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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

| | | |
|------------------------------------|--------------------------------------|-------------------------------|
| Alfalfa Grass | Broccoli | Chives |
| Alfalfa Sprouts | Broccolini | Coconut (raw and unsweetened) |
| Aloe Vera | Broccoli Rabe | Coconut Concentrate |
| Artichoke (not pickled) | Broccoli Sprouts | Collard Greens |
| Artichoke, Jerusalem (not pickled) | Brussels Sprout | Comfrey |
| Arugula | Burdock | Cucumber |
| Asparagus | Cabbage, Chinese (see also Bok Choy) | Daikon Radish |
| Avocado | Cabbage, Green | Dandelion Greens |
| Bamboo Shoot | Cabbage, Purple | Dandelion Root |
| Barley Grass (can have gluten) | Cactus (Nopales) | Eggplant |
| Barley Greens (may contain gluten) | Capers | Endive |
| Bean, Green | Capsicum | Fennel |
| Bean Sprout | Carrot, Orange | Garlic |
| Beet | Carrot, Purple | Ginger |
| Beet Greens | Carrot, White | Hearts of Palm |
| Bell Pepper | Carrot, Yellow | Horseradish |
| Bell Pepper, Green | Carrot Juice | Jicama |
| Bell Pepper, Orange | Cassava (see Tapioca and Yucca) | Kale, all types |
| Bell Pepper, Red | Cauliflower | Kelp/Dulse |
| Bell Pepper, Yellow | Cauliflower, Purple | Kohlrabi |
| Bitter Melon | Celery | Kombu |
| Bok Choy | Chard | Leeks |
| | Chayote | Lettuce, all types |

| | | |
|--------------------------------------|------------------------------|----------------------------------|
| Mushrooms | Pea Protein | Pumpkin Powder |
| Mushrooms, Button | Pepper, Anaheim | Radicchio |
| Mushrooms, Cremini/Crimini | Pepper, Cayenne | Radish |
| Mushrooms, Maitake | Pepper, Chili | Rainbow Chard |
| Mushrooms, Shiitake | Pepper, Green | Red Pepper Flake |
| Mustard Greens | Pepper, Habanero | Rhubarb |
| Nori | Pepper, Jalapeño | Rutabaga |
| Oat Grass (Not For Gluten Sensitive) | Pepper, Poblano | Sauerkraut (Bubbies® Brand only) |
| Okra | Pepper, Red | Scallions |
| Olives (without vinegar) | Pepper, Serrano | Sea Vegetables |
| Onion, Green | Pepper, Tabasco | Seaweed |
| Onion, Maui | Pickles, Bubbies® brand only | Shallots |
| Onion, Red | Pimento | Spinach |
| Onion, Sweet | Potato, Fingerling | Spirulina |
| Onion, Yellow | Potato, Purple | Squash |
| Paprika | Potato, Red | Squash, Acorn |
| Parsley | Potato, Russet | Squash, Butternut |
| Parsnip | Potato, Sweet | Squash, Green |
| Pea, Black-Eyed | Potato, White | Squash, Spaghetti |
| Pea, Green | Potato, Yukon Gold | Squash, Summer |
| Pea, Snap | Prickly Pear | Squash, Winter |
| Pea, Snow | Psyllium Husk | Squash, Yellow |
| Pea, Split | Pumpkin | Sugar Beet |

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

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Rambutan

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

| | | |
|---------------------------------------|--------------------------------------|-----------------------|
| Garbanzo Bean | Avocado Oil | Hazelnut Flour |
| Garbanzo Flour | Borage Seed Oil | Hemp Meal |
| Kidney Bean | Brazil Nut | Hemp Protein (Powder) |
| Lentil(s) | Canola/Rapeseed Oil | Hemp Seed |
| Miso | Canola Oil, Non-GMO | Krill Oil |
| Pea, Snap | Caraway Seed | Lard/Tallow (pork) |
| Pea, Snow | Cashew Butter | Macadamia Nut Oil |
| Pea, Split | Cashew Meal | Macadamia Nuts |
| Peanut (Organic, Valencia) | Cashews | MCT Oil |
| Peanut Butter (Organic, Maranatha®) | Chestnut | Olive Leaf Extract |
| Red Bean Paste | Chia Seed (1/4 cup, max) | Olive Oil, Virgin |
| Soybean oil(must be organic) | Coconut, shredded (raw, unsweetened) | Palm Kernel Oil |
| Soy Beans (must be organic) | Coconut Butter | Peanut Oil (Organic) |
| Vanilla Bean | Coconut Oil | Pecan Flour |
| Nuts, Seeds, Drupes & Oils | | |
| Almond | Cola Nut (aka Kola Nut) | Pecans |
| Almond, Marcona | Cottonseed/Cottonseed Oil | Pepitas |
| Almond Butter (Artisana®) | Duck Fat | Pili Nuts |
| Almond Flavor (natural, gluten free) | Fenugreek Seed | Pine Nut |
| Almond Flour (gluten free) | Flax Meal | Pistachios |
| Almond Meal (gluten free) | Flax Oil | Poppy seeds |
| Almond Oil | Flax Seed | Psyllium Husk |
| Annatto Seed | Grapeseed Oil, Organic | Pumpkin Oil |
| | Hazelnut/Filbert | Pumpkin Seed Oil |

| | | |
|--|--------------------------------------|--------------------|
| Pumpkin Seeds | Herbs & Spices | Cinnamon, Ceylon |
| Ramon Seeds | | Clove Powder |
| Rice, Wild (Lundberg® - not the blend) | Allspice | Cloves, Madagascar |
| Rice Bran Oil | Almond Flavor (natural, gluten free) | Cloves, Penang |
| Sacha Inchi Seeds | Anise | Comfrey |
| Safflower/Safflower Seed Oil | Ashwaganda | Cramp Bark Extract |
| Sesame Seed Oil | Astragalus | Cream of Tartar |
| Sesame Seeds | Basil | Cumin |
| Sesame Seeds, Black | Bay Leaf | Curcumin |
| Sunflower Seed Butter | Bell Pepper, Red | Curry (must be GF) |
| Sunflower Seed Flour | Black Cohosh | Dandelion Root |
| Sunflower Seed Lecithin | Capsicum | Dill |
| Sunflower Seed Oil | Caramel Coloring | Dong Quai |
| Sunflower Seeds | Caraway Seed | Echinacea |
| Tahini | Cardamom | Fennel |
| Tea, Ramon | Catnip | Fennel Seed |
| Tiger Nuts | Celery Powder | Garam Masala |
| Truffle Oil | Celery Seed | Garlic |
| Truffle Oil, Black | Chaparral | Garlic Pepper |
| Vegetable Shortening (Spectrum®) | Chervil | Garlic Powder |
| Walnut Oil | Chili Powder | Garlic Salt |
| Walnuts | Chipotle Seasoning | Ginger Powder |
| Walnuts, Black | Cilantro/Coriander | Ginkgo Biloba |
| | Cinnamon | |

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

Vanilla Bean

Lox

Vanilla Powder

Mackerel

White Willow Bark Extract

Mahi Mahi

Wintergreen

Mussel

Wormwood

Octopus

Fish & Shellfish

Orange Roughy

Anchovy

Oyster

Bass

Perch

Catfish

Red Snapper

Chilean Sea Bass

Salmon, wild (fresh)

Clam

Sardines

Cod/ Cod Liver Oil

Scallop

Corvina

Shrimp

Crab

Sole

Crab, Immitation

Squid

Crayfish

Swai

Flounder

Swordfish

Haddock

Tilapia (Wild, Non-farmed)

Hake

Trout

Halibut

Tuna

Herring

Walleye Pike

Krill

Whitefish/Turbot

Lobster

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

| | | |
|--------------------------------|--------------------------|-----------------------------------|
| Deer (see also Venison) | Cheese, Cottage | Goat Cheese |
| Duck | Cheese, Feta | Goat Kefir |
| Goat, Grass-fed only (organic) | Cheese, Goat | Kefir, Raw |
| Great Lake's® Beef Gelatin | Cheese, Gorgonzola | Lactic Acid (milk-derived) |
| Lamb | Cheese, Gouda | Lactoalbumin |
| Ostrich | Cheese, Havarti | Milk, Buffalo |
| Pheasant | Cheese, Machego | Milk, Cow |
| Pork, (organic) | Cheese, Marscapone | Milk, Goat |
| Quail | Cheese, Mozzarella (Raw) | Milk, Sheep |
| Rabbit | Cheese, Muenster | Milk Chocolate |
| Turkey (organic) | Cheese, Parmesan | Mozzarella Cheese |
| Veal (organic) | Cheese, Pecorino | Sour Cream, Raw and Unpasteurized |
| Venison (see also Deer) | Cheese, Provolone | Whey |

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Julian Bakery Coconut Bread

Rice Flour (gluten free)

Paleo Cheese (Julianbakery.com or Amazon.com)

Konjac Glucomannon Flour

Rice Protein Powder (gluten free)

Gluten-Free Grains

Mikey's Original English Muffin

Simple Mills - Everything Sprouted Seed Cracker

Almond Flour (gluten free)

Mikey's Pizza crust

Simple Mills Cracked Black Pepper Almond Crackers

Amaranth

Mikey's Sliced Bread Loaf

Simple Mills Ground Sea Salt Almond Crackers

Arrowroot Flour/powder

Millet

Simple Mills Rosemary & Sea Salt Crackers

Avenin (Gluten-free)

Oats (Bob's Red Mill Gluten Free Version)

Simple Mills Tomato & Basil Almond Crackers

Basmati Rice (gluten free)

Oats (Certified GF)

Sorghum

Brown Rice Flour

Potato Flour (gluten free)

Sunflower Seed Flour

Buckwheat

Potato Starch (gluten free)

Sweet Potato Flour (gluten free)

Buckwheat Flour

ProGranola (Julian Bakery)

Tapioca

Coconut Flour (gluten free)

Quinoa (gluten free)

Tapioca Flour (gluten free)

Coconut Meal (gluten free)

Quinoa, Black (gluten free)

Tapioca Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Quinoa, Red (gluten free)

Teff

Fava Bean Flour

Rice, Basmati (gluten free)

Teff Flour

Flax Meal

Rice, Black (gluten free)

Tolerant Green Lentil & Pea Pasta

Garbanzo Flour

Rice, Brown (gluten free)

Tolerant Red or Green Lentil Pasta

Glucomannon Flour (konjacfoods.com)

Rice, Japonica (gluten free)

Tortilla, Siete Chia & Cassava

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)

Julian Bakery Almond Bread

Rice Bran

Gluten-Containing Foods

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Barley-derived)

Miso

Oats

Oats, GF (not Certified) can have gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is Gluten-contaminated)

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

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's®
Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

| | | |
|---|--|--|
| Horseradish Mustard, Gluten-free (Annie's®) | Tomato Sauce (gluten & Vinegar-free) | Coconut Sugar |
| Hummus | Ume Plum Vinegar | Date Sugar |
| Ketchup (Organicville) | Veganise Soy-free (Follow Your Heart®) | Fruit Pectin |
| Kosher Salt | Vegetable Shortening (Spectrum®) | Honey, (Organic) |
| Liquid Aminos (Braggs®)(has Soy) | Vinegar | Honey, Manuka |
| Liquid Smoke (can have gluten) | Vinegar, Beet | Honey, Wildflower from Mahava® |
| Liquid Smoke gluten free (natural) | Vinegar, Distilled | Jerusalem Artichoke Syrup |
| Mayonnaise | Vinegar, Malt | Just Like Sugar® |
| Mayonnaise, Primal Kitchen Avocado Oil | Vinegar, Red Wine | Lo Han |
| Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Vinegar, Rice | Malt |
| Mustard, Brown (Eden® gf mustard) | Vinegar, White | Maltodextrin (Barley-derived) |
| Olives (without vinegar) | Vinegar, White Wine | Maltodextrin (Tapioca-based) |
| Red Bean Paste | Sweeteners | Maple Sugar |
| Red Chili Paste Thai Kitchen® (gluten free) | | Maple Syrup (Grade A Dark Amber Organic) |
| Red Tomato Paste (gluten free) | | Molasses |
| Sauerkraut (Bubbies® Brand only) | | Monk Fruit (Pure) |
| Sherry Vinegar | | Monk Fruit Extract |
| Sour Cream, Raw and Unpasteurized | | Nutrasweet® |
| Soy Sauce | | Rebiana Leaf (Stevia) |
| Tabasco Sauce | | Sorbitol |
| Tamari (Wheat Free) | | Splenda |
| Teriyaki Sauce | | Sucanat |
| Tomato Paste (gluten & Vinegar-free) | Coconut Palm Sugar | Sucralose |

| | | |
|---|-----------------------------------|--------------------------------|
| Sugar Beet | Echinacea Tea | Tea, Black |
| Sugar Cane | Grapefruit Juice | Tea, Chamomile |
| Sweetleaf® Stevia | Great Lake's® Beef Gelatin | Tea, Chicory Root |
| Tapioca Dextrose | Green Tea | Tea, Green |
| Tapioca Syrup | Hemp Protein (Powder) | Tea, Hibiscus |
| Xyla (Birchwood Xylitol) | Komboucha Tea | Tea, Komboucha |
| Yacon Syrup | Lactoalbumin | Tea, Oolong |
| Beverages & Protein Powders | | |
| Almond Milk, unsweetened (no tapioca) | Lemon Juice | Tea, Ramon |
| Apple Cider | Licorice Tea | Tea, Roobios |
| Apple Juice | Lime Juice | Tea, Unflavored |
| Beer | Milk, Buffalo | Tea, White |
| Bone Broth Protein, Beef | Milk, Cow | Teechino |
| Carrot Juice | Milk, Goat | Vodka, Potato |
| Casein | Milk, Rice | Vodka, Rye or Grain |
| Cocoa | Milk, Sheep | Water |
| Coconut Kefir (No Tapioca, Carageenan) | Milk, Soy (Organic) | Whey |
| Coconut Milk (Native Forest or Natural Value) | Mineral Water | Wine, Red |
| Coconut Water (low sugar) | Orange Juice | Wine, White (Champagne) |
| Coffee (Brewed and Not Instant) | Pea Protein | Yerba Matte Tea (Organic/Pure) |
| Coffee, Instant (has gluten) | Rice Protein Powder (gluten free) | Zevia Drinks |
| Coffee Bean, Organic | Soy Milk/Soy Cheese (Organic) | |
| Collagen Protein (Powder) | Soy Protein (Organic) | |
| | Sparkling Water, unflavored | |

Miscellaneous

Antimony

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Great Lake's® Beef Gelatin

Hops

Julian Bakery Paleo Wraps

Latex

Lycopene

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Manny Woo

11/18/2017

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Cheese, Cream

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

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

Cheese, Soy (Organic) (see Soy)

Gluten-Free Grains

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Chewing Gum (has gluten and corn)

Maltitol

Modified Food Starch

Corn-Derived Foods

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap
(Carrot)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

Condiments, Spreads & Sauces

Daiya - Medium Cheddar Block

Sriracha Sauce Organicville
gluten-free

Worcestershire Sauce (The
Wizard's® GF)

Sweeteners

Corn Syrup

Erythritol (non-GMO)

Fructose

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Swerve® Sweetener

Xylitol

Beverages & Protein Powders

Vodka, Corn

Miscellaneous

Baking Powder

GemWraps®, Sandwich Wrap
(Carrot)

Modified Food Starch

Snacks

Chewing Gum (has gluten and corn)

Food Additives

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Xanthan Gum

These are the foods that have been removed from your diet

Food Additives

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Complete Comprehensive List

Vegetables

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

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|--------------------------------------|------------------------------|----------------------------------|
| Kelp/Dulse | Parsnip | Potato, Russet |
| Kohlrabi | Pea, Black-Eyed | Potato, Sweet |
| Kombu | Pea, Green | Potato, White |
| Leeks | Pea, Snap | Potato, Yukon Gold |
| Lettuce, all types | Pea, Snow | Prickly Pear |
| Mushrooms | Pea, Split | Psyllium Husk |
| Mushrooms, Button | Pea Protein | Pumpkin |
| Mushrooms, Cremini/Crimini | Pepper, Anaheim | Pumpkin Powder |
| Mushrooms, Maitake | Pepper, Cayenne | Radicchio |
| Mushrooms, Shiitake | Pepper, Chili | Radish |
| Mustard Greens | Pepper, Green | Rainbow Chard |
| Nori | Pepper, Habanero | Red Pepper Flake |
| Oat Grass (Not For Gluten Sensitive) | Pepper, Jalapeño | Rhubarb |
| Okra | Pepper, Poblano | Rutabaga |
| Olives (without vinegar) | Pepper, Red | Sauerkraut (Bubbies® Brand only) |
| Onion, Green | Pepper, Serrano | Scallions |
| Onion, Maui | Pepper, Tabasco | Sea Vegetables |
| Onion, Red | Pickles, Bubbies® brand only | Seaweed |
| Onion, Sweet | Pimento | Shallots |
| Onion, Yellow | Potato, Fingerling | Spinach |
| Paprika | Potato, Purple | Spirulina |
| Parsley | Potato, Red | Squash |

| | | |
|-----------------------|--------------------------------------|-----------------------|
| Squash, Acorn | Tomato, Yellow | Blueberry |
| Squash, Butternut | Tomatoes, Big Beef | Boysenberry |
| Squash, Green | Tomato Paste (gluten & Vinegar-free) | Cantaloupe |
| Squash, Spaghetti | Tomato Sauce (gluten & Vinegar-free) | Cape Gooseberries |
| Squash, Summer | Truffle | Carambola |
| Squash, Winter | Turnip Greens | Cherry |
| Squash, Yellow | Turnips | Clementine |
| Sugar Beet | Wasabi Root | Cranberry |
| Swede | Water Chestnut | Cranberry Juice |
| Sweet Potato, Red | Watercress | Currant |
| Sweet Potatoes, White | Wheat Grass (Is Gluten-contaminated) | Dates |
| Swiss Chard | Yams, Garnett | Dragon Fruit (Pitaya) |
| Tabasco Sauce | Yams, Japanese | Dried Fruit |
| Taro | Yucca | Durian Fruit |
| Tomatillo | Zucchini | Elderberry |
| Tomato | Fruits | Fig |
| Tomato, Cherry | Acai | Goji Berry |
| Tomato, Heirloom | Apple (all types) | Golden Berry |
| Tomato, Orange | Apricot | Gooseberries |
| Tomato, Red | Banana | Grape |
| Tomato, Roma | Bilberry | Grape, Green |
| Tomato, Sun-dried | Blackberry | Grape, Purple |

| | | |
|------------------|-------------------|------------------------------------|
| Grape, Red | Melon, Honeydew | Quince |
| Grape, White | Monk Fruit (Pure) | Raisin (unsulfured, organic) |
| Grapefruit | Mulberry | Rambutan |
| Grapefruit Juice | Nectarines | Raspberry |
| Ground Cherries | Noni | Star Fruit |
| Guava | Orange | Strawberry |
| Huckleberry | Orange, Blood | Tamarind |
| Jack fruit | Orange Juice | Tangelo |
| Kiwi | Orange Peel/Rind | Tangerine |
| Kumquat | Oranges, Mandarin | Watermelon |
| Lemon | Papaya | Wolfberry |
| Lemon Juice | Passion Fruit | Youngberry |
| Lemon Rind/Peel | Peach | Legumes, Pods, & Pulses |
| Lime | Pear | Bean, Azuki |
| Lime Juice | Pear, Asian | Bean, Black |
| Loganberry | Persimmons | Bean, Butter |
| Longan Fruit | Pineapple | Bean, Cannellini |
| Loquat | Plantain | Bean, Chana Dahl |
| Lychee | Plum | Bean, Chili |
| Mango | Pomegranate | Bean, Green |
| Mangosteen | Pomelo | Bean, Haricot |
| Maqui | Prune | Bean, Italian |

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|-----------------------------------|---------------------------------------|--------------------------------------|
| Bean, Kidney | Peanut Butter (Organic, Maranatha®) | Cashews |
| Bean, Lima | Red Bean Paste | Chestnut |
| Bean, Mung | Soybean oil(must be organic) | Chia Seed (1/4 cup, max) |
| Bean, Navy | Soy Beans (must be organic) | Coconut, shredded (raw, unsweetened) |
| Bean, Ninja | Vanilla Bean | Coconut Butter |
| Bean, Pinto/Frijole | Nuts, Seeds, Drupes & Oils | Coconut Oil |
| Bean, Red | Almond | Cola Nut (aka Kola Nut) |
| Bean, White | Almond, Marcona | Corn Oil |
| Chickpea (see also Garbanzo Bean) | Almond Butter (Artisana®) | Cottonseed/Cottonseed Oil |
| Coffee Bean, Organic | Almond Flavor (natural, gluten free) | Duck Fat |
| Edamame (must be organic) | Almond Flour (gluten free) | Fenugreek Seed |
| Fava Bean | Almond Meal (gluten free) | Flax Meal |
| Fava Bean Flour | Almond Oil | Flax Oil |
| Garbanzo Bean | Annatto Seed | Flax Seed |
| Garbanzo Flour | Avocado Oil | Grapeseed Oil, Organic |
| Kidney Bean | Borage Seed Oil | Hazelnut/Filbert |
| Lentil(s) | Brazil Nut | Hazelnut Flour |
| Miso | Canola/Rapeseed Oil | Hemp Meal |
| Pea, Snap | Canola Oil, Non-GMO | Hemp Protein (Powder) |
| Pea, Snow | Caraway Seed | Hemp Seed |
| Pea, Split | Cashew Butter | Hydrogenated Oils |
| Peanut (Organic, Valencia) | Cashew Meal | Krill Oil |

Herbs & Spices

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

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

| | | |
|--|--------------------------------|----------------------|
| Red Chili Paste Thai Kitchen® (gluten free) | Turmeric | Hake |
| Red Clover | Uva Ursi | Halibut |
| Red Pepper Flake | Valerian | Herring |
| Rose Hips | Vanilla (gluten and corn-free) | Krill |
| Rosemary | Vanilla Bean | Lobster |
| Saffron | Vanilla Powder | Lox |
| Sage | White Willow Bark Extract | Mackerel |
| Sassafras | Wintergreen | Mahi Mahi |
| Savory | Wormwood | Mussel |
| Saw Plametto | Fish & Shellfish | Octopus |
| Sesame Seeds | Anchovy | Orange Roughy |
| Sesame Seeds, Black | Bass | Oyster |
| Shallots | Catfish | Perch |
| Spearmint | Chilean Sea Bass | Red Snapper |
| St. John's Wort | Clam | Salmon, wild (fresh) |
| Sumac | Cod/ Cod Liver Oil | Sardines |
| Tabasco Sauce | Corvina | Scallop |
| Taco Seasoning | Crab | Shrimp |
| Tamari (Wheat Free) | Crab, Immitation | Sole |
| Tarragon | Crayfish | Squid |
| Thyme | Flounder | Swai |
| Tomatillo | Haddock | Swordfish |

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Gluten-Free Grains

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut, Tapioca, yeast,)

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 Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

| | | |
|---|---|--|
| Hemp Protein (Powder) | Rice, Red (gluten free) | Tortilla, Siete Cassava & Coconut |
| Hemp Seed | Rice, White (gluten free) | Tortilla, Siete Chia & Cassava |
| Julian Bakery Almond Bread | Rice, Wild (Lundberg® - not the blend) | Udi's Millet-Chia Bread |
| Julian Bakery Coconut Bread | Rice Bran | Udi's White Sandwich Bread |
| Konjac Glucomannon Flour | Rice Flour (gluten free) | Udi's Whole Grain Bread |
| Mikey's Original English Muffin | Rice Protein Powder (gluten free) | Gluten-Containing Foods |
| Mikey's Pizza crust | Simple Mills - Everything Sprouted Seed Cracker | |
| Mikey's Sliced Bread Loaf | Simple Mills Cracked Black Pepper Almond Crackers | |
| Millet | Simple Mills Ground Sea Salt Almond Crackers | |
| Oats (Bob's Red Mill Gluten Free Version) | Simple Mills Rosemary & Sea Salt Crackers | |
| Oats (Certified GF) | Simple Mills Tomato & Basil Almond Crackers | |
| Potato Flour (gluten free) | Sorghum | |
| Potato Starch (gluten free) | Sunflower Seed Flour | |
| ProGranola (Julian Bakery) | Sweet Potato Flour (gluten free) | |
| Quinoa (gluten free) | Tapioca | |
| Quinoa, Black (gluten free) | Tapioca Flour (gluten free) | |
| Quinoa, Red (gluten free) | Tapioca Starch (gluten free) | |
| Rice, Basmati (gluten free) | Teff | |
| Rice, Black (gluten free) | Teff Flour | |
| Rice, Brown (gluten free) | Tolerant Green Lentil & Pea Pasta | |
| Rice, Japonica (gluten free) | Tolerant Red or Green Lentil Pasta | |
| Rice, Purple (gluten free) | Tortilla, Siete Almond | |
| | | Allulose |
| | | Avenin |
| | | Barley |
| | | Barley Grass (can have gluten) |
| | | Barley Greens (may contain gluten) |
| | | Barley Juice (may contain gluten) |
| | | Beer |
| | | Bran |
| | | Bread |
| | | Brown Rice Syrup (contains MSG/Gluten) |
| | | Caramel Coloring |
| | | Cheese, Bleu |
| | | Chewing Gum (has gluten and corn) |
| | | Coffee, Instant (has gluten) |
| | | Couscous |
| | | Crab, Immitation |

| | | |
|--|---|---|
| Durum Wheat | Teechino | Corn Oil |
| Egyptian Wheat | Teriyaki Sauce | Corn Starch (gluten free) |
| Farro | Triticale | Corn Syrup |
| Gliadin | Vinegar | Erythritol (non-GMO) |
| Gluten | Vinegar, Malt | Fructose |
| Graham (wheat) | Vinegar, White | GemWraps®, Sandwich Wrap (Carrot) |
| Kamut | Vodka, Rye or Grain | Hydrogenated Oils |
| Liquid Smoke (can have gluten) | Wheat (All Types) | Lactic Acid (corn-derived) |
| Malt | Wheat Germ | Maize |
| Maltitol | Wheat Grass (Is Gluten-contaminated) | Maltitol |
| Maltodextrin (Barley-derived) | Corn-Derived Foods | Maltodextrin (Corn-based, non-GMO) |
| Miso | Barbeque Sauce, GF Annie's® Sweet & Spicy | Modified Food Starch |
| Modified Food Starch | Cheese, Cream | Sriracha Sauce Organicville gluten-free |
| Oats | Cheese, Daiya (Coconut, Tapioca, yeast,) | Swerve® Sweetener |
| Oats, GF (not Certified) can have gluten | Cheese, Soy (Organic) (see Soy) | Vodka, Corn |
| Orzo | Chewing Gum (has gluten and corn) | Xanthan Gum |
| Panko | Citric Acid (can be corn-derived) | Yogurt (See Xanthan Gum) |
| Polish Wheat | Corn (Gluten-free & Non-GMO) | |
| Rye | Corn, Blue | |
| Semolina | Corn, White | |
| Soy Sauce | Corn Gluten | |
| Spelt | Corn Meal (gluten free) | |

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

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's®
Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® 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 Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Beverages & Protein Powders

| | | |
|--|--------------------------|---|
| Chocolate, Milk | Molasses | Almond Milk, unsweetened (no tapioca) |
| Chocolate, White | Monk Fruit (Pure) | Apple Cider |
| Coconut Palm Sugar | Monk Fruit Extract | Apple Juice |
| Coconut Sugar | Nutrasweet® | Beer |
| Corn Syrup | Rebiana Leaf (Stevia) | Bone Broth Protein, Beef |
| Date Sugar | Sorbitol | Carrot Juice |
| Erythritol (non-GMO) | Splenda | Casein |
| Fructose | Sucanat | Cocoa |
| Fruit Pectin | Sucralose | Coconut Kefir (No Tapioca, Carageenan) |
| Honey, (Organic) | Sugar Beet | Coconut Milk (Native Forest or Natural Value) |
| Honey, Manuka | Sugar Cane | Coconut Water (low sugar) |
| Honey, Wildflower from Mahava® | Sweetleaf® Stevia | Coffee (Brewed and Not Instant) |
| Jerusalem Artichoke Syrup | Swerve® Sweetener | Coffee, Instant (has gluten) |
| Just Like Sugar® | Tapioca Dextrose | Coffee Bean, Organic |
| Lo Han | Tapioca Syrup | Collagen Protein (Powder) |
| Malt | Xyla (Birchwood Xylitol) | Echinacea Tea |
| Maltitol | Xylitol | Grapefruit Juice |
| Maltodextrin (Barley-derived) | Yacon Syrup | Great Lake's® Beef Gelatin |
| Maltodextrin (Corn-based, non-GMO) | | Green Tea |
| Maltodextrin (Tapioca-based) | | Hemp Protein (Powder) |
| Maple Sugar | | Komboucha Tea |
| Maple Syrup (Grade A Dark Amber Organic) | | Lactoalbumin |

| | | |
|-----------------------------------|-------------------------------------|---|
| Lemon Juice | Tea, Oolong | Chicken Broth (Imagine® gf/low sodium) |
| Licorice Tea | Tea, Ramon | Cocoa |
| Lime Juice | Tea, Roobios | Collagen Protein (Powder) |
| Milk, Buffalo | Tea, Unflavored | GemWraps®, Sandwich Wrap (Carrot) |
| Milk, Cow | Tea, White | GemWraps®, Sandwich Wrap (Kale-Apple) |
| Milk, Goat | Teechino | GemWraps®, Sandwich Wrap (Mango/Chipotle) |
| Milk, Rice | Vodka, Corn | GemWraps®, Sandwich Wrap (Tomato) |
| Milk, Sheep | Vodka, Potato | Great Lake's® Beef Gelatin |
| Milk, Soy (Organic) | Vodka, Rye or Grain | Hops |
| Mineral Water | Water | Julian Bakery Paleo Wraps |
| Orange Juice | Whey | Latex |
| Pea Protein | Wine, Red | Lycopene |
| Rice Protein Powder (gluten free) | Wine, White (Champagne) | Modified Food Starch |
| Soy Milk/Soy Cheese (Organic) | Yerba Matte Tea (Organic/Pure) | Modified Food Starch (Tapioca-based) |
| Soy Protein (Organic) | Zevia Drinks | Pycnogenol |
| Sparkling Water, unflavored | Miscellaneous | Red Tomato Paste (gluten free) |
| Tea, Black | Antimony | Resveratrol |
| Tea, Chamomile | Baking Powder | Rice Starch (if certified gluten free) |
| Tea, Chicory Root | Baking Soda (Arm & Hammer®) | Silver |
| Tea, Green | Beef broth (Imagine® low sodium/GF) | Tobacco |
| Tea, Hibiscus | Bone Broth, Beef | Tofu (Organic) |
| Tea, Komboucha | Cacao (Raw, Pure, & Unsweetened) | Vegetable broth (Imagine® Low Sodium) |

Yeast, Baker's

Guar Gum

Yeast, Brewer's

Inulin

Yeast, Nutritional

Lactic Acid (beet-derived)

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

Pea Starch

Food Additives

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde