Vegetables	Broccoli Sprouts	Dandelion Greens
Alfalfa Grass	Broccolini	Dandelion Root
Alfalfa Sprouts	Brussels Sprout	Eggplant
Aloe Vera	Burdock	Endive
Artichoke (not pickled)	Cabbage, Chinese (see also Bok Choy)	Fennel
Artichoke, Jerusalem (not pickled)	Cabbage, Green	Garlic
Arugula	Cabbage, Purple	Hearts of Palm
Asparagus	Cactus (Nopales)	Horseradish
Avocado	Capers	Jicama
Avocado Oil	Capsicum	Kale, all types
Bamboo Shoot	Cassava (see Tapioca and Yucca)	Kohlrabi
Bean Sprout	Cauliflower	Leeks
Bean Sprout Bean, Green	Cauliflower Cauliflower, Purple	Leeks Lettuce, all types
Bean, Green	Cauliflower, Purple	Lettuce, all types
Bean, Green Beet Greens	Cauliflower, Purple Celery	Lettuce, all types Mushrooms
Bean, Green Beet Greens Bell Pepper	Cauliflower, Purple Celery Chard	Lettuce, all types Mushrooms Mushrooms, Button
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green	Cauliflower, Purple Celery Chard Chayote	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened)	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake
Bean, Green Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate	Lettuce, all types Mushrooms Mushrooms, Button Mushrooms, Cremeni/Crimini Mushrooms, Maitake Mushrooms, Shiitake Mustard Greens Oat Grass (Not For Gluten

Onion, Green	Radicchio	Tomato, Cherry
Onion, Maui	Radish	Tomato, Heirloom
Onion, Red	Rainbow Chard	Tomato, Orange
Onion, Sweet	Rhubarb	Tomato, Red
Onion, Yellow	Rutabaga	Tomato, Roma
Parsley	Sauerkraut (Bubbies® Brand only)	Tomato, Sun-dried
Pea Protein	Scallions	Tomato, Yellow
Pea, Black-Eyed	Shallots	Tomatoes, Big Beef
Pepper, Anaheim	Spinach	Truffle
Pepper, Chili	Squash	Turnip Greens
Pepper, Green	Squash, Acorn	Water Chestnut
Pepper, Habanero	Squash, Butternut	Watercress
Pepper, Habanero Pepper, Jalapeño	Squash, Butternut Squash, Green	Yams, Garnett
Pepper, Jalapeño	Squash, Green	Yams, Garnett
Pepper, Jalapeño Pepper, Poblano	Squash, Green Squash, Spaghetti	Yams, Garnett Yams, Japanese
Pepper, Jalapeño Pepper, Poblano Pepper, Red	Squash, Green Squash, Spaghetti Squash, Summer	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only Pimento	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow Swiss Chard	Yams, Garnett Yams, Japanese Yucca
Pepper, Jalapeño Pepper, Poblano Pepper, Red Pepper, Serrano Pickles, Bubbies® brand only Pimento Prickly Pear	Squash, Green Squash, Spaghetti Squash, Summer Squash, Winter Squash, Yellow Swiss Chard Tomatillo	Yams, Garnett Yams, Japanese Yucca

Fruits	Lemon Rind/Peel	Tamarind
Acai	Lime	Tangerine
Apple Juice	Lime Juice	Wolfberry
Apricot	Litchi (aka Lychee)	Youngberry
Banana	Loganberry	
Bilberry	Loquat	Nuts, Seeds, Drupes & Oils
Blackberry	Mangosteen	Almond
Blueberry	Maqui	Almond Butter (Artisana®)
Boysenberry	Monk Fruit (Pure)	Almond Flavor (natural, gluten free)
Clementine	Mulberry	Almond Flour (gluten free)
Dates	Nectarines	Almond Meal (gluten free)
Elderberry	Noni	Almond, Marcona
Goji Berry	Passion Fruit	Annatto Seed
Golden Berry	Peach	Brazil Nut
Gooseberry	Pear	Canola/Rapeseed Oil
Grapefruit	Pear, Asian	Caraway Seed
Guava	Persimmons	Cashew Butter
Huckleberry	Plum	Cashew Meal
Kiwi	Pomegranate	Cashews
Kumquat	Pomelo	Chestnut
Lemon	Prune	Chia Seed (1/4 cup, max)
Lemon Juice	Raspberry	Coconut Butter

Coconut Oil	Pili Nuts	Walnut Oil
Coconut, shredded (raw, unsweetened)	Pine Nut	Walnuts
Cola Nut (aka Kola Nut)	Pistachios	Walnuts, Black
Cottonseed/Cottonseed Oil	Poppy seeds	
Flax Meal	Psyllium Husk	Fish & Shellfish
Flax Oil	Pumpkin Oil	Chilean Sea Bass
Flax Seed	Pumpkin Seed Oil	Corvina
Grapeseed Oil, Organic	Pumpkin Seeds	Hake
Hazelnut Flour	Ramon Seeds	Mahi Mahi
Hazelnut/Filbert	Sacha Inchi Seeds	Octopus
Hemp Meal	Safflower/Safflower Seed Oil	Sardines
Hemp Protein (Powder)	Sesame Seed Oil	Swai
Hemp Seed	Sesame Seeds	Tilapia (Wild, Non-farmed)
Hydrogenated Oils	Sesame Seeds, Black	Whitefish/Turbot
Macadamia Nut Oil	Sunflower Seed Butter	
Macadamia Nuts	Sunflower Seed Lecithin	Meat & Poultry
Olive Leaf Extract	Sunflower Seed Oil	Applegate® organic black forest ham
Olive Oil, Virgin	Sunflower Seeds	ApplegateÅ® organic hot dogs
Palm Kernel Oil	Tahini	Bison (see also Buffalo)
Pecan Flour	Tea, Ramon	Goat, Grass-fed only (organic)
Pecans	Tiger Nuts	Ostrich
Pepitas	Vegetable Shortening	Pheasant

Quail	Liquid Smoke gluten free (natural)	Rebiana Leaf (Stevia)
Rabbit	Mustard, Brown (Eden® gf mustard)	Sorbitol
	Sauerkraut (Bubbies® Brand only)	Sucralose
Non-Dairy & Eggs	Tabasco Sauce	Sweetleaf® Stevia
Almond Milk, unsweetened (no tapioca)	Ume Plum Vinegar	Tapioca Dextrose
Coconut Kefir (No Tapioca, Carageenan)	Vinegar, Distilled	Xyla (Birchwood Xylitol)
Coconut Milk(Native Forest or Natural Value)		Yacon Syrup
Egg, Whites, Pasture-raised	Sweeteners	
Paleo Cheese (Julianbakery.com or	Agave Nectar	Herbs & Spices
	BodyPro Almond Mayo Grade A Maple Syrup	Allspice
Condiments	Coconut Palm Sugar	Almond Flavor (natural, gluten free)
BodyPro Almond Mayo Grade A Maple Syrup	Coconut Sugar	Anise
BodyPro Almond Mayo with Yacon Syrup	Honey, (Organic)	Ashwaganda
Carob	Honey, Manuka	Astragalus
Coconut Vinegar (Coconut Secret)	Honey, Wildflower from Mahava®	Basil
Dressing, Primal Kitchen Greek Avocado Oil	Jerusalem Artichoke Syrup	Bay Leaf
Earth Balance® Avocado Oil Butter Spread	Just Like Sugar®	Black Cohosh
Earth Balance® Coconut Spread	Lo Han	Caraway Seed
Harissa	Maple Sugar	Cardamom
Horseradish Sauce, Gluten-free (Annie's®)	Maple Syrup (Grade A Dark Amber Organic)	Celery Powder
Hummus	Monk Fruit (Pure)	Chicory Root
Ketchup (Organicville)	Monk Fruit Extract	Chili Powder

Chipotle Seasoning		Ginkgo Biloba		Mustard (as a Powder)
Cilantro/Coriander		Ginseng (All Types)		Mustard Seeds (gluten free)
Cinnamon		Goldenseal		Nutmeg
Cinnamon, Ceylon		Grapefruit Seed Extract		Olive Leaf Extract
Cloves		Guarana		Onion
Cloves, Madagascar		Gymnema Silvestre		Onion Powder
Cloves, Penang		Herbs De Provence		Orange Salt
Cramp Bark Extract		Hickory		Oregano
Cream of Tartar		Himalayan Salt		Paprika
Cumin		Jamaican Jerk		Paprika (smoked)
Curcumin		Juniper Berry		Parsley
Curry (must be GF)		Lavender		Pepper, Black (see
carry (mast be cr)	Ш	Lavoridoi	Ш	Garlic/Lemon Pepper)
Dandelion Root		Lemon Balm (Melissa Officinalis)		Garlic/Lemon Pepper) Pepper, Cayenne
		Lemon Balm (Melissa		Garlic/Lemon Pepper)
Dandelion Root		Lemon Balm (Melissa Officinalis)		Garlic/Lemon Pepper) Pepper, Cayenne
Dandelion Root Dill		Lemon Balm (Melissa Officinalis) Lemon Pepper		Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red
Dandelion Root Dill Dong Quai		Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass		Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan
Dandelion Root Dill Dong Quai Echinacea		Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root		Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan
Dandelion Root Dill Dong Quai Echinacea Fennel		Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root Maca Root		Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns
Dandelion Root Dill Dong Quai Echinacea Fennel Garlic		Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root Maca Root Mace Spice		Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint
Dandelion Root Dill Dong Quai Echinacea Fennel Garlic Garlic Pepper		Lemon Balm (Melissa Officinalis) Lemon Pepper Lemongrass Licorice Root Maca Root Mace Spice Marjoram		Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract

Saffron	Milk-Containing Foods	Fava Bean Flour
Sage		Garbanzo Bean
Saw Plametto	Legumes & Pulses	Garbanzo Flour
Sesame Seeds	Bean, Azuki	Kidney Bean
Sesame Seeds, Black	Bean, Black	Lentil(s)
Shallots	Bean, Butter	Red Bean Paste
Spearmint	Bean, Cannellini	Vanilla Bean
St. John's Wort	Bean, Chana Dahl	Vanilla Powder
Sumac	Bean, Chili	
Taco Seasoning	Bean, Green	Gluten-Free Grains
Tarragon	Bean, Italian	Almond Flour (gluten free)
Thyme	Bean, Kidney	Amaranth
Tomatillo	Bean, Lima	Arrowroot Flour/powder
Turmeric	Bean, Mung	Chicory Root
Uva Ursi	Bean, Navy	Coconut Flour (gluten free)
Valerian	Bean, Ninja	Coconut Meal (gluten free)
Vanilla (gluten and corn-free)	Bean, Pinto/Frijole	Fava Bean Flour
Vanilla Bean	Bean, Red	Flax Meal
Vanilla Powder	Bean, White	Garbanzo Flour
White Willow Bark Extract	Chickpea (see also Garbanzo Bean)	Glucomannon Flour (konjacfoods.com)
Wintergreen	Coffee Bean, Organic	Hazelnut Flour
Wormwood	Fava Bean	Hemp Meal

Hemp Protein (Powder)	Gluten-Containing Foods	Sparkling Water, unflavored
Hemp Seed		Tea, Black
Konjac Glucomannon Flour	Corn-Derived Foods	Tea, Chamomile
Oats (Bob's Red Mill Gluten Free Version)		Tea, Green
Oats (Certified GF)	Beverages & Protein Powders	Tea, Hibiscus
ProGranola (Julian Bakery)	Almond Milk, unsweetened (no tapioca)	Tea, Oolong
Simple Mills - Everything Sprouted Seed Cracker	Apple Juice	Tea, Ramon
Simple Mills Ground Sea Salt Almond Crackers	Bone Broth Protein, Beef	Tea, Roobios
Simple Mills Rosemary & Sea Salt Crackers	Coconut Kefir (No Tapioca, Carageenan)	Tea, Unflavored
Simple Mills Tomato & Basil Almond Crackers	Coconut Milk(Native Forest or Natural Value)	Tea, White
Tapioca	Coconut Water (low sugar)	Water
Tapioca Flour (gluten free)	Coffee	Yerba Matte Tea (Organic/Pure)
Tapioca Starch (gluten free)	Coffee Bean, Organic	Zevia Drinks
Teff	Collagen Protein (Powder)	
Tolerant Green Lentil & Pea Pasta	Echinacea Tea	Miscellaneous
Tolerant Red or Green Lentil Pasta	Green Tea	Acacia Gum
Tortilla, Siete Chia & Cassava	Hemp Protein (Powder)	Arabic Gum
	Lemon Juice	Baking Soda (Arm & Hammer®)
	Licorice Tea	Blue Food Dye
	Lime Juice	Chewing Gum, Xylichew®
	Mineral Water	Chicory Root
	Pea Protein	Cocoa Butter

Nanny Mai 09/11/2017

Cocoa/Cacao (raw, pure, & unsweetened)	Tomato Sauce (gluten & Vinegar-free)
Coconut Aminos®	Tragacanth Gum
Coconut Cream	Vegetable Shortening (Spectrum®)
Collagen Protein (Powder)	Yeast, Baker's
Formaldehyde	Yeast, Brewer's
Garam Masala	Yeast, Nutritional
Glucomannon Flour (konjacfoods.com)	
Great Lake's® Beef Gelatin	Snacks
Guar Gum	Dates
Inulin	
Julian Bakery Paleo Wraps	
Konjac Glucomannon Flour	
Konjac Glucomannon Flour	
Konjac Glucomannon Flour Latex	
Konjac Glucomannon Flour Latex Locust Bean Gum	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based)	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol	
Konjac Glucomannon Flour Latex Locust Bean Gum Lycopene Modified Food Starch (Tapioca-based) Palm Wax Pycnogenol Red Food Dye	