

Fruits

Acai	Gooseberry	Mangosteen
Apple (all types)	Grape	Maqui
Apricot	Grape, Green	Melon, Honeydew
Banana	Grape, Purple	Monk Fruit (Pure)
Bilberry	Grape, Red	Mulberry
Blackberry	Grape, White	Nectarines
Blueberry	Grapefruit	Noni
Boysenberry	Grapefruit Juice	Orange
Cantaloupe	Guava	Orange Juice
Cherry	Huckleberry	Orange Peel/Rind
Clementine	Jack fruit	Orange, Blood
Cranberry	Kiwi	Papaya
Cranberry Juice	Kumquat	Passion Fruit
Currant	Lemon	Peach
Dates	Lemon Juice	Pear
Dragon Fruit (Pitaya)	Lemon Rind/Peel	Pear, Asian
Dried Fruit	Lime	Persimmons
Elderberry	Lime Juice	Pineapple
Fig	Litchi (aka Lychee)	Plantain
Goji Berry	Loganberry	Plum
Golden Berry	Loquat	Pomegranate
	Mango	Pomelo

Prune	Avocado Oil	Hemp Protein (Powder)
Quince	Brazil Nut	Hemp Seed
Raisin (unsulfured, organic)	Canola/Rapeseed Oil	Hydrogenated Oils
Raspberry	Caraway Seed	Macadamia Nut Oil
Star Fruit	Cashew Butter	Macadamia Nuts
Strawberry	Cashew Meal	Olive Leaf Extract
Tamarind	Cashews	Olive Oil, Virgin
Tangelo	Chestnut	Palm Kernel Oil
Tangerine	Chia Seed (1/4 cup, max)	Pecan Flour
Vinegar, Red Wine	Coconut Butter	Pecans
Watermelon	Coconut Oil	Pepitas
Wolfberry	Coconut, shredded (raw, unsweetened)	Pili Nuts
Youngberry	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios
Nuts, Seeds, Drupes & Oils		Poppy seeds
Almond	Flax Meal	Psyllium Husk
Almond Butter (Artisana®)	Flax Oil	Pumpkin Oil
Almond Flavor (natural, gluten free)	Flax Seed	Pumpkin Seed Oil
Almond Flour (gluten free)	Grapeseed Oil, Organic	Pumpkin Seeds
Almond Meal (gluten free)	Hazelnut Flour	Ramon Seeds
Almond, Marcona	Hazelnut/Filbert	Rice Bran Oil
Annatto Seed	Hemp Meal	Rice, Wild (Lundberg® - not the blend)

Sacha Inchi Seeds	Vegetables	Broccoli
Safflower/Safflower Seed Oil	Alfalfa Grass	Broccoli Rabe
Sesame Seed Oil	Alfalfa Sprouts	Broccoli Sprouts
Sesame Seeds	Aloe Vera	Broccolini
Sesame Seeds, Black	Artichoke (not pickled)	Brussels Sprout
Sunflower Seed Butter	Artichoke, Jerusalem (not pickled)	Burdock
Sunflower Seed Lecithin	Arugula	Cabbage, Chinese (see also Bok Choy)
Sunflower Seed Oil	Asparagus	Cabbage, Green
Sunflower Seeds	Avocado	Cabbage, Purple
Tahini	Bamboo Shoot	Cactus (Nopales)
Tea, Ramon	Barley Grass (can have gluten)	Capers
Tiger Nuts	Barley Greens (may contain gluten)	Capsicum
Truffle Oil	Bean Sprout	Carrot Juice
Truffle Oil, Black	Bean, Green	Carrot, Orange
Vegetable Oil	Beet	Carrot, Purple
Vegetable Shortening (Spectrum®)	Beet Greens	Carrot, White
Walnut Oil	Bell Pepper	Carrot, Yellow
Walnuts	Bell Pepper, Green	Cassava (see Tapioca and Yucca)
Walnuts, Black	Bell Pepper, Orange	Cauliflower
	Bell Pepper, Red	Cauliflower, Purple
	Bell Pepper, Yellow	Celery
	Bok Choy	Chard

Chayote	Kohlrabi	Pea Protein
Chives	Kombu	Pea, Black-Eyed
Coconut (raw and unsweetened)	Leeks	Pea, Green
Coconut Concentrate	Lettuce, all types	Pea, Snap
Collard Greens	Mushrooms	Pea, Snow
Corn (Gluten-free & Non-GMO)	Mushrooms, Button	Pea, Split
Corn, Blue	Mushrooms, Cremini/Crimini	Pepper, Anaheim
Corn, White	Mushrooms, Maitake	Pepper, Cayenne
Cucumber	Mushrooms, Shiitake	Pepper, Chili
Daikon Radish	Mustard Greens	Pepper, Green
Dandelion Greens	Nori	Pepper, Habanero
Dandelion Root	Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño
Eggplant	Okra	Pepper, Poblano
Endive	Olives (without vinegar)	Pepper, Red
Fennel	Onion, Green	Pepper, Serrano
Garlic	Onion, Maui	Pickles, Bubbies® brand only
Hearts of Palm	Onion, Red	Pimento
Horseradish	Onion, Sweet	Potato, Fingerling
Hydrogenated Oils	Onion, Yellow	Potato, Purple
Jicama	Paprika	Potato, Red
Kale, all types	Parsley	Potato, Russet
Kelp/Dulse	Parsnip	Potato, Sweet

Potato, White	Squash, Green	Turnip Greens
Potato, Yukon Gold	Squash, Spaghetti	Turnips
Prickly Pear	Squash, Summer	Vegetable Oil
Psyllium Husk	Squash, Winter	Water Chestnut
Pumpkin	Squash, Yellow	Watercress
Pumpkin Powder	Sugar Beet	Wheat Grass (Is Gluten-contaminated)
Radicchio	Sweet Potato, Red	Yams, Garnett
Radish	Sweet Potatoes, White	Yams, Japanese
Rainbow Chard	Swiss Chard	Yucca
Red Pepper Flake	Tomatillo	Zucchini
Rhubarb	Tomato	
Rutabaga	Tomato Paste (gluten & Vinegar-free)	
Sauerkraut (Bubbies® Brand only)	Tomato Sauce (gluten & Vinegar-free)	
Scallions	Tomato, Cherry	
Sea Vegetables	Tomato, Heirloom	
Seaweed	Tomato, Orange	
Shallots	Tomato, Red	
Spinach	Tomato, Roma	
Spirulina	Tomato, Sun-dried	
Squash	Tomato, Yellow	
Squash, Acorn	Tomatoes, Big Beef	
Squash, Butternut	Truffle	

Fish & Shellfish

Anchovy
 Bass
 Catfish
 Chilean Sea Bass
 Clam
 Cod/ Cod Liver Oil
 Corvina
 Crab
 Crab, Immitation
 Crayfish

Flounder	Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon
Haddock	Trout	Beef, Grass-fed only (organic)
Hake	Tuna	Bison (see also Buffalo)
Halibut	Walleye Pike	Buffalo (see also Bison)
Herring	Whitefish/Turbot	Chicken Broth (Imagine® gf/low sodium)
Lobster		Chicken, free range (organic)
Mackerel	Meat & Poultry	Collagen Protein (Powder)
Mahi Mahi	Applegate® organic andouille sausage	Deer (see also Venison)
Mussel	Applegate® organic bacon	Duck
Octopus	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Orange Roughy	Applegate® organic chicken	Great Lake's® Beef Gelatin
Oyster	Applegate® organic chicken/apple sausage	Lamb
Perch	Applegate® organic ham	Lard (pork)
Red Snapper	Applegate® organic herb roasted turkey	Ostrich
Salmon, wild (fresh)	Applegate® organic hot dogs	Pheasant
Sardines	Applegate® organic red pepper sausage	Pork, (organic)
Scallop	Applegate® organic roast beef	Quail
Shrimp	Applegate® organic sausage sweet italian	Rabbit
Sole	Applegate® organic smoked chicken breast	Turkey (organic)
Squid	Applegate® organic smoked turkey breast	Veal (organic)
Swai	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Swordfish	Applegate® organic turkey	

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

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 FarmsÂ® or Pasture
VerdeÂ®**Egg, Whites, Pasture-raised**

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg'sÂ®)

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'sÂ®
Sweet & SpicyBodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut AminosÂ®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and UnpasteurizedDressing, Primal Kitchen Greek
Avocado OilDressing, Primal Kitchen Honey
MustardEarth BalanceÂ® Avocado Oil Butter
Spread

Earth BalanceÂ® Coconut Spread

Harissa

**Horseradish Sauce, Gluten-free
(Annie'sÂ®)**

Hummus

Ketchup (Organicville)

Liquid Aminos (Bragg'sÂ®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil**Mustard, Brown (EdenÂ® gf mustard)**

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai KitchenÂ®
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (BubbiesÂ® 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
HeartÂ®)**

Vegetable Shortening (SpectrumÂ®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Honey, (Organic)

Sugar Cane

Vinegar, Rice

Honey, Manuka

Sweetleaf® Stevia

Vinegar, White

Honey, Wildflower from Mahava®

Swerve® Sweetener

Vinegar, White Wine

Jerusalem Artichoke Syrup

Tapioca Dextrose

White/Distilled Vinegar

Just Like Sugar®

Xyla (Birchwood Xylitol)

Worcestershire Sauce (The
Wizard's® GF)

Lo Han

Xylitol

Maltitol

Yacon Syrup

Sweeteners

Agave Nectar

Maltodextrin (Barley-derived)

Aspartame

Maltodextrin (Corn-based,
non-GMO)BodyPro Almond Mayo Grade A
Maple Syrup

Maltodextrin (Tapioca-based)

Brown Rice Syrup (contains
MSG/Gluten)

Maple Sugar

Cane Syrup

Maple Syrup (Grade A Dark Amber
Organic)

Chocolate, Dark

Molasses

Chocolate, Milk

Monk Fruit (Pure)

Chocolate, White

Monk Fruit Extract

Coconut Palm Sugar

Nutrasweet®

Coconut Sugar

Rebiana Leaf (Stevia)

Date Sugar

Sorbitol

Erythritol (non-GMO)

Splenda

Fructose

Sucanat

Fruit Pectin

Sucralose

Sugar Beet

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

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

Pepper, Szechuan	Turmeric	Cheese, Feta
Pepper/Peppercorns	Uva Ursi	Cheese, Goat
Peppermint	Valerian	Cheese, Gorgonzola
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Gouda
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Havarti
Red Pepper Flake	Vanilla Powder	Cheese, Machego
Rose Hips	White Willow Bark Extract	Cheese, Mascapone
Rosemary	Wintergreen	Cheese, Mozzarella (Raw)
Saffron	Wormwood	Cheese, Muenster
Sage		Cheese, Parmesan
Saw Plametto	Milk-Containing Foods	Cheese, Pecorino
Sesame Seeds	Applegate® organic spinach & feta sausage	Cheese, Provolone
Sesame Seeds, Black	Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised
Shallots	Buttermilk	Cheese, Ricotta
Spearmint	Casein	Cheese, Romano
St. John's Wort	Cheese, American	Cheese, Sheep
Sumac	Cheese, Asiago	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Bleu	Cheese, Swiss
Tamari (Wheat Free)	Cheese, Brie	Chocolate, Milk
Tarragon	Cheese, Cheddar (Raw)	Chocolate, White
Thyme	Cheese, Cottage	Cream, Raw and Unpasteurized
Tomatillo	Cheese, Cream	Ghee (Pasture-Raised, Organic)

Goat Cheese	Bean, Italian	Pea, Split
Goat Kefir	Bean, Kidney	Peanut (Organic, Valencia)
Kefir, Raw	Bean, Lima	Peanut Butter (Organic, Maranatha®)
Lactoalbumin	Bean, Mung	Peanut Oil (Organic)
Milk Chocolate	Bean, Navy	Red Bean Paste
Milk, Buffalo	Bean, Ninja	Soy Beans (must be organic)
Milk, Cow	Bean, Pinto/Frijole	Soybean oil(must be organic)
Milk, Goat	Bean, Red	Vanilla Bean
Milk, Sheep	Bean, White	Vanilla Powder
Mozzarella Cheese	Chickpea (see also Garbanzo Bean)	Vegetable Oil
Sour Cream, Raw and Unpasteurized	Coffee Bean, Organic	
Whey	Edamame (must be organic)	Gluten-Free Grains
Yogurt (See Xanthan Gum)	Fava Bean	Almond Flour (gluten free)
	Fava Bean Flour	Amaranth
Legumes & Pulses	Garbanzo Bean	Arrowroot Flour/powder
Bean, Azuki	Garbanzo Flour	Basmati Rice (gluten free)
Bean, Black	Hydrogenated Oils	Buckwheat
Bean, Butter	Kidney Bean	Buckwheat Flour
Bean, Cannellini	Lentil(s)	Chicory Root
Bean, Chana Dahl	Miso	Coconut Flour (gluten free)
Bean, Chili	Pea, Snap	Coconut Meal (gluten free)
Bean, Green	Pea, Snow	Corn (Gluten-free & Non-GMO)

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
Fava Bean Flour	Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Black (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Brown (gluten free)	
Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)	
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)	
Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker	
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	
Millet	Simple Mills Rosemary & Sea Salt Crackers	
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	
Oats (Certified GF)	Sorghum	
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	
Potato Starch (gluten free)	Tapioca	
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	
Quinoa (gluten free)	Tapioca Starch (gluten free)	

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

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

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)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten
Sensitive)

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

Wheat (All Types)

Wheat Grass (Is
Gluten-contaminated)**Gluten-Containing Foods**

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

Beverages & Protein PowdersAlmond Milk, unsweetened (no
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk(Native Forest or
Natural Value)

Coconut Water (low sugar)	Pea Protein	Zevia Drinks
Coffee	Rice Protein Powder (gluten free)	
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	Miscellaneous
Coffee, Instant (has gluten)	Soy Protein (Organic)	Acacia Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Agar Gum
Echinacea Tea	Tea, Black	Antimony
Grapefruit Juice	Tea, Chamomile	Arabic Gum
Great Lake's® Beef Gelatin	Tea, Green	Baking Powder
Green Tea	Tea, Hibiscus	Baking Soda (Arm & Hammer®)
Hemp Protein (Powder)	Tea, Komboucha	Beef broth (Imagine® low sodium/GF)
Komboucha Tea	Tea, Oolong	Blue Food Dye
Lactalbumin	Tea, Ramon	Bone Broth, Beef
Lemon Juice	Tea, Roobios	Carrageenan Gum
Licorice Tea	Tea, Unflavored	Chewing Gum (has gluten and corn)
Lime Juice	Tea, White	Chewing Gum, Xylichew®
Milk, Buffalo	Teechino	Chicken Broth (Imagine® gf/low sodium)
Milk, Cow	Vinegar, Red Wine	Chicory Root
Milk, Goat	Water	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Sheep	Whey	Collagen Protein (Powder)
Milk, Soy (Organic)	Wine, Red	Formaldehyde
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Carrot)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®®, Sandwich Wrap (Mango/Chipotle)	Red Food Dye
GemWraps®®, Sandwich Wrap (Tomato)	Red Tomato Paste (gluten free)
Glucomannon Flour (konjacfoods.com)	Resveratrol
Great Lake's® Beef Gelatin	Rice Starch (if certified gluten free)
Guar Gum	Silver
Hops	Skinny Crisps® (Plain Jane)
Hydrogenated Oils	Tofu (Organic)
Inulin	Tragacanth Gum
Julian Bakery Almond Bread	Vegetable broth (Imagine® Low Sodium)
Julian Bakery Coconut Bread	Vegetable Oil
Julian Bakery Paleo Wraps	Vinegar, Red Wine
Konjac Glucomannon Flour	Xanthan Gum
Lard (pork)	Yeast, Baker's
Latex	Yeast, Brewer's
Locust Bean Gum	Yeast, Nutritional
Lycopene	
Malt	
Maltodextrin (Barley-derived)	Apple Sauce
Modified Food Starch	Dates
Modified Food Starch (Tapioca-based)	Simple Mills Chocolate Chip Cookies
Palm Wax	
Pycnogenol	

Snacks