

**Table of Contents**

<b>Title</b>	<b>Page</b>
1. Foods that are now ok to have .....	2
2. Foods that we are waiting for you to experiment with .....	13
3. Foods that you can have occasionally .....	14
4. Foods that will be in your diet at some point .....	16
5. Foods that have been removed from your diet .....	18
6. Complete Comprehensive List .....	21

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

## Vegetables

	Cabbage, Green	Eggplant
Alfalfa Grass	Cabbage, Purple	Endive
Alfalfa Sprouts	Cactus (Nopales)	Fennel
Aloe Vera	Capers	Ginger
Artichoke (not pickled)	Carrot, Orange	Hearts of Palm
Artichoke, Jerusalem (not pickled)	Carrot, Purple	Horseradish
Arugula	Carrot, White	Jicama
Asparagus	Carrot, Yellow	Kale, all types
Avocado	Carrot Juice	Kelp/Dulse
Bamboo Shoot	Cassava (see Tapioca and Yucca)	Kohlrabi
Bean, Green	Cauliflower	Kombu
Bean Sprout	Cauliflower, Purple	Leeks
Beet	Chard	Lettuce, all types
Beet Greens	Chayote	Mushrooms
Bitter Melon	Chives	Mushrooms, Button
Bok Choy	Coconut (raw and unsweetened)	Mushrooms, Cremini/Crimini
Broccoli	Coconut Concentrate	Mushrooms, Maitake
Broccolini	Collard Greens	Mushrooms, Shiitake
Broccoli Rabe	Comfrey	Mustard Greens
Broccoli Sprouts	Cucumber	Nori
Brussels Sprout	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Burdock	Dandelion Greens	Okra
Cabbage, Chinese (see also Bok Choy)	Dandelion Root	Olives (without vinegar)

Onion, Green	Potato, Fingerling	Spirulina
Onion, Maui	Potato, Purple	Squash
Onion, Red	Potato, Red	Squash, Acorn
Onion, Sweet	Potato, Russet	Squash, Butternut
Onion, Yellow	Potato, Sweet	Squash, Green
Paprika	Potato, White	Squash, Spaghetti
Parsley	Potato, Yukon Gold	Squash, Summer
Parsnip	Prickly Pear	Squash, Winter
Pea, Black-Eyed	Psyllium Husk	Squash, Yellow
Pea, Green	Pumpkin	Sugar Beet
Pea, Snap	Pumpkin Powder	Swede
Pea, Snow	Radicchio	Sweet Potato, Red
Pea, Split	Radish	Sweet Potatoes, White
Pea Protein	Rainbow Chard	Swiss Chard
Pepper, Anaheim	Red Pepper Flake	Taro
Pepper, Cayenne	Rhubarb	Tomatillo
Pepper, Chili	Rutabaga	Tomato
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Cherry
Pepper, Jalapeño	Scallions	Tomato, Heirloom
Pepper, Poblano	Sea Vegetables	Tomato, Orange
Pepper, Serrano	Seaweed	Tomato, Red
Pepper, Tabasco	Shallots	Tomato, Roma
Pimento	Spinach	Tomato, Sun-dried

Tomato, Yellow	Cape Gooseberries	Ground Cherries
Tomatoes, Big Beef	Carambola	Guava
Tomato Paste (gluten & Vinegar-free)	Cherry	Huckleberry
Tomato Sauce (gluten & Vinegar-free)	Clementine	Jack fruit
Truffle	Cranberry	Kiwi
Turnip Greens	Cranberry Juice	Kumquat
Turnips	Currant	Lemon
Wasabi Root	Dates	Lemon Juice
Water Chestnut	Dragon Fruit (Pitaya)	Lemon Rind/Peel
Watercress	Dried Fruit	Lime
Yams, Garnett	Durian Fruit	Lime Juice
Yams, Japanese	Elderberry	Loganberry
Yucca	Fig	Longan Fruit
Zucchini	Goji Berry	Loquat
	Golden Berry	Lychee
<b>Fruits</b>	Gooseberries	Mango
Apricot	Grape	Mangosteen
Banana	Grape, Green	Maqui
Bilberry	Grape, Purple	Melon, Honeydew
Blackberry	Grape, Red	Monk Fruit (Pure)
Blueberry	Grape, White	Mulberry
Boysenberry	Grapefruit	Nectarines
Cantaloupe	Grapefruit Juice	Noni

Orange	Tangelo	Bean, White
Orange, Blood	Tangerine	Chickpea (see also Garbanzo Bean)
Orange Juice	Watermelon	Edamame (must be organic)
Orange Peel/Rind	Wolfberry	Fava Bean
Oranges, Mandarin	Youngberry	Fava Bean Flour
Papaya		Garbanzo Bean
Passion Fruit	<b>Legumes, Pods, &amp; Pulses</b>	Garbanzo Flour
Pear	Bean, Azuki	Kidney Bean
Pear, Asian	Bean, Black	Lentil(s)
Persimmons	Bean, Butter	Pea, Snap
Pineapple	Bean, Cannellini	Pea, Snow
Plantain	Bean, Chana Dahl	Pea, Split
Plum	Bean, Chili	Peanut (Organic, Valencia)
Pomegranate	Bean, Green	Peanut Butter (Organic, Maranatha®)
Pomelo	Bean, Haricot	Red Bean Paste
Prune	Bean, Italian	Soybean oil(must be organic)
Quince	Bean, Kidney	Soy Beans (must be organic)
Raisin (unsulfured, organic)	Bean, Lima	Vanilla Bean
Rambutan	Bean, Mung	
Raspberry	Bean, Navy	
Star Fruit	Bean, Ninja	
Strawberry	Bean, Pinto/Frijole	
Tamarind	Bean, Red	

**Nuts, Seeds, Drupes & Oils**

Almond	Cottonseed/Cottonseed Oil	Pepitas
Almond, Marcona	Duck Fat	Pili Nuts
Almond Butter (Artisana®)	Fenugreek Seed	Pine Nut
Almond Flavor (natural, gluten free)	Flax Meal	Pistachios
Almond Flour (gluten free)	Flax Oil	Poppy seeds
Almond Meal (gluten free)	Flax Seed	Psyllium Husk
Almond Oil	Grapeseed Oil, Organic	Pumpkin Oil
Annatto Seed	Hazelnut/Filbert	Pumpkin Seed Oil
Avocado Oil	Hazelnut Flour	Pumpkin Seeds
Borage Seed Oil	Hemp Meal	Ramon Seeds
Brazil Nut	Hemp Protein (Powder)	Rice, Wild (Lundberg® - not the blend)
Canola/Rapeseed Oil	Hemp Seed	Sacha Inchi Seeds
Canola Oil, Non-GMO	Krill Oil	Safflower/Safflower Seed Oil
Caraway Seed	Lard/Tallow (pork)	Sesame Seed Oil
Cashew Butter	Macadamia Nut Oil	Sesame Seeds
Cashew Meal	Macadamia Nuts	Sesame Seeds, Black
Cashews	MCT Oil	Sunflower Seed Butter
Chestnut	Olive Leaf Extract	Sunflower Seed Flour
Chia Seed (1/4 cup, max)	Olive Oil, Virgin	Sunflower Seed Lecithin
Coconut, shredded (raw, unsweetened)	Palm Kernel Oil	Sunflower Seed Oil
Coconut Butter	Peanut Oil (Organic)	Sunflower Seeds
Coconut Oil	Pecan Flour	Tahini
	Pecans	Tea, Ramon

Tiger Nuts

Cinnamon

Grapeseed Extract

Truffle Oil

Cinnamon, Ceylon

Guarana

Truffle Oil, Black

Clove Powder

Gymnema Silvestre

Vegetable Shortening (Spectrum®)

Cloves, Madagascar

Herbs De Provence

Walnut Oil

Cloves, Penang

Hickory

Walnuts

Comfrey

Himalayan Salt

Walnuts, Black

Cramp Bark Extract

Jamaican Jerk

Cream of Tartar

Juniper Berry

**Herbs & Spices**

Cumin

Lavender

Allspice

Curcumin

Lemon Balm (Melissa Officinalis)

Almond Flavor (natural, gluten free)

Curry (must be GF)

Lemongrass

Anise

Dandelion Root

Lemon Pepper

Ashwaganda

Dill

Licorice Root

Astragalus

Dong Quai

Maca Root

Basil

Echinacea

Mace Spice

Bay Leaf

Fennel

Marjoram

Black Cohosh

Fennel Seed

Mesquite

Caraway Seed

Garam Masala

Milk Thistle

Cardamom

Ginger Powder

Mint

Catnip

Ginkgo Biloba

Mustard (as a Powder)

Chaparral

Ginseng (All Types)

Mustard Seeds (gluten free)

Chervil

Goldenseal

Nutmeg

Cilantro/Coriander

Grapefruit Seed Extract

Olive Leaf Extract

Onion

Onion Powder

Orange Peel/Rind

Orange Salt

Oregano

Paprika

Paprika (smoked)

Parsley

Pau D'arco

Pepper, Black (see Garlic/Lemon  
Pepper)

Pepper, Cayenne

Pepper, Sichuan

Pepper, Szechuan

Pepper/Peppercorns

Peppermint

Pine Bark Extract

Red Clover

Red Pepper Flake

Rose Hips

Rosemary

Saffron

Sage

Sassafras

Savory

Saw Plametto

Sesame Seeds

Sesame Seeds, Black

Shallots

Spearment

St. John's Wort

Sumac

Tamari (Wheat Free)

Tarragon

Thyme

Tomatillo

Turmeric

Uva Ursi

Valerian

Vanilla (gluten and corn-free)

Vanilla Bean

Vanilla Powder

White Willow Bark Extract

Wintergreen

Wormwood

## Fish &amp; Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Krill

Lobster

Lox

Mackerel

Mahi Mahi

Mussel

Octopus

Orange Roughy



Oyster

Applegate® organic turkey

**Milk-Containing Foods**

Perch

Beef, Grass-fed only (organic)

Red Snapper

Bison (see also Buffalo)

**Non-Dairy & Eggs**

Salmon, wild (fresh)

Buffalo (see also Bison)

Almond Milk, unsweetened (no tapioca)

Sardines

Chicken, free range (organic)

Almond Yogurt, unsweetened

Scallop

Collagen Protein (Powder)

BodyPro Avocado Oil Mayonnaise

Shrimp

Deer (see also Venison)

Coconut Kefir (No Tapioca, Carageenan)

Sole

Duck

Coconut Milk (Native Forest or Natural Value)

Squid

Goat, Grass-fed only (organic)

Egg, Vital Farms® or Pasture Verde®

Swai

Great Lake's® Beef Gelatin

Egg Whites, Pasture-raised

Swordfish

Lamb

Egg Yolks, Pasture-raised

Tilapia (Wild, Non-farmed)

Ostrich

Milk, Soy (Organic)

Trout

Pheasant

Paleo Cheese (Julianbakery.com or Amazon.com)

Tuna

Pork, (organic)

**Gluten-Free Grains**

Walleye Pike

Quail

Almond Flour (gluten free)

Whitefish/Turbot

Rabbit

Amaranth

**Meat & Poultry**

Applegate® organic chicken

Turkey (organic)

Arrowroot Flour/powder

Applegate® organic herb roasted turkey

Veal (organic)

Avenin (Gluten-free)

Applegate® organic roast beef

Venison (see also Deer)

Coconut Flour (gluten free)

Applegate® organic smoked chicken breast

Coconut Meal (gluten free)

Applegate® organic smoked turkey breast

Fava Bean Flour

Flax Meal

Garbanzo Flour

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)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Wild (Lundberg® - not the  
blend)

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

**Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**Balsamic Vinegar MiaBella (No  
Caramel No Wine Vinegar)

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Earth Balance® Avocado Oil Butter  
Spread

Earth Balance® Coconut Spread

Hummus

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Red Bean Paste

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Tamari (Wheat Free)

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

Vegetable Shortening (Spectrum®)

Vinegar, Beet

**Sweeteners**

Agave Nectar

Aspartame

Brown Sugar

Cane Syrup

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

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

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Yacon Syrup

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Bone Broth Protein, Beef

Carrot Juice

Cocoa

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Hemp Protein (Powder)

Lemon Juice

Licorice Tea

Lime Juice

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Chicory Root

Tea, Hibiscus

Tea, Ramon

Tea, Roobios

Vodka, Potato

Water

Zevia Drinks

**Miscellaneous**

Antimony

Baking Soda (Arm &amp; Hammer®)

Bone Broth, Beef

Cacao (Raw, Pure, &amp; Unsweetened)

Cocoa

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

Great Lake's® Beef Gelatin

Hops

Latex

Lycopene

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

harry potter

11/17/2017

Resveratrol

Silver

Tobacco

Tofu (Organic)

**Snacks**

Chewing Gum, Xylichew®

Dates

Skinny Crisps® (Plain Jane)

**Food Additives**

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Locust Bean Gum

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)

harry potter

11/17/2017

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****Fruits****Legumes, Pods, & Pulses****Nuts, Seeds, Drupes & Oils****Herbs & Spices****Fish & Shellfish****Meat & Poultry****Milk-Containing Foods****Non-Dairy & Eggs****Egg, Pasture-raised (from a farmer)****Gluten-Free Grains****Buckwheat****Buckwheat Flour****Mikey's Original English Muffin****Gluten-Containing Foods****Allulose****Avenin****Corn-Derived Foods****Condiments, Spreads & Sauces****Mayonnaise, Primal Kitchen  
Avocado Oil****Sweeteners****Beverages & Protein Powders****Miscellaneous****Snacks****Food Additives**

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

### Vegetables

Celery

Pickles, Bubbies® brand only

Tabasco Sauce

Wheat Grass (Is  
Gluten-contaminated)

### Fruits

Apple (all types)

Peach

### Legumes, Pods, & Pulses

### Nuts, Seeds, Drupes & Oils

Rice Bran Oil

### Herbs & Spices

Caramel Coloring

Celery Powder

Celery Seed

Tabasco Sauce

### Fish & Shellfish

Crab, Immitation

### Meat & Poultry

Applegate® organic black forest  
ham

Applegate® organic ham

Chicken Broth (Imagine® gf/low  
sodium)

### Milk-Containing Foods

### Non-Dairy & Eggs

### Gluten-Free Grains

Basmati Rice (gluten free)

Brown Rice Flour

Ener-G Brown Rice Yeast-Free  
Bread

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Millet

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)

Tortilla, Siete Chia & Cassava

### Gluten-Containing Foods

Bran

Caramel Coloring

Couscous

Crab, Immitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Oats

## Food Additives

Oats, GF (not Certified) can have gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Spelt

Triticale

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is  
Gluten-contaminated)

Vinegar, Distilled

## Sweeteners

## Beverages &amp; Protein Powders

Milk, Rice

Rice Protein Powder (gluten free)

Vodka, Rye or Grain

## Miscellaneous

Chicken Broth (Imagine® gf/low  
sodium)GemWraps®, Sandwich Wrap  
(Kale-Apple)

Julian Bakery Paleo Wraps

Rice Starch (if certified gluten free)

## Corn-Derived Foods

## Condiments, Spreads &amp; Sauces

Apple Cider Vinegar (Bragg's®)

Dressing, Primal Kitchen Honey  
Mustard

Ketchup (Organicville)

Liquid Smoke (can have gluten)

Mustard, Brown (Eden® gf mustard)

Tabasco Sauce

## Snacks

harry potter

11/17/2017

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**

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Pepper, Green

Pepper, Red

**Fruits**

Acai

**Legumes, Pods, & Pulses**

Coffee Bean, Organic

**Nuts, Seeds, Drupes & Oils**

Cola Nut (aka Kola Nut)

**Herbs & Spices**

Bell Pepper, Red

Capsicum

Chili Powder

Chipotle Seasoning

Pepper, Red

Red Chili Paste Thai Kitchen®  
(gluten free)

Taco Seasoning

**Fish & Shellfish****Meat & Poultry**

Applegate® organic bacon

Applegate® organic red pepper  
sausage

Applegate® organic turkey bacon

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

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

Cheese, Soy (Organic) (see Soy)

**Gluten-Free Grains**

Mikey's Sliced Bread Loaf

Simple Mills - Everything Sprouted  
Seed Cracker

Simple Mills Cracked Black Pepper  
Almond Crackers

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

**Gluten-Containing Foods**

Coffee, Instant (has gluten)

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

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

Cheese, Soy (Organic) (see Soy)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Sriracha Sauce Organicville  
gluten-free

**Condiments, Spreads & Sauces**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

BodyPro Almond Mayo Grade A  
Maple Syrup

BodyPro Almond Mayo with Yacon  
Syrup

Harissa

Mayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Red Chili Paste Thai Kitchen®  
(gluten free)

Sriracha Sauce Organicville  
gluten-free

Veganise Soy-free (Follow Your  
Heart®)

Worcestershire Sauce (The  
Wizard's® GF)



**Sweeteners**

BodyPro Almond Mayo Grade A  
Maple Syrup

Chocolate, Dark

Fructose

Xylitol

**Beverages & Protein Powders**

Apple Cider

Apple Juice

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Green Tea

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Oolong

Tea, Unflavored

Tea, White

Yerba Matte Tea (Organic/Pure)

**Miscellaneous**

Beef broth (Imagine® low  
sodium/GF)

GemWraps®, Sandwich Wrap  
(Carrot)

GemWraps®, Sandwich Wrap  
(Tomato)

**Snacks**

Apple Sauce

Simple Mills Chocolate Chip  
Cookies

Simple Mills Cracked Black Pepper  
Almond Crackers

**Food Additives**

## These are the foods that have been removed from your diet

**Vegetables**

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

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

Corn, Blue

Corn, White

Garlic

**Fruits****Legumes, Pods, & Pulses**

Miso

**Nuts, Seeds, Drupes & Oils**

Corn Oil

Hydrogenated Oils

Vegetable Oil

**Herbs & Spices**

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

**Fish & Shellfish****Meat & Poultry**

Applegate® organic andouille sausage

Applegate® organic chicken/apple sausage

Applegate® organic hot dogs

Applegate® organic sausage sweet italian

Applegate® organic spinach &amp; feta sausage

**Milk-Containing Foods**

Applegate® organic spinach &amp; 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 &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Mikey's Pizza crust

Simple Mills Ground Sea Salt  
Almond CrackersSimple Mills Rosemary & Sea Salt  
CrackersSimple Mills Tomato & Basil Almond  
Crackers

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

**Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bread

Brown Rice Syrup (contains  
MSG/Gluten)

Cheese, Bleu

Chewing Gum (has gluten and corn)

Malt

Maltitol

Maltodextrin (Barley-derived)

Miso

Modified Food Starch

Soy Sauce

Teechino

Teriyaki Sauce

Vinegar

Vinegar, Malt

Vinegar, White

**Corn-Derived Foods**

Cheese, Cream

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

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

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

**Condiments, Spreads & Sauces**

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Dressing, Primal Kitchen Greek Avocado Oil

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

Mayonnaise

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Teriyaki Sauce

Ume Plum Vinegar

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

**Sweeteners**

Brown 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

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Corn

Whey

Wine, Red

**Miscellaneous**

Baking Powder

Modified Food Starch

Vegetable broth (Imagine® Low Sodium)

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	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Comfrey
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn (Gluten-free & Non-GMO)
Avocado	Cabbage, Green	Corn, Blue
Bamboo Shoot	Cabbage, Purple	Corn, White
Barley Grass (can have gluten)	Cactus (Nopales)	Cucumber
Barley Greens (may contain gluten)	Capers	Daikon Radish
Bean, Green	Capsicum	Dandelion Greens
Bean Sprout	Carrot, Orange	Dandelion Root
Beet	Carrot, Purple	Eggplant
Beet Greens	Carrot, White	Endive
Bell Pepper	Carrot, Yellow	Fennel
Bell Pepper, Green	Carrot Juice	Garlic
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Ginger
Bell Pepper, Red	Cauliflower	Hearts of Palm
Bell Pepper, Yellow	Cauliflower, Purple	Horseradish
Bitter Melon	Celery	Jicama
Bok Choy	Chard	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	<b>Fruits</b>	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	<b>Nuts, Seeds, Drupes &amp; Oils</b>	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	Ramon Seeds	Walnuts, Black
Hydrogenated Oils	Rice, Wild (Lundberg® - not the blend)	
Krill Oil	Rice Bran Oil	Herbs & Spices
Lard/Tallow (pork)	Sacha Inchi Seeds	Allspice
Macadamia Nut Oil	Safflower/Safflower Seed Oil	Almond Flavor (natural, gluten free)
Macadamia Nuts	Sesame Seed Oil	Anise
MCT Oil	Sesame Seeds	Ashwaganda
Olive Leaf Extract	Sesame Seeds, Black	Astragalus
Olive Oil, Virgin	Sunflower Seed Butter	Basil
Palm Kernel Oil	Sunflower Seed Flour	Bay Leaf
Peanut Oil (Organic)	Sunflower Seed Lecithin	Bell Pepper, Red
Pecan Flour	Sunflower Seed Oil	Black Cohosh
Pecans	Sunflower Seeds	Capsicum
Pepitas	Tahini	Caramel Coloring
Pili Nuts	Tea, Ramon	Caraway Seed
Pine Nut	Tiger Nuts	Cardamom
Pistachios	Truffle Oil	Catnip
Poppy seeds	Truffle Oil, Black	Celery Powder
Psyllium Husk	Vegetable Oil	Celery Seed
Pumpkin Oil	Vegetable Shortening (Spectrum®)	Chaparral
Pumpkin Seed Oil	Walnut Oil	Chervil
Pumpkin Seeds	Walnuts	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 &amp; 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	<b>Milk-Containing Foods</b>
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
<b>Meat &amp; Poultry</b>	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 & Eggs**Almond 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 &amp; 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)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

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 &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

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

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

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Miso

Modified Food Starch

Oats

Oats, GF (not Certified) can have gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is  
Gluten-contaminated)**Corn-Derived Foods**Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

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

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)



## Condiments, Spreads &amp; 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 &amp; 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 &amp; Vinegar-free)

Tomato Sauce (gluten &amp; 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 &amp; 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

Lactalbumin

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)

Chicory Root

Xanthan Gum

Yeast, Baker's

Citric Acid (can be corn-derived)

Yeast, Brewer's

Formaldehyde

Yeast, Nutritional

Guar Gum

Inulin

**Snacks**

Lactic Acid (beet-derived)

Apple Sauce

Lactic Acid (corn-derived)

Chewing Gum (has gluten and corn)

Lactic Acid (milk-derived)

Chewing Gum, Xylitew®

Locust Bean Gum

Dates

Maltodextrin (Barley-derived)

Simple Mills Chocolate Chip Cookies

MSG/MonosodiumGlutamate

Simple Mills Cracked Black Pepper Almond Crackers

Palm Wax

Skinny Crisps® (Plain Jane)

Pea Protein Isolate

Pea Starch

**Food Additives**

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)