

Fruits

Acai

alpha

Loquat

Annatto Seed

Apple (all types)

Mangosteen

Avocado Oil

Apricot

Maqui

Brazil Nut

Bilberry

Monk Fruit (Pure)

Caraway Seed

Boysenberry

Mulberry

Cashew Butter

bravo

Nectarines

Cashew Meal

charlie

Noni

Cashews

dummy food

Passion Fruit

Chestnut

Elderberry

Peach

Chia Seed (1/4 cup, max)

Goji Berry

Pear

Coconut, shredded (raw, unsweetened)

Golden Berry

Persimmons

Coconut Butter

Gooseberry

Pomelo

Coconut Oil

Grapefruit

Tamarind

Cola Nut (aka Kola Nut)

Huckleberry

Wolfberry

Cottonseed/Cottonseed Oil

Kumquat

Youngberry

Flax Meal

Lemon

Nuts, Seeds, Drupes & Oils

Flax Oil

Lemon Juice

Almond

Flax Seed

Lemon Rind/Peel

Almond, Marcona

Hazelnut/Filbert

Lime

Almond Butter (Artisana®)

Hazelnut Flour

Lime Juice

Almond Flavor (natural, gluten free)

Hemp Meal

Litchi (aka Lychee)

Almond Flour (gluten free)

Hemp Protein (Powder)

Loganberry

Almond Meal (gluten free)

Hemp Seed

Macadamia Nut Oil	Vegetable Shortening (Spectrum®)	Beet Greens
Macadamia Nuts	Walnut Oil	Burdock
Palm Kernel Oil	Walnuts	Cactus (Nopales)
Pili Nuts	Walnuts, Black	Capers
Pine Nut	Fish & Shellfish	Chard
Pistachios	Chilean Sea Bass	Chayote
Poppy seeds	Corvina	Coconut (raw and unsweetened)
Ramon Seeds	Hake	Coconut Concentrate
Sacha Inchi Seeds	Mahi Mahi	Collard Greens
Safflower/Safflower Seed Oil	Octopus	Daikon Radish
Sesame Seed Oil	Sardines	Dandelion Greens
Sesame Seeds	Swai	Dandelion Root
Sesame Seeds, Black	Tilapia (Wild, Non-farmed)	Endive
Sunflower Seed Butter	Whitefish/Turbot	Fennel
Sunflower Seed Lecithin	Vegetables	Hearts of Palm
Sunflower Seed Oil	Alfalfa Grass	Horseradish
Sunflower Seeds	Alfalfa Sprouts	Jicama
Tahini	Aloe Vera	Kohlrabi
Tea, Ramon	Arugula	Leeks
Tiger Nuts	Avocado	Mustard Greens
Truffle Oil	Bamboo Shoot	Paprika
Truffle Oil, Black	Bean Sprout	Parsley

Pea, Black-Eyed	Meat & Poultry	Mustard, Brown (Eden® gf mustard)
Pepper, Anaheim	Bison (see also Buffalo)	Red Bean Paste
Pepper, Cayenne	Buffalo (see also Bison)	Vegetable Shortening (Spectrum®)
Pepper, Chili	Goat, Grass-fed only (organic)	Vinegar, Distilled
Pepper, Habanero	Ostrich	White/Distilled Vinegar
Pepper, Jalapeño	Pheasant	Sweeteners
Pepper, Poblano	Quail	Just Like Sugar®
Pepper, Serrano	Rabbit	Monk Fruit (Pure)
Pimento	Non-Dairy & Eggs	Monk Fruit Extract
Prickly Pear	Almond Milk, unsweetened (no tapioca)	Rebiana Leaf (Stevia)
Radicchio	Coconut Kefir (No Tapioca, Carageenan)	Sweetleaf® Stevia
Rainbow Chard	Coconut Milk(Native Forest or Natural Value)	Xyla (Birchwood Xylitol)
Red Pepper Flake	Egg, Whites, Pasture-raised	Herbs & Spices
Rhubarb	Condiments, Spreads & Sauces	Allspice
Rutabaga	Apple Cider Vinegar (Bragg's®)	Almond Flavor (natural, gluten free)
Swiss Chard	Carob	Anise
Truffle	Cocoa Butter	Ashwaganda
Turnip Greens	Coconut Aminos®	Astragalus
Water Chestnut	Coconut Cream	Basil
Watercress	Earth Balance® Coconut Spread	Bay Leaf
Yams, Japanese	Hummus	Black Cohosh
Zucchini	Liquid Smoke gluten free (natural)	Caraway Seed

Cardamom	Goldenseal	Oregano
Chicory Root	Grapefruit Seed Extract	Paprika
Cilantro/Coriander	Gymnema Silvestre	Paprika (smoked)
Cinnamon	Herbs De Provence	Parsley
Cinnamon, Ceylon	Hickory	Pepper, Black (see Garlic/Lemon Pepper)
Cloves	Himalayan Salt	Pepper, Cayenne
Cloves, Madagascar	Jamaican Jerk	Pepper, Sichuan
Cloves, Penang	Juniper Berry	Pepper, Szechuan
Cramp Bark Extract	Lavender	Pepper/Peppercorns
Cream of Tartar	Lemon Balm (Melissa Officinalis)	Peppermint
Cumin	Lemongrass	Pine Bark Extract
Curcumin	Lemon Pepper	Red Pepper Flake
Curry (must be GF)	Licorice Root	Rose Hips
Dandelion Root	Maca Root	Rosemary
Dill	Mace Spice	Saffron
Dong Quai	Marjoram	Sage
Echinacea	Mesquite	Saw Plametto
Fennel	Milk Thistle	Sesame Seeds
Garam Masala	Mint	Sesame Seeds, Black
Ginger	Mustard (as a Powder)	Spearmint
Ginkgo Biloba	Mustard Seeds (gluten free)	St. John's Wort
Ginseng (All Types)	Nutmeg	Sumac

Tarragon	Bean, Mung	Corn-Derived Foods
Thyme	Bean, Navy	Gluten-Containing Foods
Turmeric	Bean, Ninja	Gluten-Free Grains
Uva Ursi	Bean, Pinto/Frijole	Almond Flour (gluten free)
Valerian	Bean, Red	Chicory Root
Vanilla (gluten and corn-free)	Bean, White	Coconut Flour (gluten free)
Vanilla Bean	Chickpea (see also Garbanzo Bean)	Coconut Meal (gluten free)
Vanilla Powder	Coffee Bean, Organic	Fava Bean Flour
White Willow Bark Extract	Fava Bean	Flax Meal
Wintergreen	Fava Bean Flour	Garbanzo Flour
Wormwood	Garbanzo Bean	Glucomannon Flour (konjacfoods.com)
Milk-Containing Foods	Garbanzo Flour	Hazelnut Flour
Legumes & Pulses	Kidney Bean	Hemp Meal
Bean, Azuki	Lentil(s)	Hemp Protein (Powder)
Bean, Black	Red Bean Paste	Hemp Seed
Bean, Butter	Vanilla Bean	Konjac Glucomannon Flour
Bean, Cannellini	Vanilla Powder	Oats (Bob's Red Mill Gluten Free Version)
Bean, Chana Dahl		Oats (Certified GF)
Bean, Chili		Tolerant Green Lentil & Pea Pasta
Bean, Italian		Tolerant Red or Green Lentil Pasta
Bean, Kidney		
Bean, Lima		

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Echinacea Tea

Green Tea

Hemp Protein (Powder)

Lemon Juice

Licorice Tea

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Acacia Gum

Arabic Gum

Baking Soda (Arm & Hammer®)

Chewing Gum, Xylichew®

Chicory Root

Cocoa/Cacao (raw, pure, & unsweetened)

Glucomannon Flour
(konjacfoods.com)

Guar Gum

Konjac Glucomannon Flour

Latex

Locust Bean Gum

Lycopene

Palm Wax

Silver

Tragacanth Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

AB

Flax Meal

Flax Oil

Flax Seed

qwerty

Zucchini