

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Applegate® organic chicken/apple  
sausage

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok  
Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

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

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

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

Squash, Yellow	Yams, Garnett	Dates
Sugar Beet	Yams, Japanese	Dragon Fruit (Pitaya)
Sweet Potato, Red	Yucca	Dried Fruit
Sweet Potatoes, White	Zucchini	Elderberry
<b>Swiss Chard</b>		Fig
Tomatillo	<b>Fruits</b>	Goji Berry
Tomato	<b>Acai</b>	Golden Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Gooseberry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Grape
Tomato, Cherry	Apple Juice	Grape, Green
Tomato, Heirloom	Apple Sauce	Grape, Purple
Tomato, Orange	Applegate® organic chicken/apple sausage	Grape, Red
Tomato, Red	Bilberry	Grape, White
Tomato, Roma	Blackberry	Grapefruit
Tomato, Sun-dried	Blueberry	Grapefruit Juice
Tomato, Yellow	Boysenberry	Guava
Tomatoes, Big Beef	Cantaloupe	Huckleberry
Truffle	Cherry	Jack fruit
<b>Turnip Greens</b>	Clementine	Kiwi
Turnips	Cranberry	Kumquat
<b>Water Chestnut</b>	Cranberry Juice	<b>Lemon</b>
<b>Watercress</b>	Currant	<b>Lemon Juice</b>

Lemon Rind/Peel	Pear, Asian	<b>Nuts, Seeds, Drupes &amp; Oils</b>
Lime	Persimmons	Almond
Lime Juice	Pineapple	Almond Butter (Artisana®)
Litchi (aka Lychee)	Plantain	Almond Flavor (natural, gluten free)
Loganberry	Plum	Almond Flour (gluten free)
Loquat	Pomegranate	Almond Meal (gluten free)
Mango	Pomelo	Almond, Marcona
Mangosteen	Prune	<b>Annatto Seed</b>
Maqui	Quince	Brazil Nut
Melon, Honeydew	Raisin (unsulfured, organic)	Canola/Rapeseed Oil
Monk Fruit (Pure)	Raspberry	Caraway Seed
Mulberry	Star Fruit	Cashew Butter
Nectarines	Strawberry	Cashew Meal
Noni	Tamarind	Cashews
Orange	Tangelo	Chestnut
Orange Juice	Tangerine	Chia Seed (1/4 cup, max)
Orange Peel/Rind	Watermelon	<b>Coconut Butter</b>
Orange, Blood	Wolfberry	<b>Coconut Oil</b>
Papaya	Youngberry	<b>Coconut, shredded (raw, unsweetened)</b>
Passion Fruit		Cola Nut (aka Kola Nut)
Peach		Corn Oil
Pear		Cottonseed/Cottonseed Oil

Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	<b>Bass</b>
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	<b>Chilean Sea Bass</b>
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	<b>Corvina</b>
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
<b>Olive Leaf Extract</b>	Sunflower Seed Lecithin	Crayfish
<b>Olive Oil, Virgin</b>	Sunflower Seed Oil	<b>Flounder</b>
<b>Palm Kernel Oil</b>	Sunflower Seeds	<b>Haddock</b>
Pecan Flour	Tahini	<b>Hake</b>
Pecans	Tea, Ramon	<b>Halibut</b>
Pepitas	Tiger Nuts	<b>Herring</b>
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	<b>Mackerel</b>
Pistachios	Walnut Oil	<b>Mahi Mahi</b>
Poppy seeds	Walnuts	Mussel

Octopus	<b>Meat &amp; Poultry</b>	Deer (see also Venison)
Orange Roughy	Applegate® organic andouille sausage	Duck
Oyster	Applegate® organic bacon	Goat, Grass-fed only (organic)
Perch	Applegate® organic black forest ham	Lamb
Red Snapper	Applegate® organic chicken	Lard (pork)
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Ostrich
Sardines	Applegate® organic ham	Pheasant
Scallop	Applegate® organic herb roasted turkey	Pork, (organic)
Shrimp	Applegate® organic hot dogs	Quail
Sole	Applegate® organic red pepper sausage	Rabbit
Squid	Applegate® organic roast beef	Turkey (organic)
Swai	Applegate® organic sausage sweet italian	Veal (organic)
Swordfish	Applegate® organic smoked chicken breast	Venison (see also Deer)
Tilapia (Wild, Non-farmed)	Applegate® organic smoked turkey breast	
Trout	Applegate® organic spinach & feta sausage	<b>Non-Dairy &amp; Eggs</b>
Tuna	Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)
Walleye Pike	Applegate® organic turkey bacon	Almond Yogurt, unsweetened
Whitefish/Turbot	Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise
	Bison (see also Buffalo)	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
	Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)
	Chicken Broth (Imagine® gf/low sodium)	Coconut Kefir (No Tapioca, Carageenan)
	Chicken, free range (organic)	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)

