

Fruits	Non-Dairy & Eggs	qwerty
Acai	Condiments, Spreads & Sauces	Fruits
alpha	Sweeteners	Banana
bravo	Herbs & Spices	Plantain
charlie	Maca Root	Nuts, Seeds, Drupes & Oils
Nuts, Seeds, Drupes & Oils	Sumac	Corn Oil
Fish & Shellfish	Milk-Containing Foods	Hydrogenated Oils
Chilean Sea Bass	Legumes & Pulses	Pepitas
Corvina	Corn-Derived Foods	Pumpkin Oil
Mahi Mahi	Gluten-Containing Foods	Pumpkin Seed Oil
Octopus	Gluten-Free Grains	Pumpkin Seeds
Sardines	Beverages & Protein Powders	Rice Bran Oil
Swai	Miscellaneous	Vegetable Oil
Tilapia (Wild, Non-farmed)	Latex	Fish & Shellfish
Whitefish/Turbot	Snacks	Squid
Vegetables	AB	Trout
Meat & Poultry		Walleye Pike
Bison (see also Buffalo)		
Goat, Grass-fed only (organic)		
Ostrich		
Pheasant		
Rabbit		

Vegetables

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Capsicum

Carrot, Yellow

Carrot Juice

Celery

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Hydrogenated Oils

Pepper, Green

Pepper, Red

Pumpkin

Pumpkin Powder

Vegetable Oil

Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic ham

Applegate® organic roast beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Non-Dairy & Eggs

Cheese, Soy (Organic) (see Soy)

Condiments, Spreads & Sauces

Mayonnaise

Red Bean Paste

Tabasco Sauce

Veganise Soy-free (Follow Your Heart®)

Vinegar

Vinegar, Malt

Vinegar, Rice

Vinegar, White

Sweeteners

Brown Rice Syrup (contains MSG/Gluten)

Erythritol (non-GMO)

Fructose

Maltodextrin (Corn-based, non-GMO)

Swerve® Sweetener

Xylitol

Herbs & Spices

Bell Pepper, Red

Capsicum

Celery Powder

Chili Powder

Chipotle Seasoning

Hydrogenated Oils

Pepper, Red

Milk-Containing Foods

Cheese, Cream

Legumes & Pulses

Bean, Chili

Bean, Kidney

Bean, Red

Hydrogenated Oils

Kidney Bean

Red Bean Paste

Vegetable Oil

Corn-Derived Foods

Cheese, Cream

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & 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
(Carrot)

Hydrogenated Oils

Maltodextrin (Corn-based,
non-GMO)

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Gluten-Containing Foods

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Brown Rice Syrup (contains
MSG/Gluten)

Chewing Gum (has gluten and corn)

Vinegar

Vinegar, Malt

Vinegar, White

Gluten-Free Grains

Basmati Rice (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Hydrogenated Oils

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Vegetable Oil

Beverages & Protein Powders

Bone Broth Protein, Beef

Carrot Juice

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Rice Protein Powder (gluten free)

Miscellaneous

Baking Powder

Bone Broth, Beef

Chewing Gum (has gluten and corn)

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap
(Carrot)GemWraps®, Sandwich Wrap
(Mango/Chipotle)

Great Lake's® Beef Gelatin

Hydrogenated Oils

Rice Starch (if certified gluten free)

Vegetable Oil

Xanthan Gum

Snacks

AB

qwerty