

Vegetables

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

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

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremini/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
Onion, Green	Pimento	Spirulina
Onion, Maui	Potato, Fingerling	Squash
Onion, Red	Potato, Purple	Squash, Acorn
Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo

Tomato Paste (gluten &	Fruits	Elderberry
Tomato Sauce (gluten &	Acai	Fig
Tomato	Agar Gum	Goji Berry
Tomatoes, Big Beef	Apple (all types)	Golden Berry
Tomato, Cherry	Apple Cider	Gooseberry
Tomato, Heirloom	Apple Juice	Grape
Tomato, Orange	Apple Sauce	Grape, Green
Tomato, Red	Apricot	Grape, Purple
Tomato, Roma	Banana	Grape, Red
Tomato, Sun-dried	Bilberry	Grape, White
Tomato, Yellow	Blackberry	Grapefruit
Truffle	Blueberry	Grapefruit Juice
Turnip Greens	Boysenberry	Guava
Turnips	Cantaloupe	Huckleberry
Water Chestnut	Cherry	Jack fruit
Watercress	Clementine	Kiwi
Yams, Garnett	Cranberry	Kumquat
Yams, Japanese	Cranberry Juice	Lemon
Yucca	Currant	Lemon Juice
Zucchini	Date(s)	Lemon Rind/Peel
Alfalfa Sprouts	Dragon Fruit (Pitaya)	Lime
Psyllium Husk	Dried Fruit	Lime Juice

Litchi (aka Lychee)

Plantain

Almond, Marcona

Loganberry

Plum

Annatto Seed

Loquat

Pomegranate

Arrowroot Flour/powder

Mango

Pomelo

Brazil Nut

Mangosteen

Prune

Canola/Rapeseed Oil

Maqui

Quince

Caraway Seed

Melon, Honeydew

Raisin (unsulfured, organic)

Cashews

Monk Fruit

Raspberry

Cashew Butter

Mulberry

Star Fruit

Cashew Meal

Nectarines

Strawberry

Chestnut

Noni

Tamarind

Chia Seed (1/4 cup, max)

Orange

Tangelo

Coconut Butter

Orange, Blood

Tangerine

Coconut Oil

Orange Juice

Watermelon

Coconut, shredded (raw,

Orange Peel/Rind

Wolfberry

Cola Nut (aka Kola Nut)

Papaya

Youngberry

Corn Oil

Passion Fruit

Cottonseed/Cottonseed Oil

Peach

Nuts, Seeds, & Oils

Flax Meal

Pear

Almond Butter (Artisana®)

Flax Oil

Pear, Asian

Almond Flavor natural, gluten free)

Flax Seed

Persimmons

Almond Flour (gluten free)

Grapeseed Oil, Organic

Pineapple

Almond Meal (gluten free)

Hazelnut Flour

		Legumes & Pulses
Hazelnut/Filbert	Safflower/Safflower Seed Oil	Bean, Azuki
Hemp Meal	Sacha Inchi Seeds	Bean, Black
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Butter
Hemp Seed	Sesame Seeds	Bean, Cannellini
Hydrogenated Oils	Sesame Seeds, Black	Bean, Chana Dahl
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Chili
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Green
Olive Leaf Extract	Sunflower Seed Oil	Bean, Italian
Olive Oil, Virgin	Sunflower Seeds	Bean, Kidney
Palm Kernel Oil	Tahini	Bean, Lima
Pecan	Tea, Ramon	Bean, Mung
Pecan Flour	Tiger Nuts	Bean, Navy/Ninja
Pepitas	Vegetable Oil	Bean, Pinto/Frijole
Pili Nuts	Vegetable Shortening (Spectrum®)	Bean, Red (see also Bean, Kidney)
Pine Nut	Walnut (few)	Chickpea (see also Garbanzo)
Pistachios	Walnut Oil	Edamame (must be organic)
Poppy seeds	Walnut, Black (few)	Fava Bean
Pumpkin Oil	Almond	Fava Bean Flour
Pumpkin Seed Oil	Psyllium Husk	Garbanzo Bean
Pumpkin Seeds		Garbanzo Flour
Ramon Seeds		Lentil(s)
Rice, Wild (Lundberg® - not the		Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

Fish & Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach & feta

Applegate® organic sausage sweet

Applegate® organic smoked

Applegate® organic smoked turkey

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

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)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Non-Dairy & Eggs

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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)

Sriracha Sauce Organicville

Egg

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

Sweeteners

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

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

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	Herbs De Provence	Onion
Cream of Tartar	Hickory	Onion Powder
Cumin	Himalayan Salt	Orange Peel/Rind
Curcumin	Jamaican Jerk	Orange Salt
Curry (must be GF)	Juniper Berry	Oregano
Dandelion Root	Lavender	Paprika
Dill	Lemon Balm (Melissa Officinalis)	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds

Milk-Containing Foods

Sesame Seeds, Black	Applegate® organic spinach & feta	Cheese, Ricotta
Shallots	Butter, Raw and Pasture-raised	Cheese, Romano
Spearmint	Buttermilk	Cheese, Provolone
St. John's Wort	Casein	Cheese, Sheep
Taco Seasoning	Cheese, American	Cheese, String (Mozzarella)
Tamari (Wheat Free)	Cheese, Asiago	Cheese, Swiss
Tarragon	Cheese, Bleu	Chocolate, Milk
Thyme	Cheese, Brie	Chocolate, White
Tomatillo	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Turmeric	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Uva Ursi	Cheese, Cream	Goat Cheese
Valerian	Cheese, Goat	Goat Kefir
Vanilla (gluten and corn-free)	Cheese, Gorgonzola	Kefir, Raw
Vanilla Bean	Cheese, Gouda	Lactoalbumin
Vanilla Powder	Cheese, Havarti	Milk Chocolate
White Willow Bark Extract	Cheese, Machego	Milk, Cow
Wintergreen	Cheese, Mascapone	Milk, Goat
Rose Hips	Cheese, Mozzarella (Raw)	Milk, Sheep
	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey
	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)

Cheese, Feta

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

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 Almond

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)

Gluten-Containing

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

Corn-Derived Foods

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free & 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

Maltodextrin (Corn-based,

Sriracha Sauce Organicville

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Beverages & Protein

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee Bean, Organic

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/cafeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Miscellaneous

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylitew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

Great Lake's® Beef Gelatin

Tamari (Wheat Free)

Guar Gum

Tofu (Organic)

Hops

Tomato Paste (gluten &

Julian Bakery Paleo Wraps

Tomato Sauce (gluten &

Julian Bakery Almond Bread

Tagacanth Gum

Julian Bakery Coconut Bread

Vegetable broth (Imagine® Low

Konjac Glucomannon Flour

Vegetable Oil

Lard (pork)

Vegetable Shortening (Spectrum®)

Liquid Aminos (Braggs®)(has Soy)

Vinegar, Red Wine

Locust Bean Gum

Vinegar, Rice

Lycopene

Vinegar, White Wine

Malt

Xanthan Gum

Maltodextrin (Can be

Yeast, Baker's

Palm Wax

Yeast, Brewer's

Pycnogenol

Yeast, Nutritional

Red Chili Paste Thai Kitchen®

Latex

Red Tomato Paste (gluten free)

Formaldehyde

Resveratrol

Red Dye

Sherry Vinegar

Ispaghula/Psyllium

Silver

Acacia Gum

Skinny Crisps®(Plain Jane)

Tagacanth Gum