

Fruits

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

Prune	Avocado Oil	Hemp Protein (Powder)
Quince	Brazil Nut	Hemp Seed
Raisin (unsulfured, organic)	Canola/Rapeseed Oil	Hydrogenated Oils
Raspberry	Caraway Seed	Macadamia Nut Oil
Star Fruit	Cashew Butter	Macadamia Nuts
Strawberry	Cashew Meal	Olive Leaf Extract
Tamarind	Cashews	Olive Oil, Virgin
Tangelo	Chestnut	Palm Kernel Oil
Tangerine	Chia Seed (1/4 cup, max)	Pecan Flour
Vinegar, Red Wine	Coconut Butter	Pecans
Watermelon	Coconut Oil	Pepitas
Wolfberry	Coconut, shredded (raw, unsweetened)	Pili Nuts
Youngberry	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios
Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil	Poppy seeds
	Flax Meal	Psyllium Husk
	Flax Oil	Pumpkin Oil
	Flax Seed	Pumpkin Seed Oil
	Grapeseed Oil, Organic	Pumpkin Seeds
	Hazelnut Flour	Ramon Seeds
	Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)
	Hemp Meal	Sacha Inchi Seeds
Almond		
Almond Butter (Artisana®)		
Almond Flavor (natural, gluten free)		
Almond Flour (gluten free)		
Almond Meal (gluten free)		
Almond, Marcona		
Annatto Seed		

Safflower/Safflower Seed Oil	Artichoke, Jerusalem (not pickled)	Brussels Sprout
Sesame Seed Oil	Arugula	Burdock
Sesame Seeds	Asparagus	Cabbage, Chinese (see also Bok Choy)
Sesame Seeds, Black	Avocado	Cabbage, Green
Sunflower Seed Butter	Avocado Oil	Cabbage, Purple
Sunflower Seed Lecithin	Bamboo Shoot	Cactus (Nopales)
Sunflower Seed Oil	Barley Grass (can have gluten)	Capers
Sunflower Seeds	Barley Greens (may contain gluten)	Capsicum
Tahini	Bean Sprout	Carrot Juice
Tea, Ramon	Bean, Green	Carrot, Orange
Tiger Nuts	Beet	Carrot, Purple
Vegetable Oil	Beet Greens	Carrot, White
Vegetable Shortening (Spectrum®)	Bell Pepper	Carrot, Yellow
Walnut Oil	Bell Pepper, Green	Cassava (see Tapioca and Yucca)
Walnuts	Bell Pepper, Orange	Cauliflower
Walnuts, Black	Bell Pepper, Red	Cauliflower, Purple
	Bell Pepper, Yellow	Celery
	Bok Choy	Chard
	Broccoli	Chayote
	Broccoli Rabe	Chives
	Broccoli Sprouts	Coconut (raw and unsweetened)
	Broccolini	Coconut Concentrate

Vegetables

Collard Greens	Mushrooms	Pea, Snow
Corn (Gluten-free & Non-GMO)	Mushrooms, Button	Pea, Split
Corn, Blue	Mushrooms, Cremini/Crimini	Pepper, Anaheim
Corn, White	Mushrooms, Maitake	Pepper, Cayenne
Cucumber	Mushrooms, Shiitake	Pepper, Chili
Daikon Radish	Mustard Greens	Pepper, Green
Dandelion Greens	Nori	Pepper, Habanero
Dandelion Root	Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño
Eggplant	Okra	Pepper, Poblano
Endive	Olives (without vinegar)	Pepper, Red
Fennel	Onion, Green	Pepper, Serrano
Garlic	Onion, Maui	Pickles, Bubbies® brand only
Hearts of Palm	Onion, Red	Pimento
Horseradish	Onion, Sweet	Potato, Fingerling
Hydrogenated Oils	Onion, Yellow	Potato, Purple
Jicama	Paprika	Potato, Red
Kale, all types	Parsley	Potato, Russet
Kelp/Dulse	Parsnip	Potato, Sweet
Kohlrabi	Pea Protein	Potato, White
Kombu	Pea, Black-Eyed	Potato, Yukon Gold
Leeks	Pea, Green	Prickly Pear
Lettuce, all types	Pea, Snap	Psyllium Husk

Pumpkin	Squash, Yellow	Watercress
Pumpkin Powder	Sugar Beet	Wheat Grass (Is Gluten-contaminated)
Radicchio	Sweet Potato, Red	Yams, Garnett
Radish	Sweet Potatoes, White	Yams, Japanese
Rainbow Chard	Swiss Chard	Yucca
Red Pepper Flake	Tomatillo	Zucchini
Rhubarb	Tomato	
Rutabaga	Tomato Paste (gluten & Vinegar-free)	
Sauerkraut (Bubbies® Brand only)	Tomato Sauce (gluten & Vinegar-free)	
Scallions	Tomato, Cherry	
Sea Vegetables	Tomato, Heirloom	
Seaweed	Tomato, Orange	
Shallots	Tomato, Red	
Spinach	Tomato, Roma	
Spirulina	Tomato, Sun-dried	
Squash	Tomato, Yellow	
Squash, Acorn	Tomatoes, Big Beef	
Squash, Butternut	Truffle	
Squash, Green	Turnip Greens	
Squash, Spaghetti	Turnips	
Squash, Summer	Vegetable Oil	
Squash, Winter	Water Chestnut	

Fish & Shellfish

Anchovy
 Bass
 Catfish
 Chilean Sea Bass
 Clam
 Cod/ Cod Liver Oil
 Corvina
 Crab
 Crab, Immitation
 Crayfish
 Flounder
 Haddock
 Hake
 Halibut

Herring	Whitefish/Turbot	Chicken Broth (Imagine® gf/low sodium)
Lobster		Chicken, free range (organic)
Mackerel	Meat & Poultry	Collagen Protein (Powder)
Mahi Mahi	Applegate® organic andouille sausage	Deer (see also Venison)
Mussel	Applegate® organic bacon	Duck
Octopus	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Orange Roughy	Applegate® organic chicken	Great Lake's® Beef Gelatin
Oyster	Applegate® organic chicken/apple sausage	Lamb
Perch	Applegate® organic ham	Lard (pork)
Red Snapper	Applegate® organic herb roasted turkey	Ostrich
Salmon, wild (fresh)	Applegate® organic hot dogs	Pheasant
Sardines	Applegate® organic red pepper sausage	Pork, (organic)
Scallop	Applegate® organic roast beef	Quail
Shrimp	Applegate® organic sausage sweet italian	Rabbit
Sole	Applegate® organic smoked chicken breast	Turkey (organic)
Squid	Applegate® organic smoked turkey breast	Veal (organic)
Swai	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Swordfish	Applegate® organic turkey	
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	
Trout	Beef, Grass-fed only (organic)	
Tuna	Bison (see also Buffalo)	
Walleye Pike	Buffalo (see also Bison)	

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk(Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital FarmsÂ® or Pasture
VerdeÂ®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)BodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut AminosÂ®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek
Avocado OilDressing, Primal Kitchen Honey
MustardEarth BalanceÂ® Avocado Oil Butter
Spread

Earth BalanceÂ® Coconut Spread

Harissa

Horseradish Sauce, Gluten-free
(Annie'sÂ®)

Hummus

Ketchup (Organicville)

Liquid Aminos (BraggsÂ®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil

Mustard, Brown (EdenÂ® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai KitchenÂ®
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (BubbiesÂ® Brand only)

Sherry Vinegar

Sour Cream, Raw and
Unpasteurized

Soy Sauce

Sriracha Sauce Organicville
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your
HeartÂ®)

Vegetable Shortening (SpectrumÂ®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg'sÂ®)

Balsamic Vinegar (w/ Caramel or
Red Wine Vinegar)Balsamic Vinegar (with Red Wine
Vinegar)Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie'sÂ®
Sweet & SpicyBodyPro Almond Mayo Grade A
Maple Syrup

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
	Maltitol	Yacon Syrup

Sweeteners

Agave Nectar	Maltodextrin (Barley-derived)
Aspartame	Maltodextrin (Corn-based, non-GMO)
BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)
Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar
Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)
Chocolate, Dark	Molasses
Chocolate, Milk	Monk Fruit (Pure)
Chocolate, White	Monk Fruit Extract
Coconut Palm Sugar	Nutrasweet®
Coconut Sugar	Rebiana Leaf (Stevia)
Date Sugar	Sorbitol
Erythritol (non-GMO)	Splenda
Fructose	Sucanat
Fruit Pectin	Sucralose
	Sugar Beet

Herbs & Spices

Allspice
Almond Flavor (natural, gluten free)
Anise
Ashwaganda
Astragalus
Basil
Bay Leaf
Bell Pepper, Red
Black Cohosh
Capsicum
Caramel Coloring
Caraway Seed
Cardamom

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

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

Goat Kefir	Bean, Kidney	Peanut (Organic, Valencia)
Kefir, Raw	Bean, Lima	Peanut Butter (Organic, Maranatha®)
Lactoalbumin	Bean, Mung	Peanut Oil (Organic)
Milk Chocolate	Bean, Navy	Red Bean Paste
Milk, Buffalo	Bean, Ninja	Soy Beans (must be organic)
Milk, Cow	Bean, Pinto/Frijole	Soybean oil(must be organic)
Milk, Goat	Bean, Red	Vanilla Bean
Milk, Sheep	Bean, White	Vanilla Powder
Mozzarella Cheese	Chickpea (see also Garbanzo Bean)	Vegetable Oil
Sour Cream, Raw and Unpasteurized	Coffee Bean, Organic	
Whey	Edamame (must be organic)	
Yogurt (See Xanthan Gum)	Fava Bean	

Legumes & Pulses

Bean, Azuki	Garbanzo Bean	Almond Flour (gluten free)
Bean, Black	Garbanzo Flour	Amaranth
Bean, Butter	Hydrogenated Oils	Arrowroot Flour/powder
Bean, Cannellini	Kidney Bean	Basmati Rice (gluten free)
Bean, Chana Dahl	Lentil(s)	Buckwheat
Bean, Chili	Miso	Buckwheat Flour
Bean, Green	Pea, Snap	Chicory Root
Bean, Italian	Pea, Snow	Coconut Flour (gluten free)
	Pea, Split	Coconut Meal (gluten free)
		Corn (Gluten-free & Non-GMO)
		Corn Meal (gluten free)

Gluten-Free Grains

Corn Starch (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Rice Bran	Tolerant Red or Green Lentil Pasta
Corn, White	Rice Flour (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Black (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Brown (gluten free)	
Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)	<div>Corn-Derived Foods</div> <p>Barbeque Sauce, GF Annie's® Sweet & Spicy</p> <p>Cheese, Cream</p> <p>Cheese, Daiya (Coconut,Tapioca,yeast,Â....)</p> <p>Cheese, Soy (Organic) (see Soy)</p> <p>Chewing Gum (has gluten and corn)</p> <p>Corn (Gluten-free & Non-GMO)</p> <p>Corn Gluten</p> <p>Corn Meal (gluten free)</p> <p>Corn Oil</p> <p>Corn Starch (gluten free)</p> <p>Corn, Blue</p> <p>Corn, White</p> <p>Erythritol (non-GMO)</p> <p>Fructose</p>
Hazelnut Flour	Rice, Purple (gluten free)	
Hemp Meal	Rice, Red (gluten free)	
Hemp Protein (Powder)	Rice, White (gluten free)	
Hemp Seed	Rice, Wild (Lundberg® - not the blend)	
Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker	
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	
Millet	Simple Mills Rosemary & Sea Salt Crackers	
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	
Oats (Certified GF)	Sorghum	
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	
Potato Starch (gluten free)	Tapioca	
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	
Quinoa (gluten free)	Tapioca Starch (gluten free)	
Quinoa, Black (gluten free)	Teff	

GemWraps®®, Sandwich Wrap (Carrot)	Chewing Gum (has gluten and corn)	Soy Sauce
Hydrogenated Oils	Coffee, Instant (has gluten)	Spelt
Maltitol	Couscous	Teechino
Maltodextrin (Corn-based, non-GMO)	Crab, Immitation	Teriyaki Sauce
Modified Food Starch	Durum Wheat	Triticale
Sriracha Sauce Organicville gluten-free	Farro	Vinegar
Swerve® Sweetener	Gluten	Vinegar, Malt
Vegetable Oil	Graham (wheat)	Vinegar, White
Xanthan Gum	Kamut	Wheat (All Types)
Yogurt (See Xanthan Gum)	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	

Gluten-Containing Foods

Barley	Maltitol
Barley Grass (can have gluten)	Maltodextrin (Barley-derived)
Barley Greens (may contain gluten)	Modified Food Starch
Barley Juice (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Beer	Oats
Bran	Oats, GF (not Certified) can have gluten
Bread	Orzo
Brown Rice Syrup (contains MSG/Gluten)	Panko
Caramel Coloring	Polish Wheat
Cheese, Bleu	Rye
	Semolina

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)

		Miscellaneous
Coffee	Rice Protein Powder (gluten free)	
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee, Instant (has gluten)	Soy Protein (Organic)	Agar Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Antimony
Echinacea Tea	Tea, Black	Arabic Gum
Grapefruit Juice	Tea, Chamomile	Baking Powder
Great Lake's® Beef Gelatin	Tea, Green	Baking Soda (Arm & Hammer®)
Green Tea	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Hemp Protein (Powder)	Tea, Komboucha	Blue Food Dye
Komboucha Tea	Tea, Oolong	Bone Broth, Beef
Lactoalbumin	Tea, Ramon	Carrageenan Gum
Lemon Juice	Tea, Roobios	Chewing Gum (has gluten and corn)
Licorice Tea	Tea, Unflavored	Chewing Gum, Xylicew®
Lime Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Milk, Buffalo	Teechino	Chicory Root
Milk, Cow	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Goat	Water	Collagen Protein (Powder)
Milk, Sheep	Whey	Formaldehyde
Milk, Soy (Organic)	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Pea Protein	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour (konjacfoods.com)	Resveratrol
Great Lake's® Beef Gelatin	Rice Starch (if certified gluten free)
Guar Gum	Silver
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
Lard (pork)	Yeast, Baker's
Latex	Yeast, Brewer's
Locust Bean Gum	Yeast, Nutritional
Lycopene	
Malt	
Maltodextrin (Barley-derived)	
Modified Food Starch	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Pycnogenol	
Red Food Dye	
Red Tomato Paste (gluten free)	

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies