesame Seeds
Sesame Seeds, Black
Sunflower Seed Butter
Sunflower Seed Lecithin
Sunflower Seed Oil
Sunflower Seeds
Tahini
Tea, Ramon
Tiger Nuts
Vegetable Oil
Vegetable Shortening (Spectrum®)
Walnut (few)
Walnut Oil

Walnut, Black (few)

Snacks

Date(s)

Simple Mills Chocolate Chip

Apple Sauce

Sweeteners

Aspartame/Nutrasweet

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

BodyPro Almond Mayo Grade B

Sucralose

Agave Nectar

Coconut Sugar

Vegetables

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper, Green

Bell Pepper, Red

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
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

Squash, Acorn	Tomato, Yellow
Squash, Butternut	Truffle
Squash, Green	Turnip Greens
Squash, Spaghetti	Turnips
Squash, Summer	Water Chestnut
Squash, Winter	Watercress
Squash, Yellow	Yams, Garnett
Sugar Beet	Yams, Japanese
Sweet Potato, Red	Yucca
Sweet Potatoes, White	Zucchini
Swiss Chard	Alfalfa Sprouts
Tomatillo	Psyllium Husk
Tomato Paste (gluten &	Onion, Green
Tomato Sauce (gluten &	Onion, Maui
Tomato	Onion, Red
Tomatoes, Big Beef	Onion, Sweet
Tomato, Cherry	Onion, Yellow
Tomato, Heirloom	Chives
Tomato, Orange	Shallots
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange