Vegetables	Carrot Juice	Eggplant
Aloe Vera	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	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
Broccoli Rabe	Chives	Leeks
Broccoli Sprouts	Coconut (raw and	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms
Brussels Sprout	Collard Greens	Mushrooms, Button
Burdock	Corn (Gluten-free &	Mushrooms,
Cabbage, Chinese (see	Corn, Blue	Mushrooms, Maitake
Cabbage, Green	Corn, White	Mushrooms, Shiitake
Cabbage, Purple	Cucumber	Mustard Greens
Cactus (Nopales)	Daikon Radish	Nori
Capers	Dandelion Greens	Okra
Capsicum	Dandelion Root	Olives (without vinegar)

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, Black-Eyed		Potato, Yukon Gold	Squash, Summer
Pea, Green		Prickly Pear	Squash, Winter
Pea, Snap		Psyllium Husk	Squash, Yellow
Pea, Snow		Pumpkin	Sugar Beet
Pea, Split		Pumpkin Powder	Sweet Potato, Red
Pea Protein		Radicchio	Sweet Potatoes, White
Pepper, Anaheim		Radish	Swiss Chard
Pepper, Chili		Rainbow Chard	Tomatillo
Pepper, Green		Rhubarb	Tomato Paste (gluten &
Pepper, Habanero		Rutabaga	Tomato Sauce (gluten &
Pepper, Jalapeño		Sauerkraut (Bubbies®	Tomato
Pepper, Poblano		Scallions	Tomatoes, Big Beef
Pepper, Red		Sea Vegetables	Tomato, Cherry
Pepper, Serrano		Seaweed	Tomato, Heirloom
Pickles, Bubbies®	П	Shallots	Tomato, Orange

Tomato, Red	Blueberry	Grapefruit Juice
Tomato, Roma	Boysenberry	Guava
Tomato, Sun-dried	Cantaloupe	Huckleberry
Tomato, Yellow	Cherry	Jack fruit
Truffle	Clementine	Kiwi
Turnip Greens	Cranberry	Kumquat
Turnips	Cranberry Juice	Lemon
Water Chestnut	Currant	Lemon Juice
Watercress	Date(s)	Lemon Rind/Peel
Yams, Garnett	Dragon Fruit (Pitaya)	Lime
Yams, Japanese	Dried Fruit	Lime Juice
Yucca	Elderberry	Litchi (aka Lychee)
Zucchini	Fig	Loganberry
Fruits	Goji Berry	Loquat
Acai	Golden Berry	Mango
Agar Gum	Gooseberry	Mangosteen
Apple (all types)	Grape	Maqui
Apple Cider	Grape, Green	Melon, Honeydew
Apple Juice	Grape, Purple	Monk Fruit
Apple Sauce	Grape, Red	Mulberry
Bilberry	Grape, White	Nectarines
Blackberry	Grapefruit	Noni

Orange		Tangerine		Flax Meal
Orange, Blood		Watermelon		Flax Oil
Orange Juice		Wolfberry		Flax Seed
Orange Peel/Rind		Youngberry		Grapeseed Oil, Organic
Papaya		Nuts, Seeds, & Oils		Hazelnut Flour
Passion Fruit		Almond Butter		Hazelnut/Filbert
Peach		Almond Flavor natural,		Hemp Meal
Pear		Almond Flour (gluten		Hemp Protein (Powder)
Pear, Asian		Almond Meal (gluten		Hemp Seed
Persimmons		Almond, Marcona		Hydrogenated Oils
Pineapple		Annatto Seed		Macadamia Nut Oil
Plum		Brazil Nut		Macadamia Nuts
Pomegranate		Canola/Rapeseed Oil		Olive Leaf Extract
Pomelo		Caraway Seed		Olive Oil, Virgin
Prune		Chestnut		Palm Kernel Oil
Quince		Chia Seed (1/4 cup,		Pecan
Raisin (unsulfured,		Coconut Butter		Pecan Flour
Raspberry		Coconut Oil		Pepitas
Star Fruit		Coconut, shredded		Pili Nuts
Strawberry		Cola Nut (aka Kola Nut)		Pine Nut
Tamarind		Corn Oil		Pistachios
Tangelo	П	Cottonseed/Cottonseed	П	Poppy seeds

Psyllium Husk	Walnut, Black (few)	Fish & Shellfish
Pumpkin Oil	Almond	Anchovy
Pumpkin Seed Oil	Legumes & Pulses	Catfish
Pumpkin Seeds	Chickpea (see also	Chilean Sea Bass
Ramon Seeds	Edamame (must be	Clam
Rice, Wild (Lundberg® -	Fava Bean	Cod/ Cod Liver Oil
Safflower/Safflower	Fava Bean Flour	Corvina
Sacha Inchi Seeds	Garbanzo Bean	Crab
Sesame Seed Oil	Garbanzo Flour	Crayfish
Sesame Seeds	Lentil(s)	Flounder
Sesame Seeds, Black	Miso	Haddock
Sunflower Seed Butter	Pea, Snap	Hake
Sunflower Seed	Pea, Snow	Halibut
Sunflower Seed Oil	Pea, Split	Herring
Sunflower Seeds	Peanut (Organic,	Lobster
Tahini	Peanut Butter (Organic,	Mackerel
Tea, Ramon	Peanut Oil (Organic)	Mahi Mahi
Tiger Nuts	Soy Beans (must be	Mussel
Vegetable Oil	Soy Beans Oil (must be	Orange Roughy
Vegetable Shortening	Vanilla Bean	Oyster
Walnut (few)	Vanilla Powder	Perch
Walnut Oil	White Beans	Red Snapper

Salmon, wild (fresh)	Applegate® organic	Veal (organic)
Sardines	Applegate® organic red	Venison (see also Deer)
Scallop	Applegate® organic	Non-Dairy & Eggs
Shrimp	Applegate® organic	Almond Milk,
Sole	Applegate® organic	Almond Yogurt,
Squid	Applegate® organic	Cheese, Soy (Organic)
Swai	Beef, Grass-fed only	Coconut Kefir (No
Swordfish	Bison (see also Buffalo)	Coconut Milk(Native
Tilapia (Non-farmed)	Buffalo (see also Bison)	Egg, Pasture-raised
Trout	Chicken Broth	Egg, Vital Farms® or
Tuna	Chicken, free range	Egg, Whites,
Walleye Pike	Deer (see also Venison)	Egg, Yolks
Whitefish/Turbot	Duck	Milk, Soy (Organic)
Crab, Immitation	Goat, Grass-fed only	Sriracha Sauce
Meat & Poultry	Lamb (organic)	Egg
Applegate® organic	Lard (pork)	Condiments
Applegate® organic	Ostrich	Apple Cider Vinegar
Applegate® organic	Pheasant	BodyPro Almond Mayo
Applegate® organic	Pork, (organic)	BodyPro Almond Mayo
Applegate® organic hot	Quail	Carob
Applegate® organic	Rabbit	Coconut Vinegar
Applegate® organic	Turkey (organic)	Earth Balance®

Horseradish Sauce,	Honey, (Organic)	Almond Flavor natural
Hummus	Honey, Manuka	Anise
Ketchup (Organicville)	Honey, Wildflower from	Black Cohosh
Mayonnaise	Just Like Sugar®	Caramel Coloring
Mustard, Brown (Eden®	Lo Han	Caraway Seed
Sauerkraut (Bubbies®	Maltodextrin	Cardamom
Sriracha Sauce	Maple Sugar	Celery Powder
Veganaise Soy-free	Maple Syrup (Grade A	Chicory Root
Worcestershire Sauce	Molasses	Chili Powder
Sweeteners	Monk Fruit	Chipotle Seasoning
Agave Nectar	Rebiana Leaf (Stevia)	Cilantro/Coriander
BodyPro Almond Mayo	Sorbitol	Cinnamon
BodyPro Almond Mayo	Splenda	Cinnamon, Ceylon
Brown Rice Syrup	Sucanat	Cloves
Chocolate, Dark	Sugar Beet	Cloves, Madagascar
Chocolate, Milk	Sugar Cane	Cloves, Penang
Chocolate, White	Sweetleaf® Stevia	Cramp Bark Extract
Coconut Palm Sugar	Swerve® Xylitol	Cream of Tartar
Date Sugar	Xyla (Birchwood	Cumin
Erythritol (non-GMO)	Yacon Syrup	Curcumin
Fructose	Herbs & Spices	Curry (must be GF)
Fruit Pectin	Allspice	Dandelion Root

Dill	Lemon Balm (Melissa	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten	Pepper/Peppercorns,
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds
Herbs De Provence	Onion	Sesame Seeds, Black
Hickory	Onion Powder	Shallots
Himalayan Salt	Orange Peel/Rind	Spearmint
Jamaican Jerk	Orange Salt	St. John's Wort
Juniper Berry	Oregano	Taco Seasoning
Lavender	Paprika	Tamari (Wheat Free)

Tarragon	Cheese, Cottage	Ghee (Pasture-Raised,
Thyme	Cheese, Cream	Goat Cheese
Tomatillo	Cheese, Goat	Goat Kefir
Turmeric	Cheese, Gorgonzola	Kefir, Raw
Uva Ursi	Cheese, Gouda	Lactoalbumin
Valerian	Cheese, Havarti	Milk Chocolate
Vanilla (gluten and	Cheese, Machego	Milk, Cow
Vanilla Bean	Cheese, Marscapone	Milk, Goat
Vanilla Powder	Cheese, Mozzarella	Milk, Sheep
White Willow Bark	Cheese, Muenster	Mozzarella Cheese
Wintergreen	Cheese, Parmesan	Sour Cream, Raw and
Rose Hips	Cheese, Pecorino	Whey
Milk-Containing Foods	Cheese, Raw and	Yogurt (See Xanthan
Applegate® organic	Cheese, Ricotta	Cheese, Feta
Butter, Raw and	Cheese, Romano	Gluten-Free Grains
Buttermilk	Cheese, Provolone	Almond Flour (gluten
Casein	Cheese, Sheep	Amaranth
Cheese, American	Cheese, String	Buckwheat
Cheese, Asiago	Cheese, Swiss	Buckwheat Flour
Cheese, Bleu	Chocolate, Milk	Chicory Root
Cheese, Brie	Chocolate, White	Coconut Flour (gluten
Cheese, Cheddar	Cream, Raw and	Coconut Meal (gluten

Corn (Gluten-free &	Quinoa, Red (gluten	Tortilla, Siete Almond
Corn, Blue	Rice, Basmati (gluten	Tortilla, Siete Cassava
Corn, White	Rice, Black (gluten free)	Simple Mills Everything
Corn Starch (gluten	Rice, Brown (gluten	Corn Meal (gluten free)
Ener-G Brown Rice	Rice, Japonica (gluten	Gluten-Containing Food
Fava Bean Flour	Rice, Purple (gluten	Bran
Flax Meal	Rice, Red (gluten free)	Bread
Garbanzo Flour	Rice, White (gluten	Brown Rice Syrup
Glucomannon Flour	Rice, Wild (Lundberg® -	Caramel Coloring
Hazelnut Flour	Rice Bran	Cheese, Bleu
Hemp Meal	Rice Flour (gluten free)	Chewing Gum (has
Hemp Protein (Powder)	Rice Protein Powder	Coffee, Instant (has
Hemp Seed	Simple Mills Grnd Sea	Couscous
Konjac Glucomannon	Simple Mills Rosemary	Durum Wheat
Millet	Sorghum	Farro
Oats	Sweet Potato Flour	Gluten
Oats (Bob's Red Mill	Tapioca	Graham (wheat)
Oat Grass (Not For	Tapioca Flour (gluten	Kamut
Potato Flour (gluten	Tapioca Starch (gluten	Liquid Smoke (can
Potato Starch (gluten	Teff	Oats
Quinoa (gluten free)	Tolerant Green Lentil &	Orzo
Quinoa, Black (gluten	Tolerant Red or Green	Panko

Polish Wheat	Maltodextrin	Licorice Tea
Rye	Sriracha Sauce	Lime Juice
Semolina	Swerve® Xylitol	Milk, Cow
Spelt	Vegetable Oil	Milk, Goat
Triticale	Xanthan Gum	Milk, Sheep
Wheat (All Types)	Yogurt (See Xanthan	Milk, Soy (Organic)
Wheat Grass (Is	Beverages & Protein	Mineral Water
Crab, Immitation	Almond Milk,	Orange Juice
Corn-Derived Foods	Apple Juice	Pea Protein
Cheese, Cream	Carrot Juice	Rice Protein Powder
Cheese, Soy (Organic)	Coconut Kefir (No	Soy Milk/Soy Cheese
Chewing Gum (has	Coconut Milk(Native	Soy Protein (Organic)
Corn (Gluten-free &	Coconut Water (low	Sparkling Water,
Corn, Blue	Coffee Bean, Organic	Tea, Black
Corn, White	Coffee	Tea, Chamomile
Corn Gluten	Coffee, Instant (has	Tea, Green
Corn Meal (gluten free)	Collagen Protein	Tea, Oolong
Corn Oil	Echinacea Tea	Tea, Ramon
Corn Starch (gluten	Grapefruit Juice	Tea, Roobios
Erythritol (non-GMO)	Green Tea	Tea,
Fructose	Hemp Protein (Powder)	Tea, White
GemWraps®, Sandwich	Lemon Juice	Water

Yerba Matte Tea	Julian Bakery Coconut	Xanthan Gum
Miscellaneous	Konjac Glucomannon	Latex
Agar Gum	Lard (pork)	Formaldehyde
Antimony	Liquid Aminos	Red Dye
Carrageenan Gum	Locust Bean Gum	Acacia Gum
Chewing Gum (has	Lycopene	Ispaghula/Psyllium
Chewing Gum,	Palm Wax	
Chicken Broth	Pycnogenol	
Chicory Root	Red Chili Paste Thai	
Cocoa/Cacao (raw,	Red Tomato Paste	
Coconut Aminos®	Resveratrol	
Coconut Cream	Silver	
Collagen Protein	Skinny Crisps®(Plain	
GemWraps®, Sandwich	Tagacanth Gum	
GemWraps®, Sandwich	Tamari (Wheat Free)	
GemWraps®, Sandwich	Tofu (Organic)	
GemWraps®, Sandwich	Tomato Paste (gluten &	
Glucomannon Flour	Tomato Sauce (gluten &	
Great Lake's® Beef	Tragacanth Gum	
Guar Gum	Vegetable broth	
Hops	Vegetable Oil	
Julian Bakery Paleo	Vegetable Shortening	