

**Vegetables**

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper, Green

Bell Pepper, Red

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok

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

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

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Mustard Greens	Potato, Fingerling	Squash, Acorn
Nori	Potato, Purple	Squash, Butternut
Okra	Potato, Red	Squash, Green
Olives (without vinegar)	Potato, Russet	Squash, Spaghetti
Parsley	Potato, Sweet	Squash, Summer
Parsnip	Potato, White	Squash, Winter
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Yellow
Pea, Green	Prickly Pear	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 Paste (gluten &
Pepper, Chili	Rhubarb	Tomato Sauce (gluten &
Pepper, Green	Rutabaga	Tomato
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomatoes, Big Beef
Pepper, Jalapeño	Scallions	Tomato, Cherry
Pepper, Poblano	Sea Vegetables	Tomato, Heirloom
Pepper, Red	Seaweed	Tomato, Orange
Pepper, Serrano	Spinach	Tomato, Red
Pickles, Bubbies® brand only	Spirulina	Tomato, Roma
Pimento	Squash	Tomato, Sun-dried

Tomato, Yellow	Fruits	Golden Berry
Truffle	Acai	Gooseberry
Turnip Greens	Agar Gum	Grape
Turnips	Apple (all types)	Grape, Green
Water Chestnut	Apple Cider	Grape, Purple
Watercress	Apple Juice	Grape, Red
Yams, Garnett	Apple Sauce	Grape, White
Yams, Japanese	Bilberry	Grapefruit
Yucca	Blackberry	Grapefruit Juice
Zucchini	Blueberry	Guava
Alfalfa Sprouts	Boysenberry	Huckleberry
Psyllium Husk	Cantaloupe	Jack fruit
Onion, Green	Cherry	Kiwi
Onion, Maui	Clementine	Kumquat
Onion, Red	Cranberry	Lemon
Onion, Sweet	Cranberry Juice	Lemon Juice
Onion, Yellow	Currant	Lemon Rind/Peel
Chives	Date(s)	Lime
Shallots	Dragon Fruit (Pitaya)	Lime Juice
Bell Pepper	Dried Fruit	Litchi (aka Lychee)
Bell Pepper, Yellow	Elderberry	Loganberry
Bell Pepper, Orange	Fig	Loquat

Mango	Pomelo	Almond Meal (gluten free)
Mangosteen	Prune	Almond, Marcona
Maqui	Quince	Annatto Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Arrowroot Flour/powder
Monk Fruit	Raspberry	Brazil Nut
Mulberry	Star Fruit	Canola/Rapeseed Oil
Nectarines	Strawberry	Caraway Seed
Noni	Tamarind	Cashews
Orange	Tangelo	Cashew Butter
Orange, Blood	Tangerine	Cashew Meal
Orange Juice	Watermelon	Chestnut
Orange Peel/Rind	Wolfberry	Chia Seed (1/4 cup, max)
Papaya	Youngberry	Coconut Butter
Passion Fruit	Banana	Coconut Oil
Peach	Apricot	Coconut, shredded (raw,
Pear	Goji Berry	Cola Nut (aka Kola Nut)
Pear, Asian		Corn Oil
Persimmons	Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil
Pineapple	Almond	Flax Meal
Plantain	Almond Butter (Artisana®)	Flax Oil
Plum	Almond Flavor natural, gluten free)	Flax Seed
Pomegranate	Almond Flour (gluten free)	Grapeseed Oil, Organic

Hazelnut Flour	Ramon Seeds	<b>Legumes &amp; Pulses</b>
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the	Bean, Azuki
Hemp Meal	Safflower/Safflower Seed Oil	Bean, Black
Hemp Protein (Powder)	Sacha Inchi Seeds	Bean, Butter
Hemp Seed	Sesame Seed Oil	Bean, Cannellini
Hydrogenated Oils	Sesame Seeds	Bean, Chana Dahl
Macadamia Nut Oil	Sesame Seeds, Black	Bean, Chili
Macadamia Nuts	Sunflower Seed Butter	Bean, Green
Olive Leaf Extract	Sunflower Seed Lecithin	Bean, Italian
Olive Oil, Virgin	Sunflower Seed Oil	Bean, Kidney
Palm Kernel Oil	Sunflower Seeds	Bean, Lima
Pecan	Tahini	Bean, Mung
Pecan Flour	Tea, Ramon	Bean, Navy/Ninja
Pepitas	Tiger Nuts	Bean, Pinto/Frijole
Pili Nuts	Vegetable Oil	Bean, Red (see also Bean, Kidney)
Pine Nut	Vegetable Shortening (Spectrum®)	Chickpea (see also Garbanzo
Pistachios	Walnut (few)	Edamame (must be organic)
Poppy seeds	Walnut Oil	Fava Bean
Psyllium Husk	Walnut, Black (few)	Fava Bean Flour
Pumpkin Oil		Garbanzo Bean
Pumpkin Seed Oil		Garbanzo Flour
Pumpkin Seeds		Lentil(s)

Miso	Crab	Swordfish
Pea, Snap	Crayfish	Tilapia (Non-farmed)
Pea, Snow	Flounder	Trout
Pea, Split	Haddock	Tuna
Peanut (Organic, Valencia)	Hake	Walleye Pike
Peanut Butter (Organic,	Halibut	Whitefish/Turbot
Peanut Oil (Organic)	Herring	Crab, Immitation
Red Bean Paste	Lobster	
Soy Beans (must be organic)	Mackerel	<b>Meat &amp; Poultry</b>
Soy Beans Oil (must be organic)	Mahi Mahi	Applegate® organic bacon
Vanilla Bean	Mussel	Applegate® organic black forest
Vanilla Powder	Orange Roughy	Applegate® organic chicken
White Beans	Oyster	Applegate® organic ham
	Perch	Applegate® organic herb roasted
<b>Fish &amp; Shellfish</b>	Red Snapper	Applegate® organic hot dogs
Anchovy	Salmon, wild (fresh)	Applegate® organic roast beef
Bass	Sardines	Applegate® organic andouille
Catfish	Scallop	Applegate® organic chicken/apple
Chilean Sea Bass	Shrimp	Applegate® organic red pepper
Clam	Sole	Applegate® organic spinach & feta
Cod/ Cod Liver Oil	Squid	Applegate® organic sausage sweet
Corvina	Swai	Applegate® organic smoked

Applegate® organic smoked turkey	<b>Non-Dairy &amp; Eggs</b>	Coconut Vinegar (Coconut Secret)
Applegate® organic turkey	Almond Milk, unsweetened (no	Earth Balance® Coconut Spread
Applegate® organic turkey bacon	Almond Yogurt, unsweetened	Earth Balance® Avocado Oil Butter
Beef, Grass-fed only (organic)	Cheese, Daiya	Horseradish Sauce, Gluten-free
Bison (see also Buffalo)	Cheese, Soy (Organic) (see Soy)	Hummus
Buffalo (see also Bison)	Coconut Kefir (No Tapioca,	Ketchup (Organicville)
Chicken Broth (Imagine® gf/low	Coconut Milk(Native Forest or	Mayonnaise
Chicken, free range (organic)	Egg, Pasture-raised (from a farmer)	Mustard, Brown (Eden® gf
Deer (see also Venison)	Egg, Vital Farms® or Pasture	Sauerkraut (Bubbies® Brand only)
Duck	Egg, Whites, Pasture-raised	Ume Plum Vinegar
Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised	Veganise Soy-free (Follow Your
Lamb (organic)	Milk, Soy (Organic)	Vinegar
Lard (pork)	Egg	Vinegar, Distilled
Ostrich	BodyPro Avocado Oil Mayonnaise	Vinegar, Malt
Pheasant		Vinegar, Red Wine
Pork, (organic)	<b>Condiments</b>	Vinegar, Rice
Quail	Apple Cider Vinegar (Bragg's®)	Vinegar, White
Rabbit	Balsamic Vinegar MiaBella	Vinegar, White Wine
Turkey (organic)	Balsamic Vinegar (with Red Wine	Worcestershire Sauce (The
Veal (organic)	Balsamic Vinegar (Caramel/Red W.	Sriracha Sauce Organicville
Venison (see also Deer)	Barbeque Sauce, GF Annie's®	Tabasco Sauce
	Carob	Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

**Sweeteners**

Aspartame/Nutrasweet

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

BodyPro Almond Mayo Grade B

Sucralose

Agave Nectar

Coconut Sugar

**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	Herbs De Provence	Orange Peel/Rind
Cream of Tartar	Hickory	Orange Salt
Cumin	Himalayan Salt	Oregano
Curcumin	Jamaican Jerk	Parsley
Curry (must be GF)	Juniper Berry	Pepper, Black (see Garlic/Lemon)
Dandelion Root	Lavender	Pepper, Cayenne
Dill	Lemon Balm (Melissa Officinalis)	Pepper/Peppercorns
Dong Quai	Lemon Pepper	Pepper, Red
Echinacea	Lemongrass	Peppermint
Fennel	Licorice Root	Pine Bark Extract
Garlic	Liquid Smoke (can have gluten)	Red Chili Paste Thai Kitchen®
Garlic Pepper	Liquid Smoke gluten free (natural)	Red Pepper Flake
Garlic Powder	Maca Root	Rosemary
Garlic Salt	Mace Spice	Saffron
Ginger	Marjoram	Sage
Ginkgo Biloba	Mesquite	Saw Plametto
Ginseng (All Types)	Milk Thistle	Sesame Seeds
Goldenseal	Mint	Sesame Seeds, Black
Grapefruit Seed Extract	Mustard (as a Powder)	Spearmint
Grapeseed Extract	Mustard Seeds (gluten free)	St. John's Wort
Guarana	Nutmeg	Taco Seasoning
Gymnema Silvestre	Olive Leaf Extract	Tamari (Wheat Free)

Tarragon	Milk-Containing Foods	Cheese, Raw and Pasture-raised
Thyme	Applegate® organic spinach & feta	Cheese, Ricotta
Tomatillo	Butter, Raw and Pasture-raised	Cheese, Romano
Turmeric	Buttermilk	Cheese, Provolone
Uva Ursi	Casein	Cheese, Sheep
Valerian	Cheese, American	Cheese, String (Mozzarella)
Vanilla (gluten and corn-free)	Cheese, Asiago	Cheese, Swiss
Vanilla Bean	Cheese, Bleu	Chocolate, Milk
Vanilla Powder	Cheese, Brie	Chocolate, White
White Willow Bark Extract	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Wintergreen	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Rose Hips	Cheese, Cream	Goat Cheese
Pepper, Sichuan	Cheese, Goat	Goat Kefir
Pepper, Szechuan	Cheese, Gorgonzola	Kefir, Raw
Onion Powder	Cheese, Gouda	Lactoalbumin
Onion	Cheese, Havarti	Milk Chocolate
Shallots	Cheese, Machego	Milk, Cow
Paprika (smoked)	Cheese, Marscapone	Milk, Goat
Paprika	Cheese, Mozzarella (Raw)	Milk, Sheep
	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey

Yogurt (See Xanthan Gum)

Cheese, Feta

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

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

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free)

Oat Grass (Not For Gluten)

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

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary &amp; Sea Salt

Simple Mills Tomato &amp; Basil

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

Corn Meal (gluten free)

Coconut Flour (gluten free)

Gluten-Containing Foods	Orzo	Chewing Gum (has gluten and
Barley	Panko	Corn (Gluten-free & Non-GMO)
Barley Greens (Not for	Polish Wheat	Corn, Blue
Barley Juice (Not for	Rye	Corn, White
Beer	Semolina	Corn Gluten
Bran	Soy Sauce	Corn Meal (gluten free)
Bread	Spelt	Corn Oil
Brown Rice Syrup (contains	Teechino	Corn Starch (gluten free)
Caramel Coloring	Teriyaki Sauce	Erythritol (non-GMO)
Cheese, Bleu	Triticale	Fructose
Chewing Gum (has gluten and	Vinegar	GemWraps®®, Sandwich Wrap
Coffee, Instant (has gluten)	Vinegar, Malt	Maltodextrin (Corn-based,
Couscous	Vinegar, White	Swerve® Xylitol
Durum Wheat	Wheat (All Types)	Vegetable Oil
Farro	Wheat Grass (Is	Xanthan Gum
Gluten	Crab, Immitation	Yogurt (See Xanthan Gum)
Graham (wheat)		Sriracha Sauce Organicville
Kamut	Corn-Derived Foods	
Liquid Smoke (can have gluten)	Barbeque Sauce, GF Annie's®	
Malt	Cheese, Cream	
Maltodextrin (Can be	Cheese, Daiya	
Oats	Cheese, Soy (Organic) (see Soy)	

**Beverages & Protein Powders**

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee Bean, Organic

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)

**Miscellaneous**

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylitew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &amp;

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

## Snacks

Date(s)

Simple Mills Chocolate Chip

Great Lake's® Beef Gelatin

Tomato Paste (gluten &amp;

Guar Gum

Tomato Sauce (gluten &amp;

Hops

Vegetable broth (Imagine® Low

Julian Bakery Paleo Wraps

Vegetable Oil

Julian Bakery Almond Bread

Vegetable Shortening (Spectrum®)

Julian Bakery Coconut Bread

Vinegar, Red Wine

Konjac Glucomannon Flour

Vinegar, Rice

Lard (pork)

Vinegar, White Wine

Liquid Aminos (Bragg's®)(has Soy)

Xanthan Gum

Locust Bean Gum

Yeast, Baker's

Lycopene

Yeast, Brewer's

Malt

Yeast, Nutritional

Maltodextrin (Can be

Latex

Palm Wax

Formaldehyde

Pycnogenol

Acacia Gum

Red Chili Paste Thai Kitchen®

Tragacanth Gum

Red Tomato Paste (gluten free)

Tragacanth Gum

Resveratrol

Blue Food Dye

Sherry Vinegar

Skinny Crisps®(Plain Jane)

Silver

Red Food Dye

Tamari (Wheat Free)

Cocoa Butter

Tofu (Organic)