

Table of Contents

Title	Page
1. Foods that are now ok to have	2
2. Foods that we are waiting for you to experiment with	8
3. Foods that you can have occasionally	10
4. Foods that will be in your diet at some point	11
5. Foods that have been removed from your diet	19
6. Complete Comprehensive List	23

The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Bean Sprout

Beet Greens

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Cauliflower

Cauliflower, Purple

Chard

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kohlrabi

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Mustard Greens

Olives (without vinegar)

Onion, Green

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Parsley

Prickly Pear

Radicchio

Radish

Rainbow Chard

Rutabaga

Sauerkraut (Bubbies® Brand only)

Scallions

Shallots

Spinach

Swede

Swiss Chard

Turnip Greens

Wasabi Root

Water Chestnut

Watercress

Fruits

Apricot

Bilberry

Blackberry

Blueberry

Boysenberry

Carambola

Cherry

Dragon Fruit (Pitaya)

Elderberry

Golden Berry

Grapefruit

Huckleberry

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Maqui

Mulberry

Nectarines

Noni

Passion Fruit

Peach

Pear

Pear, Asian

Plum

Pomegranate

Rambutan

Raspberry

Star Fruit

Youngberry

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Annatto Seed

Avocado Oil

Brazil Nut

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Coconut, shredded (raw,
unsweetened)

Coconut Butter

Coconut Oil

Duck Fat

Hazelnut/Filbert	Chervil	Ginger Powder
Hazelnut Flour	Cilantro/Coriander	Ginkgo Biloba
Lard/Tallow (pork)	Cinnamon	Ginseng (All Types)
MCT Oil	Cinnamon, Ceylon	Goldenseal
Olive Leaf Extract	Clove Powder	Grapefruit Seed Extract
Olive Oil, Virgin	Cloves, Madagascar	Gymnema Silvestre
Palm Kernel Oil	Cloves, Penang	Herbs De Provence
Pine Nut	Comfrey	Hickory
Pistachios	Cramp Bark Extract	Himalayan Salt
Poppy seeds	Cream of Tartar	Juniper Berry
Herbs & Spices	Cumin	Lavender
	Curcumin	Lemon Balm (Melissa Officinalis)
	Curry (must be GF)	Lemongrass
	Dandelion Root	Lemon Pepper
	Dill	Maca Root
	Dong Quai	Mace Spice
	Echinacea	Marjoram
	Fennel	Milk Thistle
	Fennel Seed	Mint
	Garlic	Mustard (as a Powder)
Allspice	Garlic Pepper	Mustard Seeds (gluten free)
Almond Flavor (natural, gluten free)	Garlic Powder	Nutmeg
Anise	Garlic Salt	Olive Leaf Extract
Astragalus		
Basil		
Bay Leaf		
Black Cohosh		
Caraway Seed		
Cardamom		
Catnip		
Chaparral		

Onion	Uva Ursi	Salmon, wild (fresh)
Onion Powder	Valerian	Sardines
Oregano	Vanilla Bean	Sole
Parsley	Vanilla Powder	Swai
Pau D'arco	White Willow Bark Extract	Swordfish
Pepper, Black (see Garlic/Lemon Pepper)	Wintergreen	Tilapia (Wild, Non-farmed)
Pepper/Peppercorns	Wormwood	Trout
Peppermint		Walleye Pike
Pine Bark Extract	Fish & Shellfish	Whitefish/Turbot
Rose Hips	Bass	
Rosemary	Chilean Sea Bass	Meat & Poultry
Saffron	Corvina	Bison (see also Buffalo)
Sage	Flounder	Buffalo (see also Bison)
Sassafras	Haddock	Chicken, free range (organic)
Savory	Hake	Deer (see also Venison)
Saw Plametto	Halibut	Duck
Shallots	Herring	Goat, Grass-fed only (organic)
Spearmint	Lox	Lamb
St. John's Wort	Mackerel	Ostrich
Sumac	Mahi Mahi	Pheasant
Tarragon	Octopus	Pork, (organic)
Thyme	Perch	Quail
Turmeric	Red Snapper	Rabbit