Modified Food Starch

Paleo Cheese (Julianbakery.com or Amazon.com)

**Condiments**

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

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

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)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

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)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup	Tapioca Dextrose	Cilantro/Coriander
Just Like Sugar®	Xyla (Birchwood Xylitol)	Cinnamon
Lo Han	Xylitol	Cinnamon, Ceylon
Maltitol	Yacon Syrup	Cloves
Maltodextrin (Barley-derived)		Cloves, Madagascar
Maltodextrin (Corn-based, non-GMO)	<b>Herbs &amp; Spices</b>	Cloves, Penang
Maltodextrin (Tapioca-based)	Allspice	Cramp Bark Extract
Maple Sugar	Almond Flavor (natural, gluten free)	Cream of Tartar
Maple Syrup (Grade A Dark Amber Organic)	Anise	Cumin
Molasses	Applegate® organic chicken/apple sausage	Curcumin
Monk Fruit (Pure)	Ashwaganda	Curry (must be GF)
Monk Fruit Extract	Astragalus	Dandelion Root
Nutrasweet®	Basil	Dill
Rebiana Leaf (Stevia)	Bay Leaf	Dong Quai
Sorbitol	Black Cohosh	Echinacea
Splenda	Caramel Coloring	Fennel
Sucanat	Caraway Seed	Garlic
Sucralose	Cardamom	Garlic Pepper
Sugar Beet	Celery Powder	Garlic Powder
Sugar Cane	Chicory Root	Garlic Salt
Sweetleaf® Stevia	Chili Powder	Ginger
Sweetener® Sweetener	Chipotle Seasoning	Ginkgo Biloba



Ginseng (All Types)	Mustard (as a Powder)	Rose Hips
Goldenseal	Mustard Seeds (gluten free)	Rosemary
Grapefruit Seed Extract	Nutmeg	Saffron
Grapeseed Extract	Olive Leaf Extract	Sage
Guarana	Onion	Saw Plametto
Gymnema Silvestre	Onion Powder	Sesame Seeds
Herbs De Provence	Orange Peel/Rind	Sesame Seeds, Black
Hickory	Orange Salt	Shallots
Himalayan Salt	Oregano	Spearmint
Jamaican Jerk	Paprika	St. John's Wort
Juniper Berry	Paprika (smoked)	Sumac
Lavender	Parsley	Taco Seasoning
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemon Pepper	Pepper, Cayenne	Tarragon
Lemongrass	Pepper, Red	Thyme
Licorice Root	Pepper, Sichuan	Tomatillo
Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder

White Willow Bark Extract

Cheese, Marscapone

Milk, Goat

Wintergreen

Cheese, Mozzarella (Raw)

Milk, Sheep

Wormwood

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and  
Unpasteurized**Milk-Containing Foods**

Cheese, Pecorino

Whey

Applegate® organic spinach & feta  
sausage

Cheese, Provolone

Yogurt (See Xanthan Gum)

Butter, Raw and Pasture-raised

Cheese, Raw and Pasture-raised

Buttermilk

Cheese, Ricotta

**Legumes & Pulses**

Casein

Cheese, Romano

Bean, Azuki

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Bleu

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chana Dahl

Cheese, Cheddar (Raw)

Chocolate, White

Bean, Chili

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Bean, Italian

Cheese, Feta

Goat Cheese

Bean, Kidney

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactoalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Cheese, Machego

Milk, Cow

Bean, Pinto/Frijole

Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	<b>Gluten-Free Grains</b>	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	<b>Konjac Glucomannon Flour</b>
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	<b>Coconut Flour (gluten free)</b>	ProGranola (Julian Bakery)
Miso	<b>Coconut Meal (gluten free)</b>	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	<b>Glucomannon Flour (konjacfoods.com)</b>	Rice, Purple (gluten free)

	Gluten-Containing Foods	
Rice, Red (gluten free)		Oats
Rice, White (gluten free)	Barley	Oats, GF (not Certified) can have gluten
Rice, Wild (Lundberg® - not the blend)	Barley Greens (may contain gluten)	Orzo
Simple Mills - Everything Sprouted Seed Cracker	Barley Juice (may contain gluten)	Panko
Simple Mills Ground Sea Salt Almond Crackers	Beer	Polish Wheat
Simple Mills Rosemary & Sea Salt Crackers	Bran	Rye
Simple Mills Tomato & Basil Almond Crackers	Bread	Semolina
Sorghum	Brown Rice Syrup (contains MSG/Gluten)	Soy Sauce
Sweet Potato Flour (gluten free)	Caramel Coloring	Spelt
Tapioca	Cheese, Bleu	Teechino
Tapioca Flour (gluten free)	Chewing Gum (has gluten and corn)	Teriyaki Sauce
Tapioca Starch (gluten free)	Coffee, Instant (has gluten)	Triticale
Teff	Couscous	Vinegar
Tolerant Green Lentil & Pea Pasta	Crab, Immitation	Vinegar, Malt
Tolerant Red or Green Lentil Pasta	Durum Wheat	Vinegar, White
Tortilla, Siete Almond	Farro	Wheat (All Types)
Tortilla, Siete Cassava & Coconut	Gluten	Wheat Grass (Is Gluten-contaminated)
Tortilla, Siete Chia & Cassava	Graham (wheat)	
	Kamut	
	Liquid Smoke (can have gluten)	
	Malt	
	Maltodextrin (Barley-derived)	

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Maltodextrin (Corn-based,  
non-GMO)

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**

Almond Milk, unsweetened (no  
tapioca)

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Coconut Kefir (No Tapioca,  
Carageenan)

Coconut Milk(Native Forest or  
Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

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, Hibiscus**

Tea, Komboucha

Tea, Oolong

Tea, Ramon

**Tea, Roobios**

Tea, Unflavored

Tea, White

Teechino

**Water**

Wine, Red

Cocoa/Cacao (raw, pure, &amp; unsweetened)

Locust Bean Gum

Wine, White (Champagne)

Coconut Aminos®

Lycopene

Yerba Matte Tea (Organic/Pure)

Coconut Cream

Malt

Zevia Drinks

Collagen Protein (Powder)

Maltodextrin (Barley-derived)

Formaldehyde

Modified Food Starch

**Miscellaneous**

Garam Masala

Modified Food Starch (Tapioca-based)

Acacia Gum

GemWraps®, Sandwich Wrap (Carrot)

Palm Wax

Agar Gum

GemWraps®, Sandwich Wrap (Kale-Apple)

Pycnogenol

Antimony

GemWraps®, Sandwich Wrap (Mango/Chipotle)

Red Chili Paste Thai Kitchen® (gluten free)

Arabic Gum

GemWraps®, Sandwich Wrap (Tomato)

Red Food Dye

Baking Powder

Glucomannon Flour (konjacfoods.com)

Red Tomato Paste (gluten free)

Baking Soda (Arm &amp; Hammer®)

Great Lake's® Beef Gelatin

Resveratrol

Banana

Guar Gum

Rice Starch (if certified gluten free)

Beef broth (Imagine® low sodium/GF)

Hops

Sherry Vinegar

Blue Food Dye

Inulin

Silver

Bone Broth, Beef

Julian Bakery Almond Bread

Skinny Crisps® (Plain Jane)

Carrageenan Gum

Julian Bakery Coconut Bread

Tamari (Wheat Free)

Chewing Gum (has gluten and corn)

Julian Bakery Paleo Wraps

Tofu (Organic)

Chewing Gum, Xylichew®

Konjac Glucomannon Flour

Tomato Paste (gluten &amp; Vinegar-free)

Chicken Broth (Imagine® gf/low sodium)

Lard (pork)

Tomato Sauce (gluten &amp; Vinegar-free)

Chicory Root

Latex

Tragacanth Gum

Cocoa Butter

Liquid Aminos (Braggs®)(has Soy)

Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies