

## Beverages &amp; Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

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)

Coffee Bean, Organic

## Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella  
No Caramel/Wine VinegarBalsamic Vinegar (with Red Wine  
Vinegar)Balsamic Vinegar (Caramel/Red W.  
Vinegar)Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter  
SpreadHorseradish Sauce, Gluten-free  
(Annie's®)

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganaise Soy-free (Follow Your  
Heart®)

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice	Corn, White	Corvina
Vinegar, White	Corn Gluten	Crab
Vinegar, White Wine	Corn Meal (gluten free)	Crayfish
Worcestershire Sauce (The Wizard SA® GF)	Corn Oil	Flounder
Sriracha Sauce Organicville gluten-free	Corn Starch (gluten free)	Haddock
Tabasco Sauce	Erythritol (non-GMO)	Hake
Dressing, Primal Kitchen Greek Avocado Oil	Fructose	Halibut
Dressing, Primal Kitchen Honey Mustard	GemWraps®®, Sandwich Wrap (Carrot)	Herring
Mayonnaise, Primal Kitchen Avocado Oil	Maltodextrin (Corn-based, non-GMO)	Lobster
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Swerve® Xylitol	Mackerel
BodyPro Almond Mayo Grade B Maple Syrup	Vegetable Oil	Mahi Mahi
BodyPro Almond Mayo with Yacon Syrup	Xanthan Gum	Mussel
BodyPro Avocado Oil Mayonnaise	Yogurt (See Xanthan Gum)	Orange Roughy
	Sriracha Sauce Organicville gluten-free	Oyster
<b>Corn-Derived Foods</b>		Perch
Barbeque Sauce, GF Annie's® Sweet & Spicy	<b>Fish &amp; Shellfish</b>	Red Snapper
Cheese, Cream	Anchovy	Salmon, wild (fresh)
Cheese, Daiya (Coconut, Tapioca, yeast, &....)	Bass	Sardines
Cheese, Soy (Organic) (see Soy)	Catfish	Scallop
Chewing Gum (has gluten and corn)	Chilean Sea Bass	Shrimp
Corn (Gluten-free & Non-GMO)	Clam	Sole
Corn, Blue	Cod/ Cod Liver Oil	Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
Fruits	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach

Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be Wheat-derived)
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for Gluten-Sensitive)	Polish Wheat
Pomegranate	Barley Juice (Not for Gluten-Sensitive)	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, organic)	Brown Rice Syrup (contains MSG/Gluten)	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Bleu	Triticale
Strawberry	Chewing Gum (has gluten and corn)	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is Gluten-contaminated)
Wolfberry	Gluten	Crab, Immitation
Youngberry	Graham (wheat)	
Banana	Kamut	
Apricot	Liquid Smoke (can have gluten)	

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Meal (gluten free)

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

Corn, Blue

Corn, White

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)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free Version)

Oat Grass (Not For Gluten Sensitive)

Potato Flour (gluten free)

Potato Starch (gluten free)

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 Grnd Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Simple Mills Everything Sprouted Seed Cracker

Corn Meal (gluten free)

Coconut Flour (gluten free)

Arrowroot Flour/powder

**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

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

**Ginger**

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

**Grapefruit Seed Extract**

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

**Lemon Pepper**

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Orange Peel/Rind	Tarragon	Legumes & Pulses
Orange Salt	Thyme	Bean, Azuki
Oregano	Tomatillo	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see Garlic/Lemon Pepper)	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark Extract	Bean, Kidney
Red Chili Paste Thai Kitchen® (gluten free)	Wintergreen	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo Bean)
Sesame Seeds	Shallots	Edamame (must be organic)
Sesame Seeds, Black	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic roast beef	Pork, (organic)
Pea, Snap	Applegate® organic andouille sausage	Quail
Pea, Snow	Applegate® organic chicken/apple sausage	Rabbit
Pea, Split	Applegate® organic red pepper sausage	Turkey (organic)
Peanut (Organic, Valencia)	Applegate® organic spinach & feta sausage	Veal (organic)
Peanut Butter (Organic, Maranatha®)	Applegate® organic sausage sweet italian	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic smoked chicken breast	
Red Bean Paste	Applegate® organic smoked turkey breast	<b>Milk-Containing Foods</b>
Soy Beans (must be organic)	Applegate® organic turkey	Applegate® organic spinach & feta sausage
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only (organic)	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also Bison)	Cheese, American
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
	Chicken, free range (organic)	Cheese, Bleu
<b>Meat &amp; Poultry</b>	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	Lamb (organic)	Cheese, Cream
Applegate® organic ham	Lard (pork)	Cheese, Goat
Applegate® organic herb roasted turkey	Ostrich	Cheese, Gorgonzola
Applegate® organic hot dogs	Pheasant	Cheese, Gouda



Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chl.)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano	Miscellaneous	Great Lake's® Beef Gelatin
Cheese, Provolone		Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine® low sodium/GF)	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylite®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low sodium)	Lycopene
Kefir, Raw	Chicory Root	Malt
Lactoalbumin	Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Can be Wheat-derived)

Palm Wax	Formaldehyde	<b>Nuts, Seeds, Drupes &amp; Oils</b>
Pycnogenol	Acacia Gum	Almond
Red Chili Paste Thai Kitchen® (gluten free)	Tragacanth Gum	Almond Butter (Artisana®)
Red Tomato Paste (gluten free)	Blue Food Dye	Almond Flavor natural, gluten free)
Resveratrol	Skinny Crisps® (Plain Jane)	Almond Flour (gluten free)
Sherry Vinegar	Red Food Dye	Almond Meal (gluten free)
Silver	Cocoa Butter	Almond, Marcona
Tamari (Wheat Free)	Agar Gum	Annatto Seed
Tofu (Organic)		Brazil Nut
Tomato Paste (gluten & Vinegar-free)	<b>Non-Dairy &amp; Eggs</b>	Canola/Rapeseed Oil
Tomato Sauce (gluten & Vinegar-free)	Almond Milk, unsweetened (no tapioca)	Caraway Seed
Vegetable broth (Imagine® Low Sodium)	Almond Yogurt, unsweetened	Cashews
Vegetable Oil	Cheese, Daiya (Coconut, Tapioca, yeast, &....)	Cashew Butter
Vegetable Shortening (Spectrum®)	Cheese, Soy (Organic) (see Soy)	Cashew Meal
Vinegar, Red Wine	Coconut Kefir (No Tapioca, Carageenan)	Chestnut
Vinegar, Rice	Coconut Milk (Native Forest or Natural Value)	Chia Seed (1/4 cup, max)
Vinegar, White Wine	Egg, Pasture-raised (from a farmer)	Coconut Butter
Xanthan Gum	Egg, Vital Farms® or Pasture Verde®	Coconut Oil
Yeast, Baker's	Egg, Whites, Pasture-raised	Coconut, shredded (raw, unsweetened)
Yeast, Brewer's	Egg, Yolks Pasture-raised	Cola Nut (aka Kola Nut)
Yeast, Nutritional	Milk, Soy (Organic)	Corn Oil
Latex	BodyPro Avocado Oil Mayonnaise	Cottonseed/Cottonseed Oil

Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Snacks</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip Cookies
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	<b>Sweeteners</b>
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, Manuka
Pistachios	Walnut (few)	Honey, Wildflower from Mahava®
Poppy seeds	Walnut Oil	Just Like Sugar®

Lo Han	Vegetables	Cabbage, Green
Maltodextrin (Can be Wheat-derived)	Aloe Vera	Cabbage, Purple
Maltodextrin (Corn-based, non-GMO)	Artichoke (not pickled)	Cactus (Nopales)
Maple Sugar	Arugula	Capers
Maple Syrup (Grade A Dark Amber Organic)	Asparagus	Capsicum
Molasses	Avocado	Carrot Juice
Monk Fruit	Avocado Oil	Carrot, Orange
Nutrasweet®	Bamboo Shoot	Carrot, Purple
Rebiana Leaf (Stevia)	Bean, Green	Carrot, White
Sorbitol	Bean Sprout	Carrot, Yellow
Splenda	Beet	Cassava (see Tapioca and Yucca)
Sucanat	Beet Greens	Cauliflower
Sugar Beet	Bell Pepper, Green	Cauliflower, Purple
Sugar Cane	Bell Pepper, Red	Celery
Sweetleaf® Stevia	Bok Choy	Chard
Swerve® Xylitol	Broccoli	Chayote
Xyla (Birchwood Xylitol/non-corn source)	Broccoli Rabe	Coconut (raw and unsweetened)
Yacon Syrup	Broccoli Sprouts	Coconut Concentrate
BodyPro Almond Mayo Grade B Maple Syrup	Broccolini	Collard Greens
Sucralose	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Agave Nectar	Burdock	Corn, Blue
Coconut Sugar	Cabbage, Chinese (see also Bok Choy)	Corn, White

Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed
Mushrooms, Cremini/Crimini	Pepper, Serrano	Spinach
Mushrooms, Maitake	Pickles, Bubbies® brand only	Spirulina
Mushrooms, Shiitake	Pimento	Squash

Squash, Acorn	Tomato, Yellow
Squash, Butternut	Truffle
Squash, Green	Turnip Greens
Squash, Spaghetti	Turnips
Squash, Summer	Water Chestnut
Squash, Winter	Watercress
Squash, Yellow	Yams, Garnett
Sugar Beet	Yams, Japanese
Sweet Potato, Red	Yucca
Sweet Potatoes, White	Zucchini
Swiss Chard	Alfalfa Sprouts
Tomatillo	Psyllium Husk
Tomato Paste (gluten & Vinegar-free)	Onion, Green
Tomato Sauce (gluten & Vinegar-free)	Onion, Maui
Tomato	Onion, Red
Tomatoes, Big Beef	Onion, Sweet
Tomato, Cherry	Onion, Yellow
Tomato, Heirloom	Chives
Tomato, Orange	Shallots
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange