

**Vegetables**

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok

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

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremini/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
Onion, Green	Pimento	Spirulina
Onion, Maui	Potato, Fingerling	Squash
Onion, Red	Potato, Purple	Squash, Acorn
Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo

Tomato Paste (gluten &	<b>Fruits</b>	Elderberry
Tomato Sauce (gluten &	Acai	Fig
Tomato	Agar Gum	Goji Berry
Tomatoes, Big Beef	Apple (all types)	Golden Berry
Tomato, Cherry	Apple Cider	Gooseberry
Tomato, Heirloom	Apple Juice	Grape
Tomato, Orange	Apple Sauce	Grape, Green
Tomato, Red	Apricot	Grape, Purple
Tomato, Roma	Banana	Grape, Red
Tomato, Sun-dried	Bilberry	Grape, White
Tomato, Yellow	Blackberry	Grapefruit
Truffle	Blueberry	Grapefruit Juice
Turnip Greens	Boysenberry	Guava
Turnips	Cantaloupe	Huckleberry
Water Chestnut	Cherry	Jack fruit
Watercress	Clementine	Kiwi
Yams, Garnett	Cranberry	Kumquat
Yams, Japanese	Cranberry Juice	Lemon
Yucca	Currant	Lemon Juice
Zucchini	Date(s)	Lemon Rind/Peel
Alfalfa Sprouts	Dragon Fruit (Pitaya)	Lime
Psyllium Husk	Dried Fruit	Lime Juice

Litchi (aka Lychee)

Plantain

Annatto Seed

Loganberry

Plum

Arrowroot Flour/powder

Loquat

Pomegranate

Brazil Nut

Mango

Pomelo

Canola/Rapeseed Oil

Mangosteen

Prune

Caraway Seed

Maqui

Quince

Cashews

Melon, Honeydew

Raisin (unsulfured, organic)

Cashew Butter

Monk Fruit

Raspberry

Cashew Meal

Mulberry

Star Fruit

Chestnut

Nectarines

Strawberry

Chia Seed (1/4 cup, max)

Noni

Tamarind

Coconut Butter

Orange

Tangelo

Coconut Oil

Orange, Blood

Tangerine

Coconut, shredded (raw,

Orange Juice

Watermelon

Cola Nut (aka Kola Nut)

Orange Peel/Rind

Wolfberry

Corn Oil

Papaya

Youngberry

Cottonseed/Cottonseed Oil

Passion Fruit

**Nuts, Seeds, & Oils**

Flax Meal

Peach

Almond Butter (Artisana®)

Flax Oil

Pear

Almond Flavor natural, gluten free)

Flax Seed

Pear, Asian

Almond Flour (gluten free)

Grapeseed Oil, Organic

Persimmons

Almond Meal (gluten free)

Hazelnut Flour

Pineapple

Almond, Marcona

Hazelnut/Filbert

Hemp Meal	Sacha Inchi Seeds	Bean, Cannellini
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Chana Dahl
Hemp Seed	Sesame Seeds	Bean, Chili
Hydrogenated Oils	Sesame Seeds, Black	Bean, Green
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Italian
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Kidney
Olive Leaf Extract	Sunflower Seed Oil	Bean, Lima
Olive Oil, Virgin	Sunflower Seeds	Bean, Mung
Palm Kernel Oil	Tahini	Bean, Navy/Ninja
Pecan	Tea, Ramon	Bean, Pinto/Frijole
Pecan Flour	Tiger Nuts	Bean, Red (see also Bean, Kidney)
Pepitas	Vegetable Oil	Chickpea (see also Garbanzo)
Pili Nuts	Vegetable Shortening (Spectrum®)	Edamame (must be organic)
Pine Nut	Walnut (few)	Fava Bean
Pistachios	Walnut Oil	Fava Bean Flour
Poppy seeds	Walnut, Black (few)	Garbanzo Bean
Pumpkin Oil	Almond	Garbanzo Flour
Pumpkin Seed Oil	Psyllium Husk	Lentil(s)
Pumpkin Seeds	<b>Legumes &amp; Pulses</b>	Miso
Ramon Seeds	Bean, Azuki	Pea, Snap
Rice, Wild (Lundberg® - not the	Bean, Black	Pea, Snow
Safflower/Safflower Seed Oil	Bean, Butter	Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach &amp; feta

