

**Vegetables**

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

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
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow

Sugar Beet	Yams, Japanese	Date(s)
Sweet Potato, Red	Yucca	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Zucchini	Dried Fruit
Swiss Chard		Elderberry
Tomatillo	<b>Fruits</b>	Fig
Tomato	Acai	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	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
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice

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

Flax Meal	Psyllium Husk	Walnut, Black (few)
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	Tahini	Hake
Pecan Flour	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut (few)	Mahi Mahi
Poppy seeds	Walnut Oil	Mussel

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

Egg, Pasture-raised (from a farmer)

Earth Balance® Coconut Spread

Vinegar, White

Egg, Vital Farms® or Pasture Verde®

Harissa

Vinegar, White Wine

Egg, Whites, Pasture-raised

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

Worcestershire Sauce (The Wizard's® GF)

Egg, Yolks Pasture-raised

Hummus

Milk, Soy (Organic)

Ketchup (Organicville)

**Sweeteners**

Modified Food Starch

Liquid Smoke (can have gluten)

Agave Nectar

Paleo Cheese (Julianbakery.com or Amazon.com)

Liquid Smoke gluten free (natural)

Aspartame/Nutrasweet

Mayonnaise

BodyPro Almond Mayo Grade B Maple Syrup

**Condiments**

Mayonnaise, Primal Kitchen Avocado Oil

Brown Rice Syrup (contains MSG/Gluten)

Apple Cider Vinegar (Bragg's®)

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Cane Syrup

Balsamic Vinegar (Caramel/Red W. Vinegar)

Mustard, Brown (Eden® gf mustard)

Chocolate, Dark

Balsamic Vinegar (with Red Wine Vinegar)

Sauerkraut (Bubbies® Brand only)

Chocolate, Milk

Balsamic Vinegar MiaBella NoCaramel/WineVinegar)

Sriracha Sauce Organicville gluten-free

Chocolate, White

Barbeque Sauce, GF Annie's® Sweet &amp; Spicy

Tabasco Sauce

Coconut Palm Sugar

BodyPro Almond Mayo Grade B Maple Syrup

Ume Plum Vinegar

Coconut Sugar

BodyPro Almond Mayo with Yacon Syrup

Veganise Soy-free (Follow Your Heart®)

Date Sugar

BodyPro Avocado Oil Mayonnaise

Vinegar

Erythritol (non-GMO)

Carob

Vinegar, Beet

Fructose

Coconut Vinegar (Coconut Secret)

Vinegar, Distilled

Fruit Pectin

Dressing, Primal Kitchen Greek Avocado Oil

Vinegar, Malt

Honey, (Organic)

Dressing, Primal Kitchen Honey Mustard

Vinegar, Red Wine

Honey, Manuka

Earth Balance® Avocado Oil Butter Spread

Vinegar, Rice

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup	Tapioca Dextrose	Cinnamon, Ceylon
Just Like Sugar®	Xyla (Birchwood Xylitol/non-corn source)	Cloves
Lo Han	Yacon Syrup	Cloves, Madagascar
Maltitol		Cloves, Penang
Maltodextrin (Barley-derived)	Herbs & Spices	Cramp Bark Extract
Maltodextrin (Corn-based, non-GMO)	Allspice	Cream of Tartar
Maltodextrin (Tapioca-based)	Almond Flavor natural, gluten free)	Cumin
Maple Sugar	Anise	Curcumin
Maple Syrup (Grade A Dark Amber Organic)	Ashwaganda	Curry (must be GF)
Molasses	Astragalus	Dandelion Root
Monk Fruit (Pure)	Basil	Dill
Monk Fruit Extract	Bay Leaf	Dong Quai
Nutrasweet®	Black Cohosh	Echinacea
Rebiana Leaf (Stevia)	Caramel Coloring	Fennel
Sorbitol	Caraway Seed	Garlic
Splenda	Cardamom	Garlic Pepper
Sucanat	Celery Powder	Garlic Powder
Sucralose	Chicory Root	Garlic Salt
Sugar Beet	Chili Powder	Ginger
Sugar Cane	Chipotle Seasoning	Ginkgo Biloba
Sweetleaf® Stevia	Cilantro/Coriander	Ginseng (All Types)
Swerve® Xylitol	Cinnamon	Goldenseal



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
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen

Wormwood

Cheese, Muenster

Mozzarella Cheese

**Milk-Containing Foods**

Applegate® organic spinach &amp; feta sausage

Cheese, Parmesan

Sour Cream, Raw and Unpasteurized

Butter, Raw and Pasture-raised

Cheese, Pecorino

Whey

Buttermilk

Cheese, Provolone

Yogurt (See Xanthan Gum)

Casein

Cheese, Raw and Pasture-raised

Cheese, Ricotta

**Legumes & Pulses**

Cheese, American

Cheese, Romano

Bean, Azuki

Cheese, Asiago

Cheese, Sheep

Bean, Black

Cheese, Bleu

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Brie

Cheese, Swiss

Bean, Cannellini

Cheese, Cheddar (Raw)

Chocolate, Milk

Bean, Chana Dahl

Cheese, Cottage

Chocolate, White

Bean, Chili

Cheese, Cream

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Feta

Ghee (Pasture-Raised, Organic)

Bean, Italian

Cheese, Goat

Goat Cheese

Bean, Kidney

Cheese, Gorgonzola

Goat Kefir

Bean, Lima

Cheese, Gouda

Kefir, Raw

Bean, Mung

Cheese, Havarti

Lactoalbumin

Bean, Navy/Ninja

Cheese, Machego

Milk Chocolate

Bean, Pinto/Frijole

Cheese, Mascapone

Milk, Cow

Bean, Red (see also Bean, Kidney)

Cheese, Mozzarella (Raw)

Milk, Goat

Chickpea (see also Garbanzo Bean)

Milk, Sheep

Coffee Bean, Organic

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

## Gluten-Containing Foods

Corn Starch (gluten free)	Coffee	Sparkling Water, unflavored
Corn, Blue	Coffee Bean, Organic	Tea, Black
Corn, White	Coffee, Instant (has gluten)	Tea, Chamomile
Erythritol (non-GMO)	Collagen Protein (Powder)	Tea, Green
Fructose	Echinacea Tea	Tea, Hibiscus
GemWraps®®, Sandwich Wrap (Carrot)	Grapefruit Juice	Tea, Oolong
Maltodextrin (Corn-based, non-GMO)	Green Tea	Tea, Ramon
Sriracha Sauce Organicville gluten-free	Hemp Protein (Powder)	Tea, Roobios
Swerve® Xylitol	Komboucha Tea	Tea, unflavored/caffeine-free only
Vegetable Oil	Lemon Juice	Tea, White
Xanthan Gum	Licorice Tea	Teechino
Yogurt (See Xanthan Gum)	Lime Juice	Water
	Milk, Cow	Wine, Red
	Milk, Goat	Wine, White (Champagne)
	Milk, Sheep	Yerba Matte Tea (Organic/Pure)
	Milk, Soy (Organic)	Zevia Drinks
	Mineral Water	
	Orange Juice	
	Pea Protein	
	Rice Protein Powder (gluten free)	
	Soy Milk/Soy Cheese (Organic)	
	Soy Protein (Organic)	

### Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

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)

Miscellaneous		
Acacia Gum	GemWraps®®, Sandwich Wrap (Carrot)	Palm Wax
Agar Gum	GemWraps®®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Antimony	GemWraps®®, Sandwich Wrap (Mango/Chi.)	Red Chili Paste Thai Kitchen® (gluten free)
Arabic Gum	GemWraps®®, Sandwich Wrap (Tomato)	Red Food Dye
Baking Powder	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Beef broth (Imagine® low sodium/GF)	Guar Gum	Rice Starch (if certified gluten free)
Blue Food Dye	Hops	Sherry Vinegar
Bone Broth, Beef	Inulin	Silver
Carrageenan Gum	Julian Bakery Almond Bread	Skinny Crisps® (Plain Jane)
Chewing Gum (has gluten and corn)	Julian Bakery Coconut Bread	Tamari (Wheat Free)
Chewing Gum, Xylite®	Julian Bakery Paleo Wraps	Tofu (Organic)
Chicken Broth (Imagine® gf/low sodium)	Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)
Chicory Root	Lard (pork)	Tomato Sauce (gluten & Vinegar-free)
Cocoa Butter	Latex	Tragacanth Gum
Cocoa/Cacao (raw, pure, & unsweetened)	Liquid Aminos (Braggs®)(has Soy)	Vegetable broth (Imagine® Low Sodium)
Coconut Aminos®	Locust Bean Gum	Vegetable Oil
Coconut Cream	Lycopene	Vegetable Shortening (Spectrum®)
Collagen Protein (Powder)	Malt	Vinegar, Red Wine
Formaldehyde	Maltodextrin (Barley-derived)	Vinegar, Rice
Garam Masala	Modified Food Starch	Vinegar, White Wine
	Modified Food Starch (Tapioca-based)	Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Date(s)

Simple Mills Chocolate Chip  
Cookies