Turkey (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg Whites, Pasture-raised

Gluten-Free Grains

Almond Flour (gluten free)

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Konjac Glucomannon Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

Snacks

Food Additives

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables	Meat & Poultry	Corn-Derived Foods
Celery	Applegate® organic black forest ham	
	Applegate® organic ham	Condiments, Spreads & Sauces
Fruits	Applegate® organic roast beef	Apple Cider Vinegar (Bragg's®)
Apple (all types)	Beef, Grass-fed only (organic)	Horseradish Mustard, Gluten-free (Annie's®)
	Collagen Protein (Powder)	Mustard, Brown (Eden® gf mustard)
Legumes, Pods, & Pulses	Great Lake's® Beef Gelatin	
	Veal (organic)	Sweeteners
Nuts, Seeds, Drupes & Oils	Milk-Containing Foods	Beverages & Protein Powders
Herbs & Spices		Bone Broth Protein, Beef
Celery Powder	Non-Dairy & Eggs	Collagen Protein (Powder)
Celery Seed		Great Lake's® Beef Gelatin
	Gluten-Free Grains	
Fish & Shellfish	Gluten-Containing Foods	Miscellaneous
		Bone Broth, Beef
		Collagen Protein (Powder)
		Great Lake's® Beef Gelatin

Snacks

Food Additives

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Gluten-Free Grains

Fruits

Gluten-Containing Foods

Legumes, Pods, & Pulses

Corn-Derived Foods

Nuts, Seeds, Drupes & Oils

Condiments, Spreads & Sauces

Herbs & Spices

Sweeteners

Fish & Shellfish

Beverages & Protein Powders

Meat & Poultry

Miscellaneous

Milk-Containing Foods

Snacks

Non-Dairy & Eggs

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Alfalfa Grass	Pea, Snap	Pumpkin
Alfalfa Sprouts	Pea, Snow	Pumpkin Powder
Bean, Green	Pea, Split	Red Pepper Flake
Beet	Pea Protein	Rhubarb
Carrot, Orange	Pepper, Anaheim	Sea Vegetables
Carrot, Purple	Pepper, Cayenne	Seaweed
Carrot, White	Pepper, Chili	Spirulina
Carrot, Yellow	Pepper, Habanero	Squash
Carrot Juice	Pepper, Jalapeño	Squash, Acorn
Cassava (see Tapioca and Yucca)	Pepper, Poblano	Squash, Butternut
Chayote	Pepper, Serrano	Squash, Green
Cucumber	Pepper, Tabasco	Squash, Spaghetti
Eggplant	Pickles, Bubbies® brand only	Squash, Summer
Kelp/Dulse	Pimento	Squash, Winter
Kombu	Potato, Fingerling	Squash, Yellow
Nori	Potato, Purple	Sugar Beet
Oat Grass (Not For Gluten Sensitive)	Potato, Red	Sweet Potato, Red
Okra	Potato, Russet	Sweet Potatoes, White
Paprika	Potato, Sweet	Taro
Parsnip	Potato, White	Tomatillo
Pea, Black-Eyed	Potato, Yukon Gold	Tomato
Pea, Green	Psyllium Husk	Tomato, Cherry

Tomato, Heirloom	Cranberry Juice	Monk Fruit (Pure)
Tomato, Orange	Currant	Orange
Tomato, Red	Dates	Orange, Blood
Tomato, Roma	Dried Fruit	Orange Juice
Tomato, Sun-dried	Durian Fruit	Orange Peel/Rind
Tomato, Yellow	Fig	Oranges, Mandarin
Tomatoes, Big Beef	Goji Berry	Papaya
Tomato Paste (gluten & Vinegar-free)	Gooseberries	Persimmons
Tomato Sauce (gluten & Vinegar-free)	Grape	Pineapple
Truffle	Grape, Green	Plantain
Turnips	Grape, Purple	Pomelo
Yams, Garnett	Grape, Red	Prune
Yams, Japanese	Grape, White	Quince
Yucca	Grapefruit Juice	Raisin (unsulfured, organic)
Zucchini	Ground Cherries	Strawberry
Fruits	Guava	Tamarind
	Jack fruit	Tangelo
	Kiwi	Tangerine
	Kumquat	Watermelon
	Mango	Wolfberry
	Mangosteen	
	Melon, Honeydew	

Legumes, Pods, & Pulses

Bean, Azuki	Garbanzo Bean	Flax Oil
Bean, Black	Garbanzo Flour	Flax Seed
Bean, Butter	Kidney Bean	Grapeseed Oil, Organic
Bean, Cannellini	Lentil(s)	Hemp Meal
Bean, Chana Dahl	Pea, Snap	Hemp Protein (Powder)
Bean, Chili	Pea, Snow	Hemp Seed
Bean, Green	Pea, Split	Krill Oil
Bean, Haricot	Peanut (Organic, Valencia)	Macadamia Nut Oil
Bean, Italian	Peanut Butter (Organic, Maranatha®)	Macadamia Nuts
Bean, Kidney	Red Bean Paste	Peanut Oil (Organic)
Bean, Lima	Soybean oil(must be organic)	Pecan Flour
Bean, Mung	Soy Beans (must be organic)	Pecans
Bean, Navy		Pepitas
Bean, Ninja		Pili Nuts
Bean, Pinto/Frijole		Psyllium Husk
Bean, Red		Pumpkin Oil
Bean, White		Pumpkin Seed Oil
Chickpea (see also Garbanzo Bean)		Pumpkin Seeds
Coffee Bean, Organic		Ramon Seeds
Edamame (must be organic)		Rice, Wild (Lundberg® - not the blend)
Fava Bean		Rice Bran Oil
Fava Bean Flour		Sacha Inchi Seeds

Nuts, Seeds, Drupes & Oils

Borage Seed Oil	
Canola/Rapeseed Oil	
Canola Oil, Non-GMO	
Chia Seed (1/4 cup, max)	
Cola Nut (aka Kola Nut)	
Cottonseed/Cottonseed Oil	
Fenugreek Seed	
Flax Meal	

Herbs & Spices**Fish & Shellfish**

Safflower/Safflower Seed Oil

Ashwaganda

Anchovy

Sesame Seed Oil

Garam Masala

Catfish

Sesame Seeds

Grapeseed Extract

Clam

Sesame Seeds, Black

Guarana

Cod/ Cod Liver Oil

Sunflower Seed Butter

Jamaican Jerk

Crab

Sunflower Seed Flour

Licorice Root

Crayfish

Sunflower Seed Lecithin

Mesquite

Krill

Sunflower Seed Oil

Orange Peel/Rind

Lobster

Sunflower Seeds

Orange Salt

Mussel

Tahini

Paprika

Orange Roughy

Tea, Ramon

Paprika (smoked)

Oyster

Tiger Nuts

Pepper, Cayenne

Scallop

Truffle Oil

Pepper, Sichuan

Shrimp

Truffle Oil, Black

Pepper, Szechuan

Squid

Vegetable Shortening (Spectrum®)

Red Chili Paste Thai Kitchen®
(gluten free)

Tuna

Walnut Oil

Red Clover

Meat & Poultry

Walnuts

Red Pepper Flake

Applegate® organic andouille
sausage

Walnuts, Black

Sesame Seeds

Applegate® organic bacon

Sesame Seeds, Black

Applegate® organic chicken/apple
sausage

Tamari (Wheat Free)

Applegate® organic herb roasted
turkey

Tomatillo

Vanilla (gluten and corn-free)

Applegate® organic hot dogs

Applegate® organic sausage sweet italian

Applegate® organic smoked turkey breast

Applegate® organic turkey

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low sodium)

Milk-Containing Foods

Non-Dairy & Eggs

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

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, Wild (Lundberg® - not the blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Cracked Black Pepper Almond Crackers

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sriracha Sauce Organicville
gluten-free

Red Tomato Paste (gluten free)

Sunflower Seed Flour

Sriracha Sauce Organicville
gluten-free

Sweet Potato Flour (gluten free)

Condiments, Spreads & Sauces

Tamari (Wheat Free)

Tapioca

Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)Tomato Paste (gluten &
Vinegar-free)

Tapioca Flour (gluten free)

Barbeque Sauce, GF Annie's®
Sweet & SpicyTomato Sauce (gluten &
Vinegar-free)

Tapioca Starch (gluten free)

BodyPro Almond Mayo Grade A
Maple SyrupVeganise Soy-free (Follow Your
Heart®)

Teff

BodyPro Almond Mayo with Yacon
Syrup

Vegetable Shortening (Spectrum®)

Teff Flour

BodyPro Avocado Oil Mayonnaise

Vinegar, Beet

Tolerant Green Lentil & Pea Pasta

Carob

Vinegar, Distilled

Tolerant Red or Green Lentil Pasta

Cocoa Butter

Worcestershire Sauce (The
Wizard's® GF)

Tortilla, Siete Almond

Coconut Vinegar (Coconut Secret)

Tortilla, Siete Cassava & Coconut

Distilled White Vinegar

Sweeteners

Tortilla, Siete Chia & Cassava

Dressing, Primal Kitchen Honey
Mustard

Agave Nectar

Gluten-Containing FoodsEarth Balance® Avocado Oil Butter
Spread

Aspartame

Corn-Derived Foods

Earth Balance® Coconut Spread

BodyPro Almond Mayo Grade A
Maple SyrupBarbeque Sauce, GF Annie's®
Sweet & Spicy

Hummus

Brown Sugar

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

Ketchup (Organicville)

Cane Syrup

Cheese, Soy (Organic) (see Soy)

Kosher Salt

Chocolate, Dark

Fructose

Liquid Aminos (Braggs®)(has Soy)

Coconut Palm Sugar

GemWraps®, Sandwich Wrap
(Carrot)Mayonnaise, Primal Kitchen
Avocado Oil

Coconut Sugar

Red Bean Paste

Date Sugar

Red Chili Paste Thai Kitchen®
(gluten free)

Fructose

	Beverages & Protein Powders	Miscellaneous
Fruit Pectin	Apple Cider	Antimony
Just Like Sugar®	Apple Juice	Beef broth (Imagine® low sodium/GF)
Maltodextrin (Tapioca-based)	Carrot Juice	Chicken Broth (Imagine® gf/low sodium)
Maple Sugar	Cocoa	Cocoa
Maple Syrup (Grade A Dark Amber Organic)	Coffee (Brewed and Not Instant)	GemWraps®, Sandwich Wrap (Carrot)
Molasses	Coffee Bean, Organic	GemWraps®, Sandwich Wrap (Kale-Apple)
Monk Fruit (Pure)	Grapefruit Juice	Hops
Monk Fruit Extract	Hemp Protein (Powder)	Julian Bakery Paleo Wraps
Nutrasweet®	Licorice Tea	Modified Food Starch (Tapioca-based)
Sorbitol	Milk, Rice	Pycnogenol
Splenda	Milk, Soy (Organic)	Red Tomato Paste (gluten free)
Sucanat	Orange Juice	Resveratrol
Sucralose	Pea Protein	Rice Starch (if certified gluten free)
Sugar Beet	Rice Protein Powder (gluten free)	Tobacco
Sugar Cane	Soy Milk/Soy Cheese (Organic)	Tofu (Organic)
Tapioca Dextrose	Soy Protein (Organic)	Vegetable broth (Imagine® Low Sodium)
Tapioca Syrup	Tea, Ramon	
Xyla (Birchwood Xylitol)	Tea, Unflavored	
Xylitol	Vodka, Potato	
Yacon Syrup		

Snacks**Apple Sauce**

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip
CookiesSimple Mills Cracked Black Pepper
Almond Crackers

Skinny Crisps® (Plain Jane)

Red Food Dye

Sodium Alginate

Tragacanth Gum

Vegan Natural Flavors (with MSG)

Food Additives

Acacia Gum

Agar Gum

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Locust Bean Gum

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

These are the foods that have been removed from your diet

Vegetables

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Pepper, Green

Pepper, Red

Tabasco Sauce

Wheat Grass (Is
Gluten-contaminated)**Fruits**

Acai

Legumes, Pods, & Pulses

Miso

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Bell Pepper, Red

Capsicum

Caramel Coloring

Chili Powder

Chipotle Seasoning

Pepper, Red

Tabasco Sauce

Taco Seasoning

Fish & Shellfish

Crab, Immitation

Meat & PoultryApplegate® organic red pepper
sausageApplegate® organic spinach & feta
sausage**Milk-Containing Foods**Applegate® organic spinach & 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, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Gluten-Free Grains

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Immitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut	Wheat (All Types)	Swerve® Sweetener
Liquid Smoke (can have gluten)	Wheat Germ	Vodka, Corn
Malt	Wheat Grass (Is Gluten-contaminated)	Xanthan Gum
Maltitol		Yogurt (See Xanthan Gum)
Maltodextrin (Barley-derived)	Corn-Derived Foods	
Miso	Cheese, Cream	Condiments, Spreads & Sauces
Modified Food Starch	Chewing Gum (has gluten and corn)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Oats	Citric Acid (can be corn-derived)	Balsamic Vinegar (with Red Wine Vinegar)
Oats, GF (not Certified) can have gluten	Corn (Gluten-free & Non-GMO)	Cream, Raw and Unpasteurized
Orzo	Corn, Blue	Daiya - Medium Cheddar Block
Panko	Corn, White	Dressing, Primal Kitchen Greek Avocado Oil
Polish Wheat	Corn Gluten	Harissa
Rye	Corn Meal (gluten free)	Liquid Smoke (can have gluten)
Semolina	Corn Oil	Mayonnaise
Soy Sauce	Corn Starch (gluten free)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Spelt	Corn Syrup	Sherry Vinegar
Teechino	Erythritol (non-GMO)	Sour Cream, Raw and Unpasteurized
Teriyaki Sauce	Hydrogenated Oils	Soy Sauce
Triticale	Lactic Acid (corn-derived)	Tabasco Sauce
Vinegar	Maize	Teriyaki Sauce
Vinegar, Malt	Maltitol	Ume Plum Vinegar
Vinegar, White	Maltodextrin (Corn-based, non-GMO)	Vinegar
Vodka, Rye or Grain	Modified Food Starch	Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

SweetenersBrown Rice Syrup (contains
MSG/Gluten)

Chocolate, Milk

Chocolate, White

Corn Syrup

Erythritol (non-GMO)

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Swerve® Sweetener

Beverages & Protein Powders

Beer

Casein

Coffee, Instant (has gluten)

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Corn

Vodka, Rye or Grain

Whey

Wine, Red

Miscellaneous

Baking Powder

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

Modified Food Starch

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Chewing Gum (has gluten and corn)

Food Additives

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

Xanthan Gum

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blackberry
Squash, Butternut	Tomatoes, Big Beef	Blueberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Boysenberry
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cantaloupe
Squash, Summer	Truffle	Cape Gooseberries
Squash, Winter	Turnip Greens	Carambola
Squash, Yellow	Turnips	Cherry
Sugar Beet	Wasabi Root	Clementine
Swede	Water Chestnut	Cranberry
Sweet Potato, Red	Watercress	Cranberry Juice
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Currant
Swiss Chard	Yams, Garnett	Dates
Tabasco Sauce	Yams, Japanese	Dragon Fruit (Pitaya)
Taro	Yucca	Dried Fruit
Tomatillo	Zucchini	Durian Fruit
Tomato		Elderberry
Tomato, Cherry	Fruits	Fig
Tomato, Heirloom	Acai	Goji Berry
Tomato, Orange	Apple (all types)	Golden Berry
Tomato, Red	Apricot	Gooseberries
Tomato, Roma	Banana	Grape
Tomato, Sun-dried	Bilberry	Grape, Green

Grape, Purple	Maqui	Prune
Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	
Lime	Pear	Legumes, Pods, & Pulses
Lime Juice	Pear, Asian	Bean, Azuki
Loganberry	Persimmons	Bean, Black
Longan Fruit	Pineapple	Bean, Butter
Loquat	Plantain	Bean, Cannellini
Lychee	Plum	Bean, Chana Dahl
Mango	Pomegranate	Bean, Chili
Mangosteen	Pomelo	Bean, Green

Bean, Haricot	Pea, Split	Caraway Seed
Bean, Italian	Peanut (Organic, Valencia)	Cashew Butter
Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashew Meal
Bean, Lima	Red Bean Paste	Cashews
Bean, Mung	Soybean oil(must be organic)	Chestnut
Bean, Navy	Soy Beans (must be organic)	Chia Seed (1/4 cup, max)
Bean, Ninja	Vanilla Bean	Coconut, shredded (raw, unsweetened)
Bean, Pinto/Frijole		Coconut Butter
Bean, Red	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, White	Almond	Cola Nut (aka Kola Nut)
Chickpea (see also Garbanzo Bean)	Almond, Marcona	Corn Oil
Coffee Bean, Organic	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Edamame (must be organic)	Almond Flavor (natural, gluten free)	Duck Fat
Fava Bean	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean Flour	Almond Meal (gluten free)	Flax Meal
Garbanzo Bean	Almond Oil	Flax Oil
Garbanzo Flour	Annatto Seed	Flax Seed
Kidney Bean	Avocado Oil	Grapeseed Oil, Organic
Lentil(s)	Borage Seed Oil	Hazelnut/Filbert
Miso	Brazil Nut	Hazelnut Flour
Pea, Snap	Canola/Rapeseed Oil	Hemp Meal
Pea, Snow	Canola Oil, Non-GMO	Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

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)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning	Garlic Powder	Marjoram
Cilantro/Coriander	Garlic Salt	Mesquite
Cinnamon	Ginger Powder	Milk Thistle
Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan

Pepper/Peppercorns

Tarragon

Crab, Imitation

Peppermint

Thyme

Crayfish

Pine Bark Extract

Tomatillo

Flounder

Red Chili Paste Thai Kitchen®
(gluten free)

Turmeric

Haddock

Red Clover

Uva Ursi

Hake

Red Pepper Flake

Valerian

Halibut

Rose Hips

Vanilla (gluten and corn-free)

Herring

Rosemary

Vanilla Bean

Krill

Saffron

Vanilla Powder

Lobster

Sage

White Willow Bark Extract

Lox

Sassafras

Wintergreen

Mackerel

Savory

Wormwood

Mahi Mahi

Saw Plametto

Mussel

Sesame Seeds

Fish & Shellfish

Octopus

Sesame Seeds, Black

Anchovy

Orange Roughy

Shallots

Bass

Oyster

Spearment

Catfish

Perch

St. John's Wort

Chilean Sea Bass

Red Snapper

Sumac

Clam

Salmon, wild (fresh)

Tabasco Sauce

Cod/ Cod Liver Oil

Sardines

Taco Seasoning

Corvina

Scallop

Tamari (Wheat Free)

Crab

Shrimp

Sole	Applegate® organic smoked chicken breast	Veal (organic)
Squid	Applegate® organic smoked turkey breast	Venison (see also Deer)
Swai	Applegate® organic spinach & feta sausage	
Swordfish	Applegate® organic turkey	Milk-Containing Foods
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	Applegate® organic spinach & feta sausage
Trout	Beef, Grass-fed only (organic)	Butter, Raw and Pasture-raised
Tuna	Bison (see also Buffalo)	Buttermilk
Walleye Pike	Buffalo (see also Bison)	Casein
Whitefish/Turbot	Chicken, free range (organic)	Cheese, American
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
Meat & Poultry	Collagen Protein (Powder)	Cheese, Bleu
Applegate® organic andouille sausage	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Great Lake's® Beef Gelatin	Cheese, Cream
Applegate® organic chicken/apple sausage	Lamb	Cheese, Feta
Applegate® organic ham	Ostrich	Cheese, Goat
Applegate® organic herb roasted turkey	Pheasant	Cheese, Gorgonzola
Applegate® organic hot dogs	Pork, (organic)	Cheese, Gouda
Applegate® organic red pepper sausage	Quail	Cheese, Havarti
Applegate® organic roast beef	Rabbit	Cheese, Machego
Applegate® organic sausage sweet italian	Turkey (organic)	Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & EggsAlmond Milk, unsweetened (no
tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

HazelNut Flour

Hemp Meal

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Gluten-Containing Foods
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Allulose
Millet	Simple Mills Ground Sea Salt Almond Crackers	Avenin
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Grass (can have gluten)
Potato Flour (gluten free)	Sorghum	Barley Greens (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Barley Juice (may contain gluten)
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Beer
Quinoa (gluten free)	Tapioca	Bran
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Bread
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Rice, Basmati (gluten free)	Teff	Caramel Coloring
Rice, Black (gluten free)	Teff Flour	Cheese, Bleu
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Chewing Gum (has gluten and corn)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Coffee, Instant (has gluten)
Rice, Purple (gluten free)	Tortilla, Siete Almond	Couscous

Crab, Immitation	Spelt	Corn Gluten
Durum Wheat	Teechino	Corn Meal (gluten free)
Egyptian Wheat	Teriyaki Sauce	Corn Oil
Farro	Triticale	Corn Starch (gluten free)
Gliadin	Vinegar	Corn Syrup
Gluten	Vinegar, Malt	Erythritol (non-GMO)
Graham (wheat)	Vinegar, White	Fructose
Kamut	Vodka, Rye or Grain	GemWraps®, Sandwich Wrap (Carrot)
Liquid Smoke (can have gluten)	Wheat (All Types)	Hydrogenated Oils
Malt	Wheat Germ	Lactic Acid (corn-derived)
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maize
Maltodextrin (Barley-derived)		Maltitol
Miso	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Modified Food Starch	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Oats	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats, GF (not Certified) can have gluten	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Swerve® Sweetener
Orzo	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Panko	Chewing Gum (has gluten and corn)	Xanthan Gum
Polish Wheat	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Rye	Corn (Gluten-free & Non-GMO)	
Semolina	Corn, Blue	
Soy Sauce	Corn, White	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

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

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

Lemon Juice	Tea, Oolong	Cacao (Raw, Pure, & Unsweetened)
Licorice Tea	Tea, Ramon	Chicken Broth (Imagine® gf/low sodium)
Lime Juice	Tea, Roobios	Cocoa
Milk, Buffalo	Tea, Unflavored	Collagen Protein (Powder)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Carrot)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Sheep	Vodka, Potato	GemWraps®, Sandwich Wrap (Tomato)
Milk, Soy (Organic)	Vodka, Rye or Grain	Great Lake's® Beef Gelatin
Mineral Water	Water	Hops
Orange Juice	Whey	Julian Bakery Paleo Wraps
Pea Protein	Wine, Red	Latex
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Lycopene
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch
Soy Protein (Organic)	Zevia Drinks	Modified Food Starch (Tapioca-based)
Sparkling Water, unflavored		Pycnogenol
Tea, Black	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Chamomile	Antimony	Resveratrol
Tea, Chicory Root	Baking Powder	Rice Starch (if certified gluten free)
Tea, Green	Baking Soda (Arm & Hammer®)	Silver
Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Komboucha	Bone Broth, Beef	Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Xanthan Gum