Applegate® organic sausage sweet

Applegate® organic smoked

Applegate® organic smoked turkey

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Sriracha Sauce Organicville

Egg

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

**Sweeteners**

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai



Echinacea	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds
Herbs De Provence	Onion	Sesame Seeds, Black
Hickory	Onion Powder	Shallots
Himalayan Salt	Orange Peel/Rind	Spearmint
Jamaican Jerk	Orange Salt	St. John's Wort
Juniper Berry	Oregano	Taco Seasoning
Lavender	Paprika	Tamari (Wheat Free)
Lemon Balm (Melissa Officinalis)	Paprika (smoked)	Tarragon
Lemon Pepper	Parsley	Thyme

Tomatillo	Cheese, Goat	Goat Kefir
Turmeric	Cheese, Gorgonzola	Kefir, Raw
Uva Ursi	Cheese, Gouda	Lactoalbumin
Valerian	Cheese, Havarti	Milk Chocolate
Vanilla (gluten and corn-free)	Cheese, Machego	Milk, Cow
Vanilla Bean	Cheese, Marscapone	Milk, Goat
Vanilla Powder	Cheese, Mozzarella (Raw)	Milk, Sheep
White Willow Bark Extract	Cheese, Muenster	Mozzarella Cheese
Wintergreen	Cheese, Parmesan	Sour Cream, Raw and
Rose Hips	Cheese, Pecorino	Whey
<b>Milk-Containing Foods</b>	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta	Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised	Cheese, Romano	<b>Gluten-Free Grains</b>
Buttermilk	Cheese, Provolone	Almond Flour (gluten free)
Casein	Cheese, Sheep	Amaranth
Cheese, American	Cheese, String (Mozzarella)	Arrowroot Flour/powder
Cheese, Asiago	Cheese, Swiss	Basmati Rice (gluten free)
Cheese, Bleu	Chocolate, Milk	Buckwheat
Cheese, Brie	Chocolate, White	Buckwheat Flour
Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized	Chicory Root
Cheese, Cottage	Ghee (Pasture-Raised, Organic)	Coconut Flour (gluten free)
Cheese, Cream	Goat Cheese	Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Ener-G Brown Rice Yeast-Free	Rice, Japonica (gluten free)	Simple Mills
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	<b>Gluten-Containing Foods</b>
Garbanzo Flour	Rice, White (gluten free)	Barley
Glucomannon Flour	Rice, Wild (Lundberg® - not the	Barley Greens (Not for
Hazelnut Flour	Rice Bran	Barley Juice (Not for
Hemp Meal	Rice Flour (gluten free)	Beer
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Bran
Hemp Seed	Simple Mills Grnd Sea Salt Almond	Bread
Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt	Brown Rice Syrup (contains
Millet	Simple Mills Tomato & Basil	Caramel Coloring
Oats	Sorghum	Cheese, Bleu
Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and
Oat Grass (Not For Gluten	Tapioca	Coffee, Instant (has gluten)
Potato Flour (gluten free)	Tapioca Flour (gluten free)	Couscous
Potato Starch (gluten free)	Tapioca Starch (gluten free)	Durum Wheat
Quinoa (gluten free)	Teff	Farro
Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta	Gluten

**Graham (wheat)**

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap

Maltodextrin (Corn-based,

Sriracha Sauce Organicville

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee Bean, Organic

Coffee

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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

**Miscellaneous**

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylichew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &amp;

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

Great Lake's® Beef Gelatin

Guar Gum

Hops

Julian Bakery Paleo Wraps

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

Lard (pork)

Liquid Aminos (Braggs®)(has Soy

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Can be

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Skinny Crisps®(Plain Jane)

Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tagacanth Gum

Vegetable broth (Imagine® Low

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Ispaghula/Psyllium

Acacia Gum