

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

Fruits	Nuts, Seeds, Drupes & Oils	
Bilberry	Almond	Capers
Boysenberry	Annatto Seed	Chard
Golden Berry	Brazil Nut	Coconut (raw and unsweetened)
Gooseberry	Caraway Seed	Coconut Concentrate
Grapefruit	Cashew Butter	Collard Greens
Huckleberry	Cashew Meal	Daikon Radish
Lemon	Cashews	Dandelion Greens
Lemon Juice	Chestnut	Dandelion Root
Lemon Rind/Peel	Chia Seed (1/4 cup, max)	Endive
Lime	Coconut Butter	Fennel
Lime Juice	Fish & Shellfish	Hearts of Palm
Litchi (aka Lychee)	Hake	Horseradish
Loganberry	Vegetables	Jicama
Loquat	Alfalfa Grass	Kohlrabi
Maqui	Alfalfa Sprouts	Leeks
Mulberry	Aloe Vera	Mustard Greens
Nectarines	Arugula	Parsley
Noni	Bamboo Shoot	Prickly Pear
Passion Fruit	Bean Sprout	Radicchio
Peach	Beet Greens	Rainbow Chard
Pear	Burdock	Rutabaga
	Cactus (Nopales)	Swiss Chard
		Truffle
		Turnip Greens

Water Chestnut	Cardamom	Gymnema Silvestre
Watercress	Chicory Root	Herbs De Provence
Meat & Poultry	Cilantro/Coriander	Hickory
Quail	Cinnamon	Himalayan Salt
Non-Dairy & Eggs	Cinnamon, Ceylon	Juniper Berry
Almond Milk, unsweetened (no tapioca)	Cloves	Lavender
Coconut Kefir (No Tapioca, Carageenan)	Cloves, Madagascar	Lemon Balm (Melissa Officinalis)
Coconut Milk(Native Forest or Natural Value)	Cloves, Penang	Lemongrass
Condiments, Spreads & Sauces	Cramp Bark Extract	Lemon Pepper
Coconut Aminos®	Cream of Tartar	Licorice Root
Coconut Cream	Cumin	Mace Spice
Liquid Smoke gluten free (natural)	Curcumin	Marjoram
Sweeteners	Curry (must be GF)	Milk Thistle
Rebiana Leaf (Stevia)	Dandelion Root	Mint
Sweetleaf® Stevia	Dill	Mustard (as a Powder)
Herbs & Spices	Dong Quai	Mustard Seeds (gluten free)
Allspice	Echinacea	Nutmeg
Anise	Fennel	Oregano
Astragalus	Garam Masala	Parsley
Basil	Ginger	Pepper, Black (see Garlic/Lemon Pepper)
Bay Leaf	Ginkgo Biloba	Pepper/Peppercorns
Black Cohosh	Ginseng (All Types)	Peppermint
Caraway Seed	Goldenseal	Pine Bark Extract
	Grapefruit Seed Extract	Rose Hips

Rosemary	Gluten-Free Grains	Tea, Roobios
Saffron	Chicory Root	Tea, White
Sage	Coconut Flour (gluten free)	Water
Saw Plametto	Coconut Meal (gluten free)	Yerba Matte Tea (Organic/Pure)
Spearmint	Glucomannon Flour (konjacfoods.com)	Zevia Drinks
St. John's Wort	Konjac Glucomannon Flour	Miscellaneous
Tarragon	Beverages & Protein Powders	Antimony
Thyme	Almond Milk, unsweetened (no tapioca)	Baking Soda (Arm & Hammer®)
Turmeric	Coconut Kefir (No Tapioca, Carageenan)	Chicory Root
Uva Ursi	Coconut Milk(Native Forest or Natural Value)	Cocoa/Cacao (raw, pure, & unsweetened)
Valerian	Coconut Water (low sugar)	Formaldehyde
White Willow Bark Extract	Echinacea Tea	Glucomannon Flour (konjacfoods.com)
Wintergreen	Green Tea	Konjac Glucomannon Flour
Wormwood	Lemon Juice	Lycopene
Milk-Containing Foods	Licorice Tea	Palm Wax
Legumes & Pulses	Lime Juice	Red Food Dye
Corn-Derived Foods	Mineral Water	Silver
	Sparkling Water, unflavored	
	Tea, Black	
	Tea, Chamomile	
	Tea, Green	
Gluten-Containing Foods	Tea, Hibiscus	
	Tea, Oolong	

Snacks

AB

qwerty

Fruits	Beverages & Protein Powders
Nuts, Seeds, Drupes & Oils	Miscellaneous
Walnut Oil	Snacks
Fish & Shellfish	AB
Vegetables	qwerty
Zucchini	Zucchini
Meat & Poultry	
Non-Dairy & Eggs	
Condiments, Spreads & Sauces	
Sweeteners	
Herbs & Spices	
Milk-Containing Foods	
Legumes & Pulses	
Corn-Derived Foods	
Gluten-Containing Foods	
Gluten-Free Grains	

Fruits	Grapefruit	Orange, Blood
Bilberry	Grapefruit Juice	Orange Juice
Blackberry	Guava	Orange Peel/Rind
Blueberry	Huckleberry	Papaya
Boysenberry	Jack fruit	Passion Fruit
Cantaloupe	Kiwi	Peach
Cherry	Kumquat	Pear
Clementine	Lemon	Pear, Asian
Cranberry	Lemon Juice	Persimmons
Cranberry Juice	Lemon Rind/Peel	Pineapple
Currant	Lime	Plum
Dragon Fruit (Pitaya)	Lime Juice	Pomegranate
Dried Fruit	Litchi (aka Lychee)	Pomelo
dummy food	Loganberry	Prune
Elderberry	Loquat	Quince
Fig	Mango	Raisin (unsulfured, organic)
Goji Berry	Mangosteen	Raspberry
Golden Berry	Maqui	Star Fruit
Gooseberry	Melon, Honeydew	Strawberry
Grape	Monk Fruit (Pure)	Tamarind
Grape, Green	Mulberry	Tangelo
Grape, Purple	Nectarines	Tangerine
Grape, Red	Noni	Watermelon
Grape, White	Orange	Wolfberry

Youngberry

Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Annatto Seed

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut, shredded (raw, unsweetened)

Coconut Butter

Coconut Oil

Cola Nut (aka Kola Nut)

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hazelnut/Filbert

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Palm Kernel Oil

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

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

Truffle Oil

Truffle Oil, Black

Vegetable Shortening (Spectrum®)

Walnuts

Walnuts, Black

Fish & Shellfish

Catfish

Crayfish

Haddock

Hake

Halibut

Mackerel

Orange Roughy

Perch

Red Snapper

Salmon, wild (fresh)

Swordfish

Vegetables

Agave Nectar

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Arugula

Bamboo Shoot

Bean Sprout

Beet Greens

Burdock

Cactus (Nopales)

Capers

Carrot, Purple

Carrot, White

Chard

Chayote

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Hearts of Palm

Horseradish

Jicama

Kohlrabi

Kombu

Leeks

Mustard Greens

Paprika

Parsley

Pea, Black-Eyed

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Serrano

Pimento

Prickly Pear

Psyllium Husk

Radicchio

Rainbow Chard

Red Pepper Flake

Rhubarb

Rutabaga

Spirulina

Sugar Beet

Swiss Chard

Truffle

Turnip Greens

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Meat & Poultry

Buffalo (see also Bison)

Lamb

Quail

Turkey (organic)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Condiments, Spreads & Sauces

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Liquid Smoke gluten free (natural)

Sherry Vinegar

Ume Plum Vinegar

Vegetable Shortening (Spectrum®)

Vinegar, Beet

Vinegar, Distilled

Vinegar, White Wine

White/Distilled Vinegar

Sweeteners

Agave Nectar

Aspartame

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

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

Xyla (Birchwood Xylitol)

Yacon Syrup

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caraway Seed

Cardamom

Chicory Root

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	Marjoram	Sage
Dong Quai	Mesquite	Saw Plametto
Echinacea	Milk Thistle	Sesame Seeds
Fennel	Mint	Sesame Seeds, Black
Garam Masala	Mustard (as a Powder)	Spearmint
Ginger	Mustard Seeds (gluten free)	St. John's Wort
Ginkgo Biloba	Nutmeg	Tarragon
Ginseng (All Types)	Orange Peel/Rind	Thyme
Goldenseal	Orange Salt	Turmeric
Grapefruit Seed Extract	Oregano	Uva Ursi
Grapeseed Extract	Paprika	Valerian
Guarana	Paprika (smoked)	Vanilla (gluten and corn-free)
Gymnema Silvestre	Parsley	Vanilla Bean
Herbs De Provence	Pepper, Black (see Garlic/Lemon Pepper)	Vanilla Powder
Hickory	Pepper, Cayenne	White Willow Bark Extract
Himalayan Salt	Pepper, Sichuan	Wintergreen
Jamaican Jerk	Pepper, Szechuan	Wormwood
Juniper Berry	Pepper/Peppercorns	Milk-Containing Foods
Lavender	Peppermint	
Lemon Balm (Melissa Officinalis)	Pine Bark Extract	
Lemongrass	Red Pepper Flake	
Lemon Pepper	Rose Hips	
Licorice Root	Rosemary	
Mace Spice	Saffron	

Legumes & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Italian

Bean, Mung

Bean, Pinto/Frijole

Coffee Bean, Organic

Vanilla Bean

Vanilla Powder

Corn-Derived Foods**Gluten-Containing Foods****Gluten-Free Grains**

Almond Flour (gluten free)

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Flax Meal

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Oats (Bob's Red Mill Gluten Free
Version)

Oats (Certified GF)

Rice, Wild (Lundberg® - not the
blend)**Beverages & Protein Powders**Almond Milk, unsweetened (no
tapioca)Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk(Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lemon Juice

Licorice Tea

Lime Juice

Mineral Water

Orange Juice

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Rooibos

Tea, White

Water

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Soda (Arm & Hammer®)

Blue Food Dye

Chewing Gum, XylicheW®

Chicory Root

Cocoa/Cacao (raw, pure, & unsweetened)

qwerty

Formaldehyde

Glucomannon Flour
(konjacfoods.com)

Guar Gum

Konjac Glucomannon Flour

Locust Bean Gum

Lycopene

Palm Wax

Pycnogenol

Red Food Dye

Resveratrol

Silver

Tragacanth Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

AB

Flax Meal

Flax Oil

Flax Seed