

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Applegate® organic chicken/apple
sausage

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

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
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

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & 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

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|--------------------------------------|------------------------------|----------------------------------|
| Kombu | Pea, Green | Psyllium Husk |
| 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 |

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato

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

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Truffle

Turnip Greens

Turnips

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

Fruits

Acai

Apple (all types)

Apple Cider

Apple Juice

Apple Sauce

ApplegateA® organic chicken/apple
sausage

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

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|---------------------|------------------------------|---------------------------------------|
| 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

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hazelnut Flour

Hazelnut/Filbert

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

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

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|----------------------------|---|--|
| Octopus | Meat & Poultry | 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 |
| 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 (Wild, Non-farmed) | Applegate® organic smoked turkey breast | |
| Trout | Applegate® organic spinach & feta sausage | Non-Dairy & Eggs |
| 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,Â....) |
| | 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) |

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| 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 |
| Condiments | Mayonnaise | BodyPro Almond Mayo Grade A Maple Syrup |
| Apple Cider Vinegar (Bragg's®) | Mayonnaise, Primal Kitchen Avocado Oil | Brown Rice Syrup (contains MSG/Gluten) |
| Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Cane Syrup |
| Balsamic Vinegar (with Red Wine Vinegar) | Mustard, Brown (Eden® gf mustard) | Chocolate, Dark |
| Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | Sauerkraut (Bubbies® Brand only) | Chocolate, Milk |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Sriracha Sauce Organicville gluten-free | Chocolate, White |
| BodyPro Almond Mayo Grade A Maple Syrup | Tabasco Sauce | Coconut Palm Sugar |
| BodyPro Almond Mayo with Yacon Syrup | Ume Plum Vinegar | Coconut Sugar |
| BodyPro Avocado Oil Mayonnaise | Veganise Soy-free (Follow Your Heart®) | Date Sugar |
| Carob | Vinegar | Erythritol (non-GMO) |
| Coconut Vinegar (Coconut Secret) | Vinegar, Beet | Fructose |
| Dressing, Primal Kitchen Greek Avocado Oil | Vinegar, Distilled | Fruit Pectin |
| Dressing, Primal Kitchen Honey Mustard | Vinegar, Malt | Honey, (Organic) |
| Earth Balance® Avocado Oil Butter Spread | Vinegar, Red Wine | Honey, Manuka |
| | Vinegar, Rice | Honey, Wildflower from Mahava® |

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Applegate® organic chicken/apple
sausage

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

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

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|----------------------------------|---|--------------------------------|
| Ginseng (All Types) | Mustard (as a Powder) | Rose Hips |
| Goldenseal | Mustard Seeds (gluten free) | Rosemary |
| 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 |

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| White Willow Bark Extract | Cheese, Marscapone | Milk, Goat |
| Wintergreen | Cheese, Mozzarella (Raw) | Milk, Sheep |
| Wormwood | Cheese, Muenster | Mozzarella Cheese |
| | Cheese, Parmesan | Sour Cream, Raw and Unpasteurized |
| Milk-Containing Foods | Cheese, Pecorino | Whey |
| Applegate® organic spinach & feta sausage | Cheese, Provolone | Yogurt (See Xanthan Gum) |
| Butter, Raw and Pasture-raised | Cheese, Raw and Pasture-raised | |
| Buttermilk | Cheese, Ricotta | Legumes & Pulses |
| Casein | Cheese, Romano | Bean, Azuki |
| Cheese, American | Cheese, Sheep | Bean, Black |
| Cheese, Asiago | Cheese, String (Mozzarella) | Bean, Butter |
| Cheese, Bleu | Cheese, Swiss | Bean, Cannellini |
| Cheese, Brie | Chocolate, Milk | Bean, Chana Dahl |
| Cheese, Cheddar (Raw) | Chocolate, White | Bean, Chili |
| Cheese, Cottage | Cream, Raw and Unpasteurized | Bean, Green |
| Cheese, Cream | Ghee (Pasture-Raised, Organic) | Bean, Italian |
| Cheese, Feta | Goat Cheese | Bean, Kidney |
| Cheese, Goat | Goat Kefir | Bean, Lima |
| Cheese, Gorgonzola | Kefir, Raw | Bean, Mung |
| Cheese, Gouda | Lactoalbumin | Bean, Navy |
| Cheese, Havarti | Milk Chocolate | Bean, Ninja |
| Cheese, Machego | Milk, Cow | Bean, Pinto/Frijole |

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

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|---|--|--|
| Rice, Red (gluten free) | Gluten-Containing Foods | Oats |
| Rice, White (gluten free) | Barley | Oats, GF (not Certified) can have gluten |
| Rice, Wild (Lundberg® - not the blend) | Barley Greens (may contain gluten) | Orzo |
| Simple Mills - Everything Sprouted Seed Cracker | Barley Juice (may contain gluten) | Panko |
| Simple Mills Ground Sea Salt Almond Crackers | Beer | Polish Wheat |
| Simple Mills Rosemary & Sea Salt Crackers | Bran | Rye |
| Simple Mills Tomato & Basil Almond Crackers | Bread | Semolina |
| Sorghum | Brown Rice Syrup (contains MSG/Gluten) | Soy Sauce |
| Sweet Potato Flour (gluten free) | Caramel Coloring | Spelt |
| Tapioca | Cheese, Bleu | Teechino |
| Tapioca Flour (gluten free) | Chewing Gum (has gluten and corn) | Teriyaki Sauce |
| Tapioca Starch (gluten free) | Coffee, Instant (has gluten) | Triticale |
| Teff | Couscous | Vinegar |
| Tolerant Green Lentil & Pea Pasta | Crab, Immitation | Vinegar, Malt |
| Tolerant Red or Green Lentil Pasta | Durum Wheat | Vinegar, White |
| Tortilla, Siete Almond | Farro | Wheat (All Types) |
| Tortilla, Siete Cassava & Coconut | Gluten | Wheat Grass (Is Gluten-contaminated) |
| Tortilla, Siete Chia & Cassava | Graham (wheat) | |
| | Kamut | |
| | Liquid Smoke (can have gluten) | |
| | Malt | |
| | Maltodextrin (Barley-derived) | |

Corn-Derived FoodsBarbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

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

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® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Beverages & Protein PowdersAlmond 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)

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, Hibiscus

Tea, Kombucha

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Water

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

Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies