

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)

Coffee

Coffee Bean, Organic

Coffee, Instant (has gluten)

Collagen Protein (Powder)

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 (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella NoCaramel/WineVinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade B Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville
gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your
Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The
Wizard's® GF)

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & 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)Maltodextrin (Corn-based,
non-GMO)Sriracha Sauce Organicville
gluten-free

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Fish & Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Octopus

Orange Roughy

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|----------------------|-----------------------|---------------------|
| Oyster | Apple Sauce | Grape, Green |
| Perch | Apricot | Grape, Purple |
| Red Snapper | Banana | Grape, Red |
| Salmon, wild (fresh) | Bilberry | Grape, White |
| Sardines | Blackberry | Grapefruit |
| Scallop | Blueberry | Grapefruit Juice |
| Shrimp | Boysenberry | Guava |
| Sole | Cantaloupe | Huckleberry |
| Squid | Cherry | Jack fruit |
| Swai | Clementine | Kiwi |
| Swordfish | Cranberry | Kumquat |
| Tilapia (Non-farmed) | Cranberry Juice | Lemon |
| Trout | Currant | Lemon Juice |
| Tuna | Date(s) | Lemon Rind/Peel |
| Walleye Pike | Dragon Fruit (Pitaya) | Lime |
| Whitefish/Turbot | Dried Fruit | Lime Juice |
| | Elderberry | Litchi (aka Lychee) |
| Fruits | Fig | Loganberry |
| Acai | Goji Berry | Loquat |
| Apple (all types) | Golden Berry | Mango |
| Apple Cider | Gooseberry | Mangosteen |
| Apple Juice | Grape | Maqui |

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|-------------------|--|--|
| Melon, Honeydew | Raisin (unsulfured, organic) | Coffee, Instant (has gluten) |
| Monk Fruit (Pure) | Raspberry | Couscous |
| Mulberry | Star Fruit | Crab, Immitation |
| Nectarines | Strawberry | Durum Wheat |
| Noni | Tamarind | Farro |
| Orange | Tangelo | Gluten |
| Orange Juice | Tangerine | Graham (wheat) |
| Orange Peel/Rind | Watermelon | Kamut |
| Orange, Blood | Wolfberry | Liquid Smoke (can have gluten) |
| Papaya | Youngberry | Malt |
| Passion Fruit | | Maltodextrin (Barley-derived) |
| Peach | Gluten-Containing Foods | |
| Pear | Barley | Oats (Can be contaminated with gluten) |
| Pear, Asian | Barley Greens (Not for Gluten-Sensitive) | Orzo |
| Persimmons | Barley Juice (Not for Gluten-Sensitive) | Panko |
| Pineapple | Beer | Polish Wheat |
| Plantain | Bran | Rye |
| Plum | Bread | Semolina |
| Pomegranate | Brown Rice Syrup (contains MSG/Gluten) | Soy Sauce |
| Pomelo | Caramel Coloring | Spelt |
| Prune | Cheese, Bleu | Teechino |
| Quince | Chewing Gum (has gluten and corn) | Teriyaki Sauce |
| | | Triticale |

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|---|--|--|
| Vinegar | Fava Bean Flour | Rice, Basmati (gluten free) |
| Vinegar, Malt | Flax Meal | Rice, Black (gluten free) |
| Vinegar, White | Garbanzo Flour | Rice, Brown (gluten free) |
| Wheat (All Types) | Glucomannon Flour (konjacfoods.com) | Rice, Japonica (gluten free) |
| Wheat Grass (Is Gluten-contaminated) | Hazelnut Flour | Rice, Purple (gluten free) |
| | Hemp Meal | Rice, Red (gluten free) |
| Gluten-Free Grains | Hemp Protein (Powder) | Rice, White (gluten free) |
| Almond Flour (gluten free) | Hemp Seed | Rice, Wild (Lundberg® - not the blend) |
| Amaranth | Konjac Glucomannon Flour | Simple Mills - Everything Sprouted Seed Cracker |
| Arrowroot Flour/powder | Millet | Simple Mills Grnd Sea Salt Almond Crackers |
| Basmati Rice (gluten free) | Oat Grass (Not For Gluten Sensitive) | Simple Mills Rosemary & Sea Salt Crackers |
| Buckwheat | Oats (Bob's Red Mill Gluten Free Version) | Simple Mills Tomato & Basil Almond Crackers |
| Buckwheat Flour | Oats (Certified GF) | Sorghum |
| Chicory Root | Potato Flour (gluten free) | Sweet Potato Flour (gluten free) |
| Coconut Flour (gluten free) | Potato Starch (gluten free) | Tapioca |
| Coconut Meal (gluten free) | ProGranola (Julian Bakery) | Tapioca Flour (gluten free) |
| Corn (Gluten-free & Non-GMO) | Quinoa (gluten free) | Tapioca Starch (gluten free) |
| Corn Meal (gluten free) | Quinoa, Black (gluten free) | Teff |
| Corn Starch (gluten free) | Quinoa, Red (gluten free) | Tolerant Green Lentil & Pea Pasta |
| Corn, Blue | Rice Bran | Tolerant Red or Green Lentil Pasta |
| Corn, White | Rice Flour (gluten free) | Tortilla, Siete Almond |
| Ener-G Brown Rice Yeast-Free Bread | Rice Protein Powder (gluten free) | Tortilla, Siete Cassava & Coconut |

Tortilla, Siete Chia & Cassava

Cloves, Madagascar

Guarana

Cloves, Penang

Gymnema Silvestre

Herbs & Spices

Cramp Bark Extract

Herbs De Provence

Allspice

Cream of Tartar

Hickory

Almond Flavor natural, gluten free)

Cumin

Himalayan Salt

Anise

Curcumin

Jamaican Jerk

Ashwaganda

Curry (must be GF)

Juniper Berry

Astragalus

Dandelion Root

Lavender

Basil

Dill

Lemon Balm (Melissa Officinalis)

Bay Leaf

Dong Quai

Lemon Pepper

Black Cohosh

Echinacea

Lemongrass

Caramel Coloring

Fennel

Licorice Root

Caraway Seed

Garlic

Liquid Smoke (can have gluten)

Cardamom

Garlic Pepper

Liquid Smoke gluten free (natural)

Celery Powder

Garlic Powder

Maca Root

Chicory Root

Garlic Salt

Mace Spice

Chili Powder

Ginger

Marjoram

Chipotle Seasoning

Ginkgo Biloba

Mesquite

Cilantro/Coriander

Ginseng (All Types)

Milk Thistle

Cinnamon

Goldenseal

Mint

Cinnamon, Ceylon

Grapefruit Seed Extract

Mustard (as a Powder)

Cloves

Grapeseed Extract

Mustard Seeds (gluten free)

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|---|--------------------------------|-----------------------------------|
| Nutmeg | Saffron | Wormwood |
| Olive Leaf Extract | Sage | |
| Onion | Saw Plametto | Legumes & Pulses |
| Onion Powder | Sesame Seeds | Bean, Azuki |
| Orange Peel/Rind | Sesame Seeds, Black | Bean, Black |
| Orange Salt | Shallots | Bean, Butter |
| Oregano | Spearmint | Bean, Cannellini |
| Paprika | St. John's Wort | Bean, Chana Dahl |
| Paprika (smoked) | Sumac | Bean, Chili |
| Parsley | Taco Seasoning | Bean, Green |
| Pepper, Black (see Garlic/Lemon Pepper) | Tamari (Wheat Free) | Bean, Italian |
| Pepper, Cayenne | Tarragon | Bean, Kidney |
| Pepper, Red | Thyme | Bean, Lima |
| Pepper, Sichuan | Tomatillo | Bean, Mung |
| Pepper, Szechuan | Turmeric | Bean, Navy/Ninja |
| Pepper/Peppercorns | Uva Ursi | Bean, Pinto/Frijole |
| Peppermint | Valerian | Bean, Red (see also Bean, Kidney) |
| Pine Bark Extract | Vanilla (gluten and corn-free) | Chickpea (see also Garbanzo Bean) |
| Red Chili Paste Thai Kitchen® (gluten free) | Vanilla Bean | Coffee Bean, Organic |
| Red Pepper Flake | Vanilla Powder | Edamame (must be organic) |
| Rose Hips | White Willow Bark Extract | Fava Bean |
| Rosemary | Wintergreen | Fava Bean Flour |

Meat & Poultry

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| Cheese, Goat | Goat Kefir | Carrageenan Gum |
| Cheese, Gorgonzola | Kefir, Raw | Chewing Gum (has gluten and corn) |
| Cheese, Gouda | Lactalbumin | Chewing Gum, Xylitew® |
| Cheese, Havarti | Milk Chocolate | Chicken Broth (Imagine® gf/low sodium) |
| Cheese, Machego | Milk, Cow | Chicory Root |
| Cheese, Mascapone | Milk, Goat | Cocoa Butter |
| Cheese, Mozzarella (Raw) | Milk, Sheep | Cocoa/Cacao (raw, pure, & unsweetened) |
| Cheese, Muenster | Mozzarella Cheese | Coconut Aminos® |
| Cheese, Parmesan | Sour Cream, Raw and Unpasteurized | Coconut Cream |
| Cheese, Pecorino | Whey | Collagen Protein (Powder) |
| Cheese, Provolone | Yogurt (See Xanthan Gum) | Formaldehyde |
| Cheese, Raw and Pasture-raised | | Garam Masala |
| Cheese, Ricotta | Miscellaneous | GemWraps®, Sandwich Wrap (Carrot) |
| Cheese, Romano | Acacia Gum | GemWraps®, Sandwich Wrap (Kale-Apple) |
| Cheese, Sheep | Agar Gum | GemWraps®, Sandwich Wrap (Mango/Chi.) |
| Cheese, String (Mozzarella) | Antimony | GemWraps®, Sandwich Wrap (Tomato) |
| Cheese, Swiss | Arabic Gum | Glucomannon Flour (konjacfoods.com) |
| Chocolate, Milk | Baking Powder | Great Lake's® Beef Gelatin |
| Chocolate, White | Baking Soda (Arm & Hammer®) | Guar Gum |
| Cream, Raw and Unpasteurized | Beef broth (Imagine® low sodium/GF) | Hops |
| Ghee (Pasture-Raised, Organic) | Blue Food Dye | Inulin |
| Goat Cheese | Bone Broth, Beef | Julian Bakery Almond Bread |

Nuts, Seeds, Drupes & Oils

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| Cashew Meal | Olive Leaf Extract | Sunflower Seed Lecithin |
| Cashews | Olive Oil, Virgin | Sunflower Seed Oil |
| Chestnut | Palm Kernel Oil | Sunflower Seeds |
| Chia Seed (1/4 cup, max) | Pecan | Tahini |
| Coconut Butter | Pecan Flour | Tea, Ramon |
| Coconut Oil | Pepitas | Tiger Nuts |
| Coconut, shredded (raw, unsweetened) | Pili Nuts | Vegetable Oil |
| Cola Nut (aka Kola Nut) | Pine Nut | Vegetable Shortening (Spectrum®) |
| Corn Oil | Pistachios | Walnut (few) |
| Cottonseed/Cottonseed Oil | Poppy seeds | Walnut Oil |
| Flax Meal | Psyllium Husk | Walnut, Black (few) |
| Flax Oil | Pumpkin Oil | |
| Flax Seed | Pumpkin Seed Oil | |
| Grapeseed Oil, Organic | Pumpkin Seeds | |
| Hazelnut Flour | Ramon Seeds | |
| Hazelnut/Filbert | Rice, Wild (Lundberg® - not the blend) | |
| Hemp Meal | Sacha Inchi Seeds | |
| Hemp Protein (Powder) | Safflower/Safflower Seed Oil | |
| Hemp Seed | Sesame Seed Oil | |
| Hydrogenated Oils | Sesame Seeds | |
| Macadamia Nut Oil | Sesame Seeds, Black | |
| Macadamia Nuts | Sunflower Seed Butter | |

Snacks

Apple Sauce

Date(s)

Simple Mills Chocolate Chip Cookies

| Sweeteners | | Vegetables |
|---|--|------------------------------------|
| Agave Nectar | Maltodextrin (Barley-derived) | Alfalfa Sprouts |
| Aspartame/Nutrasweet | Maltodextrin (Corn-based, non-GMO) | Aloe Vera |
| BodyPro Almond Mayo Grade B Maple Syrup | Maltodextrin (Tapioca-based) | Artichoke (not pickled) |
| Brown Rice Syrup (contains MSG/Gluten) | Maple Sugar | Artichoke, Jerusalem (not pickled) |
| Cane Syrup | Maple Syrup (Grade A Dark Amber Organic) | Arugula |
| Chocolate, Dark | Molasses | Asparagus |
| Chocolate, Milk | Monk Fruit (Pure) | Avocado |
| Chocolate, White | Monk Fruit Extract | Avocado Oil |
| Coconut Palm Sugar | Nutrasweet® | Bamboo Shoot |
| Coconut Sugar | Rebiana Leaf (Stevia) | Bean Sprout |
| Date Sugar | Sorbitol | Bean, Green |
| Erythritol (non-GMO) | Splenda | Beet |
| Fructose | Sucanat | Beet Greens |
| Fruit Pectin | Sucralose | Bell Pepper |
| Honey, (Organic) | Sugar Beet | Bell Pepper, Green |
| Honey, Manuka | Sugar Cane | Bell Pepper, Orange |
| Honey, Wildflower from Mahava® | Sweetleaf® Stevia | Bell Pepper, Red |
| Jerusalem Artichoke Syrup | Swerve® Xylitol | Bell Pepper, Yellow |
| Just Like Sugar® | Tapioca Dextrose | Bok Choy |
| Lo Han | Xyla (Birchwood Xylitol/non-corn source) | Broccoli |
| Maltitol | Yacon Syrup | Broccoli Rabe |

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| Broccoli Sprouts | Coconut (raw and unsweetened) | Lettuce, all types |
| Broccolini | Coconut Concentrate | Mushrooms |
| Brussels Sprout | Collard Greens | Mushrooms, Button |
| Burdock | Corn (Gluten-free & Non-GMO) | Mushrooms, Cremini/Crimini |
| Cabbage, Chinese (see also Bok Choy) | Corn, Blue | Mushrooms, Maitake |
| Cabbage, Green | Corn, White | Mushrooms, Shiitake |
| Cabbage, Purple | Cucumber | Mustard Greens |
| Cactus (Nopales) | Daikon Radish | Nori |
| Capers | Dandelion Greens | Okra |
| Capsicum | Dandelion Root | Olives (without vinegar) |
| Carrot Juice | Eggplant | Onion, Green |
| Carrot, Orange | Endive | Onion, Maui |
| Carrot, Purple | Fennel | Onion, Red |
| Carrot, White | Garlic | Onion, Sweet |
| Carrot, Yellow | Hearts of Palm | Onion, Yellow |
| Cassava (see Tapioca and Yucca) | Horseradish | Parsley |
| Cauliflower | Jicama | Parsnip |
| Cauliflower, Purple | Kale, all types | Pea Protein |
| Celery | Kelp/Dulse | Pea, Black-Eyed |
| Chard | Kohlrabi | Pea, Green |
| Chayote | Kombu | Pea, Snap |
| Chives | Leeks | Pea, Snow |

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|------------------------------|----------------------------------|--------------------------------------|
| Pea, Split | Radicchio | Sweet Potatoes, White |
| Pepper, Anaheim | Radish | Swiss Chard |
| Pepper, Chili | Rainbow Chard | Tomatillo |
| Pepper, Green | Rhubarb | Tomato |
| Pepper, Habanero | Rutabaga | Tomato Paste (gluten & Vinegar-free) |
| Pepper, Jalapeño | Sauerkraut (Bubbies® Brand only) | Tomato Sauce (gluten & Vinegar-free) |
| Pepper, Poblano | Scallions | Tomato, Cherry |
| Pepper, Red | Sea Vegetables | Tomato, Heirloom |
| Pepper, Serrano | Seaweed | Tomato, Orange |
| Pickles, Bubbies® brand only | Shallots | Tomato, Red |
| Pimento | Spinach | Tomato, Roma |
| Potato, Fingerling | Spirulina | Tomato, Sun-dried |
| Potato, Purple | Squash | Tomato, Yellow |
| Potato, Red | Squash, Acorn | Tomatoes, Big Beef |
| Potato, Russet | Squash, Butternut | Truffle |
| Potato, Sweet | Squash, Green | Turnip Greens |
| Potato, White | Squash, Spaghetti | Turnips |
| Potato, Yukon Gold | Squash, Summer | Water Chestnut |
| Prickly Pear | Squash, Winter | Watercress |
| Psyllium Husk | Squash, Yellow | Yams, Garnett |
| Pumpkin | Sugar Beet | Yams, Japanese |
| Pumpkin Powder | Sweet Potato, Red | Yucca |

Zucchini