

## Beverages &amp; Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Matured)

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Kombucha 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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

## Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella NoCaramel/WineVinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Barbecue Sauce, GF Apple®

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Vinegar, Red Wine

- Anchor
- Base
- Catfish
- Chilean Sea Bass
- Clam

Squid	Cranberry	Lemon
Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
<b>Fruits</b>	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit

Peach	Apricot	Liquid Smoke (can have gluten)
Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be Wheat-derived)
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for Gluten-Sensitive)	Polish Wheat
Pomegranate	Barley Juice (Not for Gluten-Sensitive)	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, organic)	Brown Rice Syrup (contains MSG/Alcohol)	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Blue	Triticale
Strawberry	Chewing Gum (has gluten and corn)	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is Gluten-contaminated)
Wolfberry	Gluten	Crab, Immitation
Youngberry	Graham (wheat)	
Banana	Kamut	

## Gluten-Free Grains

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

**Herbs & Spices**

Allspice	Cramp Bark Extract	Herbs De Provence
Almond Flavor natural, gluten free)	Cream of Tartar	Hickory
Anise	Cumin	Himalayan Salt
Ashwaganda	Curcumin	Jamaican Jerk
Astragalus	Curry (must be GF)	Juniper Berry
Basil	Dandelion Root	Lavender
Bay Leaf	Dill	Lemon Balm (Melissa Officinalis)
Black Cohosh	Dong Quai	Lemon Pepper
Caramel Coloring	Echinacea	Lemongrass
Caraway Seed	Fennel	Licorice Root
Cardamom	Garlic	Liquid Smoke (can have gluten)
Celery Powder	Garlic Pepper	Liquid Smoke gluten free (natural)
Chicory Root	Garlic Powder	Maca Root
Chili Powder	Garlic Salt	Mace Spice
Chipotle Seasoning	Ginger	Marjoram
Cilantro/Coriander	Ginkgo Biloba	Mesquite
Cinnamon	Ginseng (All Types)	Milk Thistle
Cinnamon, Ceylon	Goldenseal	Mint
Cloves	Grapefruit Seed Extract	Mustard (as a Powder)
Cloves, Madagascar	Grapeseed Extract	Mustard Seeds (gluten free)
Cloves, Penang	Guarana	Nutmeg
	Gymnema Silvestre	Olive Leaf Extract

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

Miso	Applegate® organic roast beef	Pheasant
Pea, Snap	Applegate® organic andouille sausage	Pork, (organic)
Pea, Snow	Applegate® organic chicken/apple sausage	Quail
Pea, Split	Applegate® organic red pepper	Rabbit
Peanut (Organic, Valencia)	Applegate® organic spinach & feta	Turkey (organic)
Peanut Butter (Organic, Maranatha®)		Veal (organic)
Peanut Oil (Organic)		Venison (see also Deer)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

Coffee Bean, Organic

### Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

bread

Applegate® organic turkey

Applegate® organic turkey bacon

Deer, Grass-fed only (organic)

Duck (see also Duck)

Duck (see also Duck)

Chicken, Broil (imagined grow

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

### Milk-Containing Foods

Applegate® organic spinach &amp; 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, Goat

Cheese, Gorgonzola



Malt

Maltodextrin (Can be  
Wheat-derived)

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®  
(gluten free)

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &  
Wheat-free)Tomato Sauce (gluten &  
Wheat-free)

Latex

Formaldehyde

Acacia Gum

Tragacanth Gum

Blue Food Dye

Skinny Crisps®(Plain Jane)

Red Food Dye

Cocoa Butter

Agar Gum

**Non-Dairy & Eggs**Almond Milk, unsweetened (no  
tapioca)

Almond Yogurt, unsweetened

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,  
Coconut)

Coconut Milk/Melting Forest or

BodyPro Avocado Oil Mayonnaise

**Nuts, Seeds, Drupes & Oils**

Almond

Almond Butter (Artisana®)

Almond Flavor natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashews

Cashew Butter

Cashew Meal

Chestnut

Chia Seed (1/4 cup, max)

Coconut Butter

Coconut Oil

Coconut, shredded (raw,  
unsweetened)

Cola Nut (aka Kola Nut)

Yeast, Nutritional

Milk, Soy (Organic)

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	<b>Snacks</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip Cookies
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	<b>Sweeteners</b>
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be  
Wheat-derived)Maltodextrin (Corn-based,  
non-GMO)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Syrup)

Melancon

Monk Fruit

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Solanda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Sweetleaf® Xylitol

Xylitol (Discovered Xylitol.com.com)

Sucralose

Agave Nectar

Coconut Sugar

## Vegetables

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper, Green

Bell Pepper, Red

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok  
Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini	Pepper, Serrano
Corn, Blue	Mushrooms, Maitake	Pickles, Bubbies® brand only
Corn, White	Mushrooms, Shiitake	Pimento
Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed

Spinach	Tomato, Red	Bell Pepper
Spirulina	Tomato, Roma	Bell Pepper, Yellow
Squash	Tomato, Sun-dried	Bell Pepper, Orange
Squash, Acorn	Tomato, Yellow	
Squash, Butternut	Truffle	
Squash, Green	Turnip Greens	
Squash, Spaghetti	Turnips	
Squash, Summer	Water Chestnut	
Squash, Winter	Watercress	
Squash, Yellow	Yams, Garnett	
Sugar Beet	Yams, Japanese	
Sweet Potato, Red	Yucca	
Sweet Potatoes, White	Zucchini	
Swiss Chard	Alfalfa Sprouts	
Tomatillo	Psyllium Husk	
Tomato Paste (gluten & Vinegar-free)	Onion, Green	
Tomato Sauce (gluten & Vinegar-free)	Onion, Maui	
Tomato	Onion, Red	
Tomatoes, Big Beef	Onion, Sweet	
Tomato, Cherry	Onion, Yellow	
Tomato, Heirloom	Chives	
Tomato, Orange	Shallots	