

| Vegetables                         | Bok Choy                             | Chard                         |
|------------------------------------|--------------------------------------|-------------------------------|
| Alfalfa Grass                      | Broccoli                             | Chayote                       |
| Alfalfa Sprouts                    | Broccoli Rabe                        | Chives                        |
| Aloe Vera                          | Broccoli Sprouts                     | Coconut (raw and unsweetened) |
| Artichoke (not pickled)            | Broccolini                           | Coconut Concentrate           |
| Artichoke, Jerusalem (not pickled) | Brussels Sprout                      | Collard Greens                |
| Arugula                            | Burdock                              | Corn (Gluten-free & Non-GMO)  |
| Asparagus                          | Cabbage, Chinese (see also Bok Choy) | Corn, Blue                    |
| Avocado                            | Cabbage, Green                       | Corn, White                   |
| Avocado Oil                        | Cabbage, Purple                      | Cucumber                      |
| Bamboo Shoot                       | Cactus (Nopales)                     | Daikon Radish                 |
| Barley Grass (can have gluten)     | Capers                               | Dandelion Greens              |
| Barley Greens (may contain gluten) | Capsicum                             | Dandelion Root                |
| Bean Sprout                        | Carrot Juice                         | Eggplant                      |
| Bean, Green                        | 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 and Yucca)      | Horseradish                   |
| Bell Pepper, Orange                | Cauliflower                          | Jicama                        |
| Bell Pepper, Red                   | Cauliflower, Purple                  | Kale, all types               |
| Bell Pepper, Yellow                | Celery                               | Kelp/Dulse                    |

|                                      |                              |                                  |
|--------------------------------------|------------------------------|----------------------------------|
| Kohlrabi                             | Pea, Black-Eyed              | Prickly Pear                     |
| Kombu                                | Pea, Green                   | Psyllium Husk                    |
| Leeks                                | Pea, Snap                    | Pumpkin                          |
| Lettuce, all types                   | Pea, Snow                    | Pumpkin Powder                   |
| Mushrooms                            | Pea, Split                   | Radicchio                        |
| Mushrooms, Button                    | Pepper, Anaheim              | Radish                           |
| Mushrooms, Cremini/Crimini           | Pepper, Chili                | Rainbow Chard                    |
| Mushrooms, Maitake                   | Pepper, Green                | Rhubarb                          |
| Mushrooms, Shiitake                  | Pepper, Habanero             | Rutabaga                         |
| Mustard Greens                       | Pepper, Jalapeño             | Sauerkraut (Bubbies® Brand only) |
| Nori                                 | Pepper, Poblano              | Scallions                        |
| Oat Grass (Not For Gluten Sensitive) | Pepper, Red                  | Sea Vegetables                   |
| Okra                                 | Pepper, Serrano              | Seaweed                          |
| Olives (without vinegar)             | Pickles, Bubbies® brand only | Shallots                         |
| 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 Protein                          | Potato, Yukon Gold           | Squash, Summer                   |

|                                      |                                      |                       |
|--------------------------------------|--------------------------------------|-----------------------|
| Squash, Winter                       | Watercress                           | Dragon Fruit (Pitaya) |
| Squash, Yellow                       | Wheat Grass (Is Gluten-contaminated) | Dried Fruit           |
| Sugar Beet                           | Yams, Garnett                        | Elderberry            |
| Sweet Potato, Red                    | Yams, Japanese                       | Fig                   |
| Sweet Potatoes, White                | Yucca                                | Goji Berry            |
| Swiss Chard                          | Zucchini                             | Golden Berry          |
| Tomatillo                            |                                      | Gooseberry            |
| Tomato                               | Fruits                               | Grape                 |
| Tomato Paste (gluten & Vinegar-free) | Acai                                 | Grape, Green          |
| Tomato Sauce (gluten & Vinegar-free) | Apple (all types)                    | Grape, Purple         |
| Tomato, Cherry                       | Apricot                              | Grape, Red            |
| Tomato, Heirloom                     | Bilberry                             | Grape, White          |
| Tomato, Orange                       | Blackberry                           | Grapefruit            |
| Tomato, Red                          | Blueberry                            | Grapefruit Juice      |
| Tomato, Roma                         | Boysenberry                          | Guava                 |
| Tomato, Sun-dried                    | Cantaloupe                           | Huckleberry           |
| Tomato, Yellow                       | Cherry                               | Jack fruit            |
| Tomatoes, Big Beef                   | Clementine                           | Kiwi                  |
| Truffle                              | Cranberry                            | Kumquat               |
| Turnip Greens                        | Cranberry Juice                      | Lemon                 |
| Turnips                              | Currant                              | Lemon Juice           |
| Water Chestnut                       | Dates                                | Lemon Rind/Peel       |

|                     |                              |                                      |
|---------------------|------------------------------|--------------------------------------|
| Lime                | Persimmons                   | Nuts, Seeds, Drupes & Oils           |
| Lime Juice          | Pineapple                    | Almond                               |
| Litchi (aka Lychee) | Plantain                     | Almond Butter (Artisana®)            |
| Loganberry          | Plum                         | Almond Flavor (natural, gluten free) |
| Loquat              | Pomegranate                  | Almond Flour (gluten free)           |
| Mango               | Pomelo                       | Almond Meal (gluten free)            |
| Mangosteen          | Prune                        | Almond, Marcona                      |
| Maqui               | Quince                       | Annatto Seed                         |
| Melon, Honeydew     | Raisin (unsulfured, organic) | Avocado Oil                          |
| Monk Fruit (Pure)   | Raspberry                    | Brazil Nut                           |
| Mulberry            | Star Fruit                   | Canola/Rapeseed Oil                  |
| Nectarines          | Strawberry                   | Caraway Seed                         |
| Noni                | Tamarind                     | Cashew Butter                        |
| Orange              | Tangelo                      | Cashew Meal                          |
| Orange Juice        | Tangerine                    | Cashews                              |
| Orange Peel/Rind    | Watermelon                   | Chestnut                             |
| Orange, Blood       | Wolfberry                    | Chia Seed (1/4 cup, max)             |
| Papaya              | Youngberry                   | Coconut Butter                       |
| Passion Fruit       |                              | Coconut Oil                          |
| Peach               |                              | Coconut, shredded (raw, unsweetened) |
| Pear                |                              | Cola Nut (aka Kola Nut)              |
| Pear, Asian         |                              | Corn Oil                             |

|                           |  |                             |
|---------------------------|--|-----------------------------|
| Cottonseed/Cottonseed Oil | Poppy seeds                            | Walnuts                     |
| Flax Meal                 | Psyllium Husk                          | Walnuts, Black              |
| Flax Oil                  | Pumpkin Oil                            |                             |
| Flax Seed                 | Pumpkin Seed Oil                       | <b>Fish &amp; Shellfish</b> |
| Grapeseed Oil, Organic    | Pumpkin Seeds                          | Anchovy                     |
| Hazelnut Flour            | Ramon Seeds                            | Bass                        |
| Hazelnut/Filbert          | Rice, Wild (Lundberg® - not the blend) | Catfish                     |
| Hemp Meal                 | Sacha Inchi Seeds                      | Chilean Sea Bass            |
| Hemp Protein (Powder)     | Safflower/Safflower Seed Oil           | Clam                        |
| Hemp Seed                 | Sesame Seed Oil                        | Cod/ Cod Liver Oil          |
| Hydrogenated Oils         | Sesame Seeds                           | Corvina                     |
| Macadamia Nut Oil         | Sesame Seeds, Black                    | Crab                        |
| Macadamia Nuts            | Sunflower Seed Butter                  | Crab, Immitation            |
| Olive Leaf Extract        | Sunflower Seed Lecithin                | Crayfish                    |
| Olive Oil, Virgin         | Sunflower Seed Oil                     | Flounder                    |
| Palm Kernel Oil           | Sunflower Seeds                        | Haddock                     |
| Pecan Flour               | Tahini                                 | Hake                        |
| Pecans                    | Tea, Ramon                             | Halibut                     |
| Pepitas                   | Tiger Nuts                             | Herring                     |
| Pili Nuts                 | Vegetable Oil                          | Lobster                     |
| Pine Nut                  | Vegetable Shortening (Spectrum®)       | Mackerel                    |
| Pistachios                | Walnut Oil                             | Mahi Mahi                   |

|                            |   |  |
|----------------------------|---|--|
| Mussel                     | Meat & Poultry                            | Collagen Protein (Powder)                      |
| Octopus                    | Applegate® organic andouille sausage      | Deer (see also Venison)                        |
| Orange Roughy              | Applegate® organic bacon                  | Duck   |
| Oyster                     | Applegate® organic black forest ham       | Goat, Grass-fed only (organic)                 |
| Perch                      | Applegate® organic chicken                | Great Lake's® Beef Gelatin                     |
| Red Snapper                | Applegate® organic chicken/apple sausage  | Lamb   |
| Salmon, wild (fresh)       | Applegate® organic ham                    | Lard (pork)                                    |
| Sardines                   | Applegate® organic herb roasted turkey    | Ostrich  |
| Scallop                    | Applegate® organic hot dogs               | Pheasant                                       |
| Shrimp                     | Applegate® organic red pepper sausage     | Pork, (organic)                                |
| Sole                       | Applegate® organic roast beef             | Quail  |
| Squid                      | Applegate® organic sausage sweet italian  | Rabbit   |
| Swai                       | Applegate® organic smoked chicken breast  | Turkey (organic)                               |
| Swordfish                  | Applegate® organic smoked turkey breast   | Veal (organic)                                 |
| Tilapia (Wild, Non-farmed) | Applegate® organic spinach & feta sausage | Venison (see also Deer)                        |
| Trout                      | Applegate® organic turkey                 |  |
| Tuna                       | Applegate® organic turkey bacon           | Non-Dairy & Eggs                               |
| Walleye Pike               | Beef, Grass-fed only (organic)            | Almond Milk, unsweetened (no tapioca)          |
| Whitefish/Turbot           | Bison (see also Buffalo)                  | Almond Yogurt, unsweetened                     |
|                            | Buffalo (see also Bison)                  | BodyPro Avocado Oil Mayonnaise                 |
|                            | Chicken Broth (Imagine® gf/low sodium)    | Cheese, Daiya (Coconut, Tapioca, yeast, &....) |
|                            | Chicken, free range (organic)             | Cheese, Soy (Organic) (see Soy)                |

|  |   |   |
|--|---|---|
| Coconut Kefir (No Tapioca, Carageenan)                 | Earth Balance® Avocado Oil Butter Spread        | Vinegar, Rice                           |
| Coconut Milk(Native Forest or Natural Value)           | Earth Balance® Coconut Spread                   | Vinegar, White                          |
| Egg, Pasture-raised (from a farmer)                    | Harissa   | Vinegar, White Wine                     |
| Egg, Vital Farms® or Pasture Verde®                    | Horseradish Sauce, Gluten-free (Annie's®)       | Worcestershire Sauce (The Wizard's® GF) |
| Egg, Whites, Pasture-raised                            | Hummus  |   |
| Egg, Yolks Pasture-raised                              | Ketchup (Organicville)                          | Sweeteners                              |
| Milk, Soy (Organic)                                    | Liquid Smoke (can have gluten)                  | Agave Nectar                            |
| Paleo Cheese (Julianbakery.com or Amazon.com)          | Liquid Smoke gluten free (natural)              | Aspartame                               |
| Condiments   | Mayonnaise                                      | BodyPro Almond Mayo Grade A Maple Syrup |
| Apple Cider Vinegar (Bragg's®)                         | Mayonnaise, Primal Kitchen Avocado Oil          | Brown Rice Syrup (contains MSG/Gluten)  |
| Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)      | Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Cane Syrup                              |
| Balsamic Vinegar (with Red Wine Vinegar)               | Mustard, Brown (Eden® gf mustard)               | Chocolate, Dark                         |
| Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | Sauerkraut (Bubbies® Brand only)                | Chocolate, Milk                         |
| Barbeque Sauce, GF Annie's® Sweet & Spicy              | Sriracha Sauce Organicville gluten-free         | Chocolate, White                        |
| BodyPro Almond Mayo Grade A Maple Syrup                | Tabasco Sauce                                   | Coconut Palm Sugar                      |
| BodyPro Almond Mayo with Yacon Syrup                   | Ume Plum Vinegar                                | Coconut Sugar                           |
| BodyPro Avocado Oil Mayonnaise                         | Veganise Soy-free (Follow Your Heart®)          | Date Sugar                              |
| Carob  | Vinegar   | Erythritol (non-GMO)                    |
| Coconut Vinegar (Coconut Secret)                       | Vinegar, Beet                                   | Fructose                                |
| Dressing, Primal Kitchen Greek Avocado Oil             | Vinegar, Distilled                              | Fruit Pectin                            |
| Dressing, Primal Kitchen Honey Mustard                 | Vinegar, Malt                                   | Honey, (Organic)                        |
|  | Vinegar, Red Wine                               | Honey, Manuka                           |

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,  
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

## Herbs &amp; 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)              | Mustard (as a Powder)                       | Rose Hips                      |
| Goldenseal                       | Mustard Seeds (gluten free)                 | Rosemary                       |
| Grapefruit Seed Extract          | Nutmeg                                      | Saffron                        |
| Grapeseed Extract                | Olive Leaf Extract                          | Sage                           |
| Guarana                          | Onion                                       | Saw Plametto                   |
| Gymnema Silvestre                | Onion Powder                                | Sesame Seeds                   |
| Herbs De Provence                | Orange Peel/Rind                            | Sesame Seeds, Black            |
| Hickory                          | Orange Salt                                 | Shallots                       |
| Himalayan Salt                   | Oregano                                     | Spearmint                      |
| Jamaican Jerk                    | Paprika                                     | St. John's Wort                |
| Juniper Berry                    | Paprika (smoked)                            | Sumac                          |
| Lavender                         | Parsley                                     | Taco Seasoning                 |
| Lemon Balm (Melissa Officinalis) | Pepper, Black (see Garlic/Lemon Pepper)     | Tamari (Wheat Free)            |
| Lemon Pepper                     | Pepper, Cayenne                             | Tarragon                       |
| Lemongrass                       | Pepper, Red                                 | Thyme                          |
| Licorice Root                    | Pepper, Sichuan                             | Tomatillo                      |
| Maca Root                        | Pepper, Szechuan                            | Turmeric                       |
| Mace Spice                       | Pepper/Peppercorns                          | Uva Ursi                       |
| Marjoram                         | Peppermint                                  | Valerian                       |
| Mesquite                         | Pine Bark Extract                           | Vanilla (gluten and corn-free) |
| Milk Thistle                     | Red Chili Paste Thai Kitchen® (gluten free) | Vanilla Bean                   |
| Mint                             | Red Pepper Flake                            | Vanilla Powder                 |

|   |                                |                                   |
|---|--------------------------------|-----------------------------------|
| White Willow Bark Extract                 | Cheese, Marscapone             | Milk, Goat                        |
| Wintergreen                               | Cheese, Mozzarella (Raw)       | Milk, Sheep                       |
| Wormwood                                  | Cheese, Muenster               | Mozzarella Cheese                 |
|   | Cheese, Parmesan               | Sour Cream, Raw and Unpasteurized |
| <b>Milk-Containing Foods</b>              | Cheese, Pecorino               | Whey                              |
| Applegate® organic spinach & feta sausage | Cheese, Provolone              | Yogurt (See Xanthan Gum)          |
| Butter, Raw and Pasture-raised            | Cheese, Raw and Pasture-raised |                                   |
| Buttermilk                                | Cheese, Ricotta                | <b>Legumes &amp; Pulses</b>       |
| Casein                                    | Cheese, Romano                 | Bean, Azuki                       |
| Cheese, American                          | Cheese, Sheep                  | Bean, Black                       |
| Cheese, Asiago                            | Cheese, String (Mozzarella)    | Bean, Butter                      |
| Cheese, Bleu                              | Cheese, Swiss                  | Bean, Cannellini                  |
| Cheese, Brie                              | Chocolate, Milk                | Bean, Chana Dahl                  |
| Cheese, Cheddar (Raw)                     | Chocolate, White               | Bean, Chili                       |
| Cheese, Cottage                           | Cream, Raw and Unpasteurized   | Bean, Green                       |
| Cheese, Cream                             | Ghee (Pasture-Raised, Organic) | Bean, Italian                     |
| Cheese, Feta                              | Goat Cheese                    | Bean, Kidney                      |
| Cheese, Goat                              | Goat Kefir                     | Bean, Lima                        |
| Cheese, Gorgonzola                        | Kefir, Raw                     | Bean, Mung                        |
| Cheese, Gouda                             | Lactoalbumin                   | Bean, Navy                        |
| Cheese, Havarti                           | Milk Chocolate                 | Bean, Ninja                       |
| Cheese, Machego                           | Milk, Cow                      | Bean, Pinto/Frijole               |

|                                     |                                     |   |
|-------------------------------------|-------------------------------------|---|
| Bean, Red                           | Vanilla Powder                      | Hazelnut Flour                            |
| Bean, White                         |                                     | Hemp Meal                                 |
| Chickpea (see also Garbanzo Bean)   | Gluten-Free Grains                  | Hemp Protein (Powder)                     |
| Coffee Bean, Organic                | Almond Flour (gluten free)          | Hemp Seed                                 |
| Edamame (must be organic)           | Amaranth                            | Konjac Glucomannon Flour                  |
| Fava Bean                           | Arrowroot Flour/powder              | Millet                                    |
| Fava Bean Flour                     | Basmati Rice (gluten free)          | Oats (Bob's Red Mill Gluten Free Version) |
| Garbanzo Bean                       | Buckwheat                           | Oats (Certified GF)                       |
| Garbanzo Flour                      | Buckwheat Flour                     | Potato Flour (gluten free)                |
| Kidney Bean                         | Chicory Root                        | Potato Starch (gluten free)               |
| Lentil(s)                           | Coconut Flour (gluten free)         | ProGranola (Julian Bakery)                |
| Miso                                | Coconut Meal (gluten free)          | Quinoa (gluten free)                      |
| Pea, Snap                           | Corn (Gluten-free & Non-GMO)        | Quinoa, Black (gluten free)               |
| Pea, Snow                           | Corn Meal (gluten free)             | Quinoa, Red (gluten free)                 |
| Pea, Split                          | Corn Starch (gluten free)           | Rice Bran                                 |
| Peanut (Organic, Valencia)          | Corn, Blue                          | Rice Flour (gluten free)                  |
| Peanut Butter (Organic, Maranatha®) | Corn, White                         | Rice Protein Powder (gluten free)         |
| Peanut Oil (Organic)                | Ener-G Brown Rice Yeast-Free Bread  | Rice, Basmati (gluten free)               |
| Red Bean Paste                      | Fava Bean Flour                     | Rice, Black (gluten free)                 |
| Soy Beans (must be organic)         | Flax Meal                           | Rice, Brown (gluten free)                 |
| Soy Beans Oil (must be organic)     | Garbanzo Flour                      | Rice, Japonica (gluten free)              |
| Vanilla Bean                        | Glucomannon Flour (konjacfoods.com) | Rice, Purple (gluten free)                |

|   |  |  |
|---|--|--|
| Rice, Red (gluten free)                         | <b>Gluten-Containing Foods</b>         | Maltitol                                 |
| Rice, White (gluten free)                       | Barley                                 | Maltodextrin (Barley-derived)            |
| Rice, Wild (Lundberg® - not the blend)          | Barley Grass (can have gluten)         | Modified Food Starch                     |
| Simple Mills - Everything Sprouted Seed Cracker | Barley Greens (may contain gluten)     | Oat Grass (Not For Gluten Sensitive)     |
| Simple Mills Ground Sea Salt Almond Crackers    | Barley Juice (may contain gluten)      | Oats                                     |
| Simple Mills Rosemary & Sea Salt Crackers       | <b>Beer</b>                            | Oats, GF (not Certified) can have gluten |
| Simple Mills Tomato & Basil Almond Crackers     | Bran                                   | Orzo                                     |
| Sorghum   | <b>Bread</b>                           | Panko                                    |
| Sweet Potato Flour (gluten free)                | Brown Rice Syrup (contains MSG/Gluten) | Polish Wheat                             |
| Tapioca   | Caramel Coloring                       | Rye                                      |
| Tapioca Flour (gluten free)                     | <b>Cheese, Bleu</b>                    | Semolina                                 |
| Tapioca Starch (gluten free)                    | Chewing Gum (has gluten and corn)      | <b>Soy Sauce</b>                         |
| Teff  | Coffee, Instant (has gluten)           | Spelt                                    |
| Tolerant Green Lentil & Pea Pasta               | Couscous                               | <b>Teechino</b>                          |
| Tolerant Red or Green Lentil Pasta              | Crab, Immitation                       | <b>Teriyaki Sauce</b>                    |
| Tortilla, Siete Almond                          | Durum Wheat                            | Triticale                                |
| Tortilla, Siete Cassava & Coconut               | Farro                                  | <b>Vinegar</b>                           |
| <b>Tortilla, Siete Chia &amp; Cassava</b>       | Gluten                                 | <b>Vinegar, Malt</b>                     |
|   | Graham (wheat)                         | <b>Vinegar, White</b>                    |
|   | Kamut                                  | Wheat (All Types)                        |
|   | Liquid Smoke (can have gluten)         | Wheat Grass (Is Gluten-contaminated)     |
|   | Malt                                   |  |

**Corn-Derived Foods**Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

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

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

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, Hibiscus

Tea, Komboucha

Tea, Oolong

|                                     |   |   |
|-------------------------------------|---|---|
| Tea, Ramon                          | Bone Broth, Beef                          | Julian Bakery Almond Bread                  |
| Tea, Roobios                        | Carrageenan Gum                           | Julian Bakery Coconut Bread                 |
| Tea, Unflavored                     | Chewing Gum (has gluten and corn)         | Julian Bakery Paleo Wraps                   |
| Tea, White                          | Chewing Gum, Xylitol®                     | Konjac Glucomannan Flour                    |
| Teechino                            | Chicken Broth (Imagine® gf/low sodium)    | Lard (pork)                                 |
| Water                               | Chicory Root                              | Latex                                       |
| Whey                                | Cocoa Butter                              | Liquid Aminos (Bragg's®)(has Soy)           |
| Wine, Red                           | Cocoa/Cacao (raw, pure, & unsweetened)    | Locust Bean Gum                             |
| Wine, White (Champagne)             | Coconut Aminos®                           | Lycopene                                    |
| Yerba Mate Tea (Organic/Pure)       | Coconut Cream                             | Malt  |
| Zevia Drinks                        | Collagen Protein (Powder)                 | Maltodextrin (Barley-derived)               |
|                                     | Formaldehyde                              | Modified Food Starch                        |
| Miscellaneous                       | Garam Masala                              | Modified Food Starch (Tapioca-based)        |
| Acacia Gum                          | GemWraps®, Sandwich Wrap (Carrot)         | Palm Wax                                    |
| Agar Gum                            | GemWraps®, Sandwich Wrap (Kale-Apple)     | Pycnogenol                                  |
| Antimony                            | GemWraps®, Sandwich Wrap (Mango/Chipotle) | Red Chili Paste Thai Kitchen® (gluten free) |
| Arabic Gum                          | GemWraps®, Sandwich Wrap (Tomato)         | Red Food Dye                                |
| Baking Powder                       | Glucomannan Flour (konjacfoods.com)       | Red Tomato Paste (gluten free)              |
| Baking Soda (Arm & Hammer®)         | Great Lake's® Beef Gelatin                | Resveratrol                                 |
| Banana                              | Guar Gum                                  | Rice Starch (if certified gluten free)      |
| Beef broth (Imagine® low sodium/GF) | Hops                                      | Sherry Vinegar                              |
| Blue Food Dye                       | Inulin                                    | Silver                                      |

Skinny Crisps® (Plain Jane)

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &  
Vinegar-free)

Tomato Sauce (gluten &  
Vinegar-free)

Tragacanth Gum

Vegetable broth (Imagine® Low  
Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies