

## 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

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and

Coconut Concentrate

Collard Greens

Corn (Gluten-free &amp;

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	Rainbow Chard
Mushrooms,	Pepper, Green	Rhubarb
Mushrooms, Maitake	Pepper, Habanero	Rutabaga
Mushrooms, Shiitake	Pepper, Jalapeño	Sauerkraut (Bubbies®)
Mustard Greens	Pepper, Poblano	Scallions
Nori	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies®	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, 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

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

Litchi (aka Lychee)

Plantain

Annatto Seed

Loganberry

Plum

Arrowroot Flour/powder

Loquat

Pomegranate

Brazil Nut

Mango

Pomelo

Canola/Rapeseed Oil

Mangosteen

Prune

Caraway Seed

Maqui

Quince

Cashews

Melon, Honeydew

Raisin (unsulfured,

Cashew Butter

Monk Fruit

Raspberry

Cashew Meal

Mulberry

Star Fruit

Chestnut

Nectarines

Strawberry

Chia Seed (1/4 cup,

Noni

Tamarind

Coconut Butter

Orange

Tangelo

Coconut Oil

Orange, Blood

Tangerine

Coconut, shredded

Orange Juice

Watermelon

Cola Nut (aka Kola Nut)

Orange Peel/Rind

Wolfberry

Corn Oil

Papaya

Youngberry

Cottonseed/Cottonseed

Passion Fruit

**Nuts, Seeds, & Oils**

Flax Meal

Peach

Almond Butter

Flax Oil

Pear

Almond Flavor natural,

Flax Seed

Pear, Asian

Almond Flour (gluten

Grapeseed Oil, Organic

Persimmons

Almond Meal (gluten

Hazelnut Flour

Pineapple

Almond, Marcona

Hazelnut/Filbert

Hemp Meal	Safflower/Safflower	Bean, Cannellini
Hemp Protein (Powder)	Sacha Inchi Seeds	Bean, Chana Dahl
Hemp Seed	Sesame Seed Oil	Bean, Chili
Hydrogenated Oils	Sesame Seeds	Bean, Green
Macadamia Nut Oil	Sesame Seeds, Black	Bean, Italian
Macadamia Nuts	Sunflower Seed Butter	Bean, Kidney
Olive Leaf Extract	Sunflower Seed	Bean, Lima
Olive Oil, Virgin	Sunflower Seed Oil	Bean, Mung
Palm Kernel Oil	Sunflower Seeds	Bean, Navy/Ninja
Pecan	Tahini	Bean, Pinto/Frijole
Pecan Flour	Tea, Ramon	Bean, Red (see also
Pepitas	Tiger Nuts	Chickpea (see also
Pili Nuts	Vegetable Oil	Edamame (must be
Pine Nut	Vegetable Shortening	Fava Bean
Pistachios	Walnut (few)	Fava Bean Flour
Poppy seeds	Walnut Oil	Garbanzo Bean
Psyllium Husk	Walnut, Black (few)	Garbanzo Flour
Pumpkin Oil	Almond	Lentil(s)
Pumpkin Seed Oil	Legumes & Pulses	Miso
Pumpkin Seeds	Bean, Azuki	Pea, Snap
Ramon Seeds	Bean, Black	Pea, Snow
Rice, Wild (Lundberg® -	Bean, Butter	Pea, Split

Peanut (Organic,

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be

Soy Beans Oil (must be

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

Applegate® organic

Applegate® organic

Applegate® organic

Applegate® organic herb

Applegate® organic hot

Applegate® organic

Applegate® organic

Applegate® organic

Applegate® organic red

Applegate® organic

Applegate® organic

Applegate® organic

Applegate® organic

Applegate® organic turke

Applegate® organic turke

Beef, Grass-fed only

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth

Chicken, free range

Deer (see also Venison)

Duck

Goat, Grass-fed only

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk,

Almond Yogurt,

BodyPro Avocado Oil

Cheese, Daiya (Coconut,T

Cheese, Soy (Organic)

Coconut Kefir (No

Coconut Milk(Native

Egg, Pasture-raised

Egg, Vital Farms® or

Egg, Whites,

Egg, Yolks

Milk, Soy (Organic)

Sriracha Sauce

Egg

**Condiments**

Apple Cider Vinegar

Balsamic Vinegar MiaBella

Balsamic Vinegar (with

Balsamic Vinegar

Barbeque Sauce, GF

BodyPro Almond Mayo

BodyPro Almond Mayo

BodyPro Avocado Oil

Carob

Coconut Vinegar

Dressing, Primal Kitchen

Dressing, Primal Kitchen

Earth Balance®

Earth Balance® Avocado

Horseradish Sauce,

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal

Mayonnaise, Primal

Mustard, Brown (Eden®)

Sauerkraut (Bubbies®)

Sriracha Sauce

Ume Plum Vinegar

Veganise Soy-free

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce

**Sweeteners**

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo

BodyPro Almond Mayo

Brown Rice Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin

Maple Sugar

Maple Syrup (Grade A

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor natural,

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	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)
Lemon Balm (Melissa	Paprika (smoked)	Tarragon
Lemon Pepper	Parsley	Thyme

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
<b>Milk-Containing Foods</b>	Cheese, Raw and	Yogurt (See Xanthan
Applegate® organic	Cheese, Ricotta	Cheese, Feta
Butter, Raw and	Cheese, Romano	<b>Gluten-Free Grains</b>
Buttermilk	Cheese, Provolone	Almond Flour (gluten
Casein	Cheese, Sheep	Amaranth
Cheese, American	Cheese, String	Arrowroot Flour/powder
Cheese, Asiago	Cheese, Swiss	Basmati Rice (gluten free)
Cheese, Bleu	Chocolate, Milk	Buckwheat
Cheese, Brie	Chocolate, White	Buckwheat Flour
Cheese, Cheddar	Cream, Raw and	Chicory Root
Cheese, Cottage	Ghee (Pasture-Raised,	Coconut Flour (gluten
Cheese, Cream	Goat Cheese	Coconut Meal (gluten

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

**Graham (wheat)**

Kamut

Liquid Smoke (can

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

Cheese, Cream

Cheese, Daiya (Coconut,T

Cheese, Soy (Organic)

Chewing Gum (has

Corn (Gluten-free &amp;

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten

Erythritol (non-GMO)

Fructose

GemWraps®®, Sandwich

Maltodextrin

Sriracha Sauce

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan

**Beverages & Protein**

Almond Milk,

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No

Coconut Milk(Native

Coconut Water (low

Coffee Bean, Organic

Coffee

Coffee, Instant (has

Collagen Protein

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

Soy Milk/Soy Cheese

Soy Protein (Organic)

Sparkling Water,

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea,

Tea, White

**Teechino**

Water

**Wine, Red****Wine, White**

Yerba Matte Tea

**Miscellaneous**

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp;

**Beef broth (Imagine®)**

Carrageenan Gum

Chewing Gum (has

Chewing Gum,

Chicken Broth

Chicory Root

Cocoa/Cacao (raw,

Coconut Aminos®

Coconut Cream

Collagen Protein

Garam Masala

GemWraps®, Sandwich

GemWraps®, Sandwich

GemWraps®, Sandwich

GemWraps®, Sandwich

Glucomannon Flour

Great Lake's® Beef

Guar Gum

Hops

Julian Bakery Paleo

**Julian Bakery Almond**

Julian Bakery Coconut

Konjac Glucomannon

Lard (pork)

Liquid Aminos

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Can be

Palm Wax

Pycnogenol

Red Chili Paste Thai

Red Tomato Paste

Resveratrol

**Sherry Vinegar**

Silver

**Skinny Crisps®(Plain**

Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tragacanth Gum

Vegetable broth

Vegetable Oil

Vegetable Shortening

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Ispaghula/Psyllium

Acacia Gum