

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are adding back in. These are Foods that you can eat. The Following food will be in your diet at some point. These are the foods that have been removed from your diet due to food reactions.

Fruits

Acai	dummy food	Loganberry
alpha	Elderberry	Loquat
Apple (all types)	Fig	Mango
Apricot	Goji Berry	Mangosteen
Banana	Golden Berry	Maqui
Bilberry	Gooseberry	Melon, Honeydew
Blackberry	Grape	Monk Fruit (Pure)
Blueberry	Grape, Green	Mulberry
Boysenberry	Grape, Purple	Nectarines
bravo	Grape, Red	Noni
Cantaloupe	Grape, White	Orange
charlie	Grapefruit	Orange, Blood
Cherry	Grapefruit Juice	Orange Juice
Clementine	Guava	Orange Peel/Rind
Cranberry	Huckleberry	Papaya
Cranberry Juice	Jack fruit	Passion Fruit
Currant	Kiwi	Peach
Dates	Kumquat	Pear
Dragon Fruit (Pitaya)	Lemon	Pear, Asian
Dried Fruit	Lemon Juice	Persimmons
	Lemon Rind/Peel	Pineapple
	Lime	Plantain
	Lime Juice	Plum
	Litchi (aka Lychee)	Pomegranate

Pomelo	Brazil Nut	Macadamia Nut Oil
Prune	Canola/Rapeseed Oil	Macadamia Nuts
Quince	Caraway Seed	Olive Leaf Extract
Raisin (unsulfured, organic)	Cashew Butter	Olive Oil, Virgin
Raspberry	Cashew Meal	Palm Kernel Oil
Star Fruit	Cashews	Pecan Flour
Strawberry	Chestnut	Pecans
Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut, shredded (raw, unsweetened)	Pili Nuts
Tangerine	Coconut Butter	Pine Nut
Vinegar, Red Wine	Coconut Oil	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
Nuts, Seeds, Drupes & Oils	Flax Meal	Pumpkin Seed Oil
	Flax Oil	Pumpkin Seeds
	Flax Seed	Ramon Seeds
	Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)
	Hazelnut/Filbert	Rice Bran Oil
	Hazelnut Flour	Sacha Inchi Seeds
	Hemp Meal	Safflower/Safflower Seed Oil
	Hemp Protein (Powder)	Sesame Seed Oil
	Hemp Seed	Sesame Seeds
	Hydrogenated Oils	Sesame Seeds, Black
Almond		
Almond, Marcona		
Almond Butter (Artisana®)		
Almond Flavor (natural, gluten free)		
Almond Flour (gluten free)		
Almond Meal (gluten free)		
Annatto Seed		
Avocado Oil		

Sunflower Seed Butter	Crab, Immitation	Tilapia (Wild, Non-farmed)
Sunflower Seed Lecithin	Crayfish	Trout
Sunflower Seed Oil	Flounder	Tuna
Sunflower Seeds	Haddock	Walleye Pike
Tahini	Hake	Whitefish/Turbot
Tea, Ramon	Halibut	Vegetables
Tiger Nuts	Herring	Agave Nectar
Truffle Oil	Lobster	Alfalfa Grass
Truffle Oil, Black	Mackerel	Alfalfa Sprouts
Vegetable Oil	Mahi Mahi	Aloe Vera
Vegetable Shortening (Spectrum®)	Mussel	Artichoke (not pickled)
Walnut Oil	Octopus	Artichoke, Jerusalem (not pickled)
Walnuts	Orange Roughy	Arugula
Walnuts, Black	Oyster	Asparagus
Fish & Shellfish	Perch	Avocado
Anchovy	Red Snapper	Bamboo Shoot
Bass	Salmon, wild (fresh)	Barley Grass (can have gluten)
Catfish	Sardines	Barley Greens (may contain gluten)
Chilean Sea Bass	Scallop	Bean, Green
Clam	Shrimp	Bean Sprout
Cod/ Cod Liver Oil	Sole	Beet
Corvina	Squid	Beet Greens
Crab	Swai	Bell Pepper
	Swordfish	

Bell Pepper, Green	Cauliflower, Purple	Kelp/Dulse
Bell Pepper, Orange	Celery	Kohlrabi
Bell Pepper, Red	Chard	Kombu
Bell Pepper, Yellow	Chayote	Leeks
Bok Choy	Chives	Lettuce, all types
Broccoli	Coconut (raw and unsweetened)	Mushrooms
Broccolini	Coconut Concentrate	Mushrooms, Button
Broccoli Rabe	Collard Greens	Mushrooms, Cremini/Crimini
Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot, Orange	Fennel	Onion, Red
Carrot, Purple	Garlic	Onion, Sweet
Carrot, White	Hearts of Palm	Onion, Yellow
Carrot, Yellow	Horseradish	Paprika
Carrot Juice	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea, Black-Eyed

Pea, Green	Psyllium Husk	Sugar Beet
Pea, Snap	Pumpkin	Sweet Potato, Red
Pea, Snow	Pumpkin Powder	Sweet Potatoes, White
Pea, Split	Radicchio	Swiss Chard
Pea Protein	Radish	Tomatillo
Pepper, Anaheim	Rainbow Chard	Tomato
Pepper, Cayenne	Red Pepper Flake	Tomato, Cherry
Pepper, Chili	Rhubarb	Tomato, Heirloom
Pepper, Green	Rutabaga	Tomato, Orange
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Red
Pepper, Jalapeño	Scallions	Tomato, Roma
Pepper, Poblano	Sea Vegetables	Tomato, Sun-dried
Pepper, Red	Seaweed	Tomato, Yellow
Pepper, Serrano	Shallots	Tomatoes, Big Beef
Pickles, Bubbies® brand only	Spinach	Tomato Paste (gluten & Vinegar-free)
Pimento	Spirulina	Tomato Sauce (gluten & Vinegar-free)
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	Turnip Greens
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett

Yams, Japanese	Chicken, free range (organic)	Coconut Kefir (No Tapioca, Carageenan)
Yucca	Chicken Broth (Imagine® gf/low sodium)	Coconut Milk(Native Forest or Natural Value)
Zucchini	Collagen Protein (Powder)	Egg, Pasture-raised (from a farmer)
Meat & Poultry	Deer (see also Venison)	Egg, Vital Farms® or Pasture Verde®
Applegate® organic andouille sausage	Duck	Egg, Whites, Pasture-raised
Applegate® organic bacon	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic black forest ham	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic chicken	Lamb	Paleo Cheese (Julianbakery.com or Amazon.com)
Applegate® organic chicken/apple sausage	Lard (pork)	Condiments, Spreads & Sauces
Applegate® organic ham	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic herb roasted turkey	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic hot dogs	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic red pepper sausage	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic roast beef	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic sausage sweet italian	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic smoked chicken breast	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked turkey breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic spinach & feta sausage	Non-Dairy & Eggs	Carob
Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey bacon	Almond Yogurt, unsweetened	Coconut Aminos®
Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Bison (see also Buffalo)	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Coconut Vinegar (Coconut Secret)
Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek Avocado Oil	Tabasco Sauce	BodyPro Almond Mayo Grade A Maple Syrup
Dressing, Primal Kitchen Honey Mustard	Tamari (Wheat Free)	Brown Rice Syrup (contains MSG/Gluten)
Earth Balance® Avocado Oil Butter Spread	Teriyaki Sauce	Cane Syrup
Earth Balance® Coconut Spread	Tomato Paste (gluten & Vinegar-free)	Chocolate, Dark
Harissa	Tomato Sauce (gluten & Vinegar-free)	Chocolate, Milk
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Chocolate, White
Hummus	Veganise Soy-free (Follow Your Heart®)	Coconut Palm Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Coconut Sugar
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Date Sugar
Liquid Smoke (can have gluten)	Vinegar, Beet	Erythritol (non-GMO)
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Fructose
Mayonnaise	Vinegar, Malt	Fruit Pectin
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, (Organic)
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Honey, Manuka
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Honey, Wildflower from Mahava®
Olives (without vinegar)	Vinegar, White Wine	Jerusalem Artichoke Syrup
Red Bean Paste	White/Distilled Vinegar	Just Like Sugar®
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Lo Han
Red Tomato Paste (gluten free)		Maltitol
Sauerkraut (Bubbies® Brand only)		Maltodextrin (Barley-derived)
Sherry Vinegar		Maltodextrin (Corn-based, non-GMO)
Sour Cream, Raw and Unpasteurized		Maltodextrin (Tapioca-based)
Soy Sauce		Maple Sugar
Sriracha Sauce Organicville gluten-free	Aspartame	Maple Syrup (Grade A Dark Amber Organic)

Molasses	Basil	Dill
Monk Fruit (Pure)	Bay Leaf	Dong Quai
Monk Fruit Extract	Bell Pepper, Red	Echinacea
Nutrasweet®	Black Cohosh	Fennel
Rebiana Leaf (Stevia)	Capsicum	Garam Masala
Sorbitol	Caramel Coloring	Garlic
Splenda	Caraway Seed	Garlic Pepper
Sucanat	Cardamom	Garlic Powder
Sucralose	Celery Powder	Garlic Salt
Sugar Beet	Chicory Root	Ginger
Sugar Cane	Chili Powder	Ginkgo Biloba
Sweetleaf® Stevia	Chipotle Seasoning	Ginseng (All Types)
Swerve® Sweetener	Cilantro/Coriander	Goldenseal
Tapioca Dextrose	Cinnamon	Grapefruit Seed Extract
Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapeseed Extract
Xylitol	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
Herbs & Spices	Cloves, Penang	Herbs De Provence
Allspice	Cramp Bark Extract	Hickory
Almond Flavor (natural, gluten free)	Cream of Tartar	Himalayan Salt
Anise	Cumin	Hydrogenated Oils
Ashwaganda	Curcumin	Jamaican Jerk
Astragalus	Curry (must be GF)	Juniper Berry
	Dandelion Root	Lavender

Lemon Balm (Melissa Officinalis)	Pepper, Red	Turmeric
Lemongrass	Pepper, Sichuan	Uva Ursi
Lemon Pepper	Pepper, Szechuan	Valerian
Licorice Root	Pepper/Peppercorns	Vanilla (gluten and corn-free)
Maca Root	Peppermint	Vanilla Bean
Mace Spice	Pine Bark Extract	Vanilla Powder
Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	Cheese, Asiago
Orange Peel/Rind	Spearmint	Cheese, Bleu
Orange Salt	St. John's Wort	Cheese, Brie
Oregano	Sumac	Cheese, Cheddar (Raw)
Paprika	Taco Seasoning	Cheese, Cottage
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cream
Parsley	Tarragon	Cheese, Feta
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Goat
Pepper, Cayenne	Tomatillo	

Cheese, Gorgonzola	Milk, Buffalo	Bean, Pinto/Frijole
Cheese, Gouda	Milk, Cow	Bean, Red
Cheese, Havarti	Milk, Goat	Bean, White
Cheese, Machego	Milk, Sheep	Chickpea (see also Garbanzo Bean)
Cheese, Marscapone	Milk Chocolate	Coffee Bean, Organic
Cheese, Mozzarella (Raw)	Mozzarella Cheese	Edamame (must be organic)
Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised		Hydrogenated Oils
Cheese, Ricotta	Bean, Azuki	Kidney Bean
Cheese, Romano	Bean, Black	Lentil(s)
Cheese, Sheep	Bean, Butter	Miso
Cheese, String (Mozzarella)	Bean, Cannellini	Pea, Snap
Cheese, Swiss	Bean, Chana Dahl	Pea, Snow
Chocolate, Milk	Bean, Chili	Pea, Split
Chocolate, White	Bean, Green	Peanut (Organic, Valencia)
Cream, Raw and Unpasteurized	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Ghee (Pasture-Raised, Organic)	Bean, Kidney	Peanut Oil (Organic)
Goat Cheese	Bean, Lima	Red Bean Paste
Goat Kefir	Bean, Mung	Soybean oil(must be organic)
Kefir, Raw	Bean, Navy	Soy Beans (must be organic)
Lactoalbumin	Bean, Ninja	Vanilla Bean

Vanilla Powder	Swerve® Sweetener	Kamut
Vegetable Oil	Vegetable Oil	Liquid Smoke (can have gluten)
Corn-Derived Foods	Xanthan Gum	Malt
Barbeque Sauce, GF Annie's® Sweet & Spicy	Yogurt (See Xanthan Gum)	Maltitol
Cheese, Cream	Gluten-Containing Foods	Maltodextrin (Barley-derived)
Cheese, Daiya (Coconut, Tapioca, yeast,)	Barley	Modified Food Starch
Cheese, Soy (Organic) (see Soy)	Barley Grass (can have gluten)	Oat Grass (Not For Gluten Sensitive)
Chewing Gum (has gluten and corn)	Barley Greens (may contain gluten)	Oats
Corn (Gluten-free & Non-GMO)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Corn, Blue	Beer	Orzo
Corn, White	Bran	Panko
Corn Gluten	Bread	Polish Wheat
Corn Meal (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Rye
Corn Oil	Caramel Coloring	Semolina
Corn Starch (gluten free)	Cheese, Bleu	Soy Sauce
Erythritol (non-GMO)	Chewing Gum (has gluten and corn)	Spelt
Fructose	Coffee, Instant (has gluten)	Teechino
GemWraps®, Sandwich Wrap (Carrot)	Couscous	Teriyaki Sauce
Hydrogenated Oils	Crab, Imitation	Triticale
Maltitol	Durum Wheat	Vinegar
Maltodextrin (Corn-based, non-GMO)	Farro	Vinegar, Malt
Modified Food Starch	Gluten	Vinegar, White
Sriracha Sauce Organicville gluten-free	Graham (wheat)	Wheat (All Types)
		Wheat Grass (Is Gluten-contaminated)

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

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)

Hemp Seed

Hydrogenated Oils

Konjac Glucomannon Flour

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 Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Vegetable Oil

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)	Sparkling Water, unflavored	Antimony
Coffee Bean, Organic	Tea, Black	Arabic Gum
Collagen Protein (Powder)	Tea, Chamomile	Baking Powder
Echinacea Tea	Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin	Tea, Komboucha	Blue Food Dye
Green Tea	Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)	Tea, Ramon	Carrageenan Gum
Komboucha Tea	Tea, Roobios	Chewing Gum (has gluten and corn)
Lactalbumin	Tea, Unflavored	Chewing Gum, XylicheW®
Lemon Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Teechino	Chicory Root
Lime Juice	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo	Water	Collagen Protein (Powder)
Milk, Cow	Whey	Formaldehyde
Milk, Goat	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Orange Juice		Glucomannon Flour (konjacfoods.com)
Pea Protein		Great Lake's® Beef Gelatin

Guar Gum	Tofu (Organic)	qwerty
Hops	Tragacanth Gum	Yucca
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)	Zucchini
Inulin	Vegetable Oil	
Julian Bakery Almond Bread	Vinegar, Red Wine	
Julian Bakery Coconut Bread	Xanthan Gum	
Julian Bakery Paleo Wraps	Yeast, Baker's	
Konjac Glucomannan Flour	Yeast, Brewer's	
Lard (pork)	Yeast, Nutritional	
Latex	Snacks	
Locust Bean Gum	Apple Sauce	
Lycopene	Dates	
Malt	Simple Mills Chocolate Chip Cookies	
Maltodextrin (Barley-derived)	AB	
Modified Food Starch	Flax Meal	
Modified Food Starch (Tapioca-based)	Flax Oil	
Palm Wax	Flax Seed	
Pycnogenol	Flounder	
Red Food Dye		
Red Tomato Paste (gluten free)		
Resveratrol		
Rice Starch (if certified gluten free)		
Silver		
Skinny Crisps® (Plain Jane)		