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

Vegetables

Aloe Vera

Arugula

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean Sprout

Beet

Bitter Melon

Burdock

Cactus (Nopales)

Capers

Cassava (see Tapioca and Yucca)

Chard

Chayote

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Fennel

Garlic

Hearts of Palm

Jicama

Kelp/Dulse

Kombu

Leeks

Nori

Oat Grass (Not For Gluten Sensitive)

Parsley

Prickly Pear

Psyllium Husk

Radicchio

Rainbow Chard

Sea Vegetables

Seaweed

Spirulina

Swiss Chard

Taro

Truffle

Wheat Grass (Is Gluten-contaminated)

Yucca

Fruits

Acai

Apricot

Bilberry

Carambola

Dragon Fruit (Pitaya)

Durian Fruit

Elderberry

Goji Berry

Golden Berry

Gooseberries

Huckleberry

Jack fruit

Kumquat

Lime

Lime Juice

Mangosteen

Maqui

Monk Fruit (Pure)

Noni

Pomelo

Quince

Wolfberry

Legumes, Pods, & Pulses

Coffee Bean, Organic

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Annatto Seed

Borage Seed Oil

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Cola Nut (aka Kola Nut)

Cottonseed/Cottonseed Oil

Duck Fat

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Krill Oil

Palm Kernel Oil

Pili Nuts

Poppy seeds

Psyllium Husk

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Shortening (Spectrum®)

Herbs & Spices

Ashwaganda

Astragalus

Black Cohosh

Caramel Coloring

Catnip

Chaparral

Comfrey

Cramp Bark Extract

Cream of Tartar

Dandelion Root

Dong Quai

Echinacea

Fennel

Fennel Seed

Garlic

Garlic Powder

Garlic Salt

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Gymnema Silvestre

Herbs De Provence

Himalayan Salt	White Willow Bark Extract	Mussel
Jamaican Jerk	Wormwood	Octopus
Juniper Berry	Fish & Shellfish	Orange Roughy
Lavender	Anchovy	Oyster
Lemon Balm (Melissa Officinalis)	Bass	Perch
Lemongrass	Catfish	Red Snapper
Maca Root	Chilean Sea Bass	Salmon, wild (fresh)
Marjoram	Clam	Sardines
Milk Thistle	Cod/ Cod Liver Oil	Scallop
Parsley	Corvina	Shrimp
Pau D'arco	Crab	Sole
Pine Bark Extract	Crab, Immitation	Swai
Red Clover	Crayfish	Swordfish
Saffron	Flounder	Tilapia (Wild, Non-farmed)
Sassafras	Haddock	Trout
Savory	Hake	Tuna
Saw Plametto	Halibut	Walleye Pike
Sumac	Herring	Whitefish/Turbot
Uva Ursi	Krill	
Valerian	Lobster	
Vanilla (gluten and corn-free)	Lox	
Vanilla Bean	Mackerel	
Vanilla Powder	Mahi Mahi	

Meat & Poultry

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Deer (see also Venison)

Duck

Lamb

Ostrich

Pheasant

Quail

Rabbit

Turkey (organic)

Venison (see also Deer)

Milk-Containing Foods

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

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

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

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Non-Dairy & Eggs

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Gluten-Free Grains

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Flax Meal

Glucomannon Flour
(konjacfoods.com)

Hemp Meal

Hemp Protein (Powder)

Tapioca Starch (gluten free)

Malt

Hemp Seed

Teff

Maltodextrin (Barley-derived)

Konjac Glucomannon Flour

Teff Flour

Oats

Oats (Bob's Red Mill Gluten Free Version)

Gluten-Containing Foods

Oats, GF (not Certified) can have gluten

Oats (Certified GF)

Allulose

Orzo

Quinoa (gluten free)

Avenin

Panko

Quinoa, Black (gluten free)

Barley

Polish Wheat

Quinoa, Red (gluten free)

Barley Grass (can have gluten)

Rye

Rice, Basmati (gluten free)

Barley Greens (may contain gluten)

Semolina

Rice, Black (gluten free)

Barley Juice (may contain gluten)

Spelt

Rice, Brown (gluten free)

Bran

Triticale

Rice, Japonica (gluten free)

Brown Rice Syrup (contains MSG/Gluten)

Wheat (All Types)

Rice, Purple (gluten free)

Caramel Coloring

Wheat Germ

Rice, Red (gluten free)

Coffee, Instant (has gluten)

Wheat Grass (Is Gluten-contaminated)

Rice, White (gluten free)

Couscous

Corn-Derived Foods

Rice, Wild (Lundberg® - not the blend)

Crab, Immitation

Condiments, Spreads & Sauces

Rice Bran

Durum Wheat

Carob

Rice Flour (gluten free)

Egyptian Wheat

Cream, Raw and Unpasteurized

Rice Protein Powder (gluten free)

Farro

Kosher Salt

Sorghum

Gliadin

Sour Cream, Raw and Unpasteurized

Sunflower Seed Flour

Gluten

Vegetable Shortening (Spectrum®)

Tapioca

Graham (wheat)

Tapioca Flour (gluten free)

Kamut

Sweeteners

Aspartame

Brown Rice Syrup (contains
MSG/Gluten)

Fruit Pectin

Lo Han

Malt

Maltodextrin (Barley-derived)

Maltodextrin (Tapioca-based)

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sweetleaf® Stevia

Tapioca Dextrose

Tapioca Syrup

Beverages & Protein Powders

Casein

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Echinacea Tea

Hemp Protein (Powder)

Lactalbumin

Lime Juice

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Rice

Milk, Sheep

Mineral Water

Rice Protein Powder (gluten free)

Sparkling Water, unflavored

Tea, Hibiscus

Tea, Ramon

Water

Whey

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Antimony

Baking Soda (Arm & Hammer®)

Hops

Latex

Lycopene

Modified Food Starch
(Tapioca-based)

Rice Starch (if certified gluten free)

Silver

Tobacco

Snacks**Food Additives**

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Formaldehyde

Lactic Acid (beet-derived)

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Red Food Dye

Sodium Alginate

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

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

Bean, Green

Pea, Black-Eyed

Fruits

Banana

Tamarind

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Lentil(s)

Soybean oil(must be organic)

Soy Beans (must be organic)

Nuts, Seeds, Drupes & Oils

Fenugreek Seed

Hazelnut/Filbert

Hazelnut Flour

Herbs & Spices

Tamari (Wheat Free)

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Egg, Pasture-raised (from a farmer)

Milk, Soy (Organic)

Gluten-Free Grains

Fava Bean Flour

Garbanzo Flour

Hazelnut Flour

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Liquid Aminos (Braggs®)(has Soy)

Tamari (Wheat Free)

Sweeteners

Beverages & Protein Powders

Milk, Soy (Organic)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Miscellaneous

Tofu (Organic)

Snacks**Food Additives**

Acacia Gum

Guar Gum

Locust Bean Gum

Pea Protein Isolate

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

Vegetables**Food Additives**

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Agave Nectar

Beverages & Protein Powders

Miscellaneous

Snacks

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

Alfalfa Grass	Carrot, Purple	Mushrooms, Shiitake
Alfalfa Sprouts	Carrot, White	Mustard Greens
Artichoke (not pickled)	Carrot, Yellow	Okra
Artichoke, Jerusalem (not pickled)	Carrot Juice	Olives (without vinegar)
Avocado	Cauliflower	Onion, Green
Beet Greens	Cauliflower, Purple	Onion, Maui
Bell Pepper	Celery	Onion, Red
Bell Pepper, Green	Chives	Onion, Sweet
Bell Pepper, Orange	Coconut (raw and unsweetened)	Onion, Yellow
Bell Pepper, Red	Coconut Concentrate	Paprika
Bell Pepper, Yellow	Cucumber	Parsnip
Bok Choy	Eggplant	Pea, Green
Broccoli	Endive	Pea, Snap
Broccolini	Ginger	Pea, Snow
Broccoli Rabe	Horseradish	Pea, Split
Broccoli Sprouts	Kale, all types	Pea Protein
Brussels Sprout	Kohlrabi	Pepper, Anaheim
Cabbage, Chinese (see also Bok Choy)	Lettuce, all types	Pepper, Cayenne
Cabbage, Green	Mushrooms	Pepper, Chili
Cabbage, Purple	Mushrooms, Button	Pepper, Green
Capsicum	Mushrooms, Cremini/Crimini	Pepper, Habanero
Carrot, Orange	Mushrooms, Maitake	Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pickles, Bubbies® brand only

Pimento

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Pumpkin

Pumpkin Powder

Radish

Red Pepper Flake

Rhubarb

Rutabaga

Sauerkraut (Bubbies® Brand only)

Scallions

Shallots

Spinach

Sugar Beet

Swede

Sweet Potato, Red

Sweet Potatoes, White

Tabasco Sauce

Tomatillo

Tomato

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Turnip Greens

Turnips

Wasabi Root

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Zucchini

Fruits

Apple (all types)

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cape Gooseberries

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dried Fruit

Fig

Grape

Grape, Green

Grape, Purple

Legumes, Pods, & Pulses

Grape, Red

Peach

Bean, Chili

Grape, White

Pear

Bean, Kidney

Grapefruit

Pear, Asian

Bean, Red

Grapefruit Juice

Persimmons

Kidney Bean

Ground Cherries

Plantain

Pea, Snap

Guava

Plum

Pea, Snow

Kiwi

Pomegranate

Pea, Split

Loganberry

Prune

Peanut (Organic, Valencia)

Longan Fruit

Raisin (unsulfured, organic)

Peanut Butter (Organic,
Maranatha®)

Loquat

Rambutan

Red Bean Paste

Lychee

Raspberry

Nuts, Seeds, Drupes & Oils

Mango

Star Fruit

Almond

Melon, Honeydew

Strawberry

Almond, Marcona

Mulberry

Tangelo

Almond Butter (Artisana®)

Nectarines

Tangerine

Almond Flavor (natural, gluten free)

Orange

Watermelon

Almond Flour (gluten free)

Orange, Blood

Youngberry

Almond Meal (gluten free)

Orange Juice

Almond Oil

Orange Peel/Rind

Avocado Oil

Oranges, Mandarin

Brazil Nut

Papaya

Canola/Rapeseed Oil

Passion Fruit

Canola Oil, Non-GMO

Caraway Seed	Sesame Seeds, Black	Clove Powder
Coconut, shredded (raw, unsweetened)	Walnut Oil	Cloves, Madagascar
Coconut Butter	Walnuts	Cloves, Penang
Coconut Oil	Walnuts, Black	Cumin
Grapeseed Oil, Organic	Herbs & Spices	Curcumin
Lard/Tallow (pork)	Allspice	Curry (must be GF)
Macadamia Nut Oil	Almond Flavor (natural, gluten free)	Dill
Macadamia Nuts	Anise	Garam Masala
MCT Oil	Basil	Garlic Pepper
Olive Leaf Extract	Bay Leaf	Ginger Powder
Olive Oil, Virgin	Bell Pepper, Red	Grapefruit Seed Extract
Peanut Oil (Organic)	Capsicum	Grapeseed Extract
Pecan Flour	Caraway Seed	Guarana
Pecans	Cardamom	Hickory
Pepitas	Celery Powder	Licorice Root
Pine Nut	Celery Seed	Mace Spice
Pistachios	Chervil	Mesquite
Pumpkin Oil	Chili Powder	Mint
Pumpkin Seed Oil	Chipotle Seasoning	Mustard (as a Powder)
Pumpkin Seeds	Cilantro/Coriander	Mustard Seeds (gluten free)
Sesame Seed Oil	Cinnamon	Nutmeg
Sesame Seeds	Cinnamon, Ceylon	Olive Leaf Extract

Onion	St. John's Wort	Applegate® organic smoked chicken breast
Onion Powder	Tabasco Sauce	Applegate® organic smoked turkey breast
Orange Peel/Rind	Taco Seasoning	Applegate® organic spinach & feta sausage
Orange Salt	Tarragon	Applegate® organic turkey
Oregano	Thyme	Applegate® organic turkey bacon
Paprika	Tomatillo	Beef, Grass-fed only (organic)
Paprika (smoked)	Turmeric	Chicken Broth (Imagine® gf/low sodium)
Pepper, Black (see Garlic/Lemon Pepper)	Wintergreen	Collagen Protein (Powder)
Pepper, Cayenne	Fish & Shellfish	Goat, Grass-fed only (organic)
Pepper, Red	Squid	Great Lake's® Beef Gelatin
Pepper, Sichuan	Meat & Poultry	Pork, (organic)
Pepper, Szechuan	Applegate® organic andouille sausage	Veal (organic)
Pepper/Peppercorns	Applegate® organic bacon	Milk-Containing Foods
Peppermint	Applegate® organic black forest ham	Applegate® organic spinach & feta sausage
Red Pepper Flake	Applegate® organic chicken	Non-Dairy & Eggs
Rose Hips	Applegate® organic chicken/apple sausage	Almond Milk, unsweetened (no tapioca)
Rosemary	Applegate® organic ham	Almond Yogurt, unsweetened
Sage	Applegate® organic herb roasted turkey	BodyPro Avocado Oil Mayonnaise
Sesame Seeds	Applegate® organic hot dogs	Cheese, Daiya (Coconut,Tapioca,yeast,....)
Sesame Seeds, Black	Applegate® organic red pepper sausage	Cheese, Soy (Organic) (see Soy)
Shallots	Applegate® organic roast beef	Coconut Kefir (No Tapioca, Carageenan)
Spearmint	Applegate® organic sausage sweet italian	Coconut Milk (Native Forest or Natural Value)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Almond Flour (gluten free)

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Cracked Black Pepper Almond Crackers

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sweet Potato Flour (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Gluten-Containing Foods

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

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

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)

Liquid Smoke gluten free (natural)

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Veganise Soy-free (Follow Your Heart®)

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

BodyPro Almond Mayo Grade A Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fructose

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Sugar Beet

Sugar Cane

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

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)

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Licorice Tea

Orange Juice

Pea Protein

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Oolong

Tea, Roobios

Tea, Unflavored

Tea, White

Vodka, Potato

Miscellaneous

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Great Lake's® Beef Gelatin

Julian Bakery Paleo Wraps

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Vegetable broth (Imagine® Low Sodium)

Snacks

Apple Sauce

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip
Cookies

Simple Mills Cracked Black Pepper
Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Chicory Root

Inulin

Pea Starch

Potato Protein

Tragacanth Gum

These are the foods that have been removed from your diet

Vegetables

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Fruits**Legumes, Pods, & Pulses**

Miso

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices**Fish & Shellfish****Meat & Poultry****Milk-Containing Foods**

Cheese, Bleu

Cheese, Cream

Chocolate, Milk

Chocolate, White

Milk Chocolate

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs**Gluten-Free Grains**

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Beer

Bread

Cheese, Bleu

Chewing Gum (has gluten and corn)

Liquid Smoke (can have gluten)

Maltitol

Miso

Modified Food Starch

Soy Sauce

Teechino

Teriyaki Sauce

Vinegar

Vinegar, Malt

Vinegar, White

Vodka, Rye or Grain

Corn-Derived Foods

Cheese, Cream

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & 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)

Daiya - Medium Cheddar Block

Dressing, Primal Kitchen Greek Avocado Oil

Liquid Smoke (can have gluten)

Mayonnaise

Sherry Vinegar

Soy Sauce

Teriyaki Sauce

Ume Plum Vinegar

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Sweeteners

Chocolate, Milk

Chocolate, White

Corn Syrup

Erythritol (non-GMO)

Maltitol

Maltodextrin (Corn-based, non-GMO)

Swerve® Sweetener

Beverages & Protein Powders

Beer

Komboucha Tea

Tea, Komboucha

Teechino

Vodka, Corn

Vodka, Rye or Grain

Wine, Red

Miscellaneous

Baking Powder

Modified Food Starch

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)

Xanthan Gum

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

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	Blueberry
Squash, Butternut	Tomatoes, Big Beef	Boysenberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Cantaloupe
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries
Squash, Summer	Truffle	Carambola
Squash, Winter	Turnip Greens	Cherry
Squash, Yellow	Turnips	Clementine
Sugar Beet	Wasabi Root	Cranberry
Swede	Water Chestnut	Cranberry Juice
Sweet Potato, Red	Watercress	Currant
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Dates
Swiss Chard	Yams, Garnett	Dragon Fruit (Pitaya)
Tabasco Sauce	Yams, Japanese	Dried Fruit
Taro	Yucca	Durian Fruit
Tomatillo	Zucchini	Elderberry
Tomato	Fruits	Fig
Tomato, Cherry	Acai	Goji Berry
Tomato, Heirloom	Apple (all types)	Golden Berry
Tomato, Orange	Apricot	Gooseberries
Tomato, Red	Banana	Grape
Tomato, Roma	Bilberry	Grape, Green
Tomato, Sun-dried	Blackberry	Grape, Purple

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	Legumes, Pods, & Pulses
Lime	Pear	Bean, Azuki
Lime Juice	Pear, Asian	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	Plum	Bean, Chili
Mango	Pomegranate	Bean, Green
Mangosteen	Pomelo	Bean, Haricot
Maqui	Prune	Bean, Italian

Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)
Pea, Snow	Caraway Seed	Hemp Seed
Pea, Split	Cashew Butter	Hydrogenated Oils
Peanut (Organic, Valencia)	Cashew Meal	Krill Oil

Herbs & Spices

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

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
Garlic Powder	Marjoram	Pepper/Peppercorns
Garlic Salt	Mesquite	Peppermint
Ginger Powder	Milk Thistle	Pine Bark Extract

Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid
Thyme	Flounder	Swai
Tomatillo	Haddock	Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic bacon

Applegate® organic black forest
ham

Applegate® organic chicken

Applegate® organic chicken/apple
sausage

Applegate® organic ham

Applegate® organic herb roasted
turkey

Applegate® organic hot dogs

Applegate® organic red pepper
sausage

Applegate® organic roast beef

Applegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low
sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Milk-Containing FoodsApplegate® organic spinach & 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, Macheo

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 & 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)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Allulose
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Avenin
Millet	Simple Mills Ground Sea Salt Almond Crackers	Barley
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley Grass (can have gluten)
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Greens (may contain gluten)
Potato Flour (gluten free)	Sorghum	Barley Juice (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Beer
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Bran
Quinoa (gluten free)	Tapioca	Bread
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Caramel Coloring
Rice, Basmati (gluten free)	Teff	Cheese, Bleu
Rice, Black (gluten free)	Teff Flour	Chewing Gum (has gluten and corn)
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Coffee, Instant (has gluten)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Couscous
Rice, Purple (gluten free)	Tortilla, Siete Almond	Crab, Immitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut, Tapioca, yeast,)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & 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 & 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 & Vinegar-free)

Tomato Sauce (gluten & 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 & 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

Lactoalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Guar Gum

Yeast, Brewer's

Inulin

Yeast, Nutritional

Lactic Acid (beet-derived)

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

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)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde