

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are waiting for you to experiment with. Please enter them in the following list. These are Foods that you can have occasionally. Please consume one choice from the following food will be in your diet at some point, but based on food reactions. These are the foods that have been removed from your diet

Fruits

Acai

alpha

Apple (all types)

Apricot

Banana

Bilberry

Some Definitions

Blackberry

Blueberry

Boysenberry

bravo

Cantaloupe

charlie

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

dummy food

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Cola Nut (aka Kola Nut)

Persimmons

Corn Oil

Pineapple

Cottonseed/Cottonseed Oil

Plantain

Flax Meal

Plum

Nuts, Seeds, Drupes & Oils

Flax Oil

Pomegranate

Flax Seed

Pomelo

Grapeseed Oil, Organic

Prune

Hazelnut/Filbert

Quince

Hazelnut Flour

Raisin (unsulfured, organic)

Hemp Meal

Raspberry

Hemp Protein (Powder)

Star Fruit

Hemp Seed

Strawberry

Hydrogenated Oils

Tamarind

Macadamia Nut Oil

Tangelo

Macadamia Nuts

Tangerine

Olive Leaf Extract

Vinegar, Red Wine

Olive Oil, Virgin

Watermelon

Palm Kernel Oil

Wolfberry

Pecan Flour

Youngberry

Pecans

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Annatto Seed

Avocado Oil

Brazil Nut

Canola/Rapeseed Oil

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut, shredded (raw, unsweetened)

Coconut Butter

Coconut Oil

Pepitas

Pili Nuts

Pine Nut	Truffle Oil	Haddock
Pistachios	Truffle Oil, Black	Hake
Poppy seeds	Vegetable Oil	Halibut
Psyllium Husk	Vegetable Shortening (Spectrum®)	Herring
Pumpkin Oil	Walnut Oil	Lobster
Pumpkin Seed Oil	Walnuts	Mackerel
Pumpkin Seeds	Walnuts, Black	Mahi Mahi
Ramon Seeds		Mussels
Rice, Wild (Lundberg® - not the blend)		Octopus
Rice Bran Oil	Fish & Shellfish	Orange Roughy
Sacha Inchi Seeds	Anchovy	Oyster
Safflower/Safflower Seed Oil	Bass	Perch
Sesame Seed Oil	Catfish	Red Snapper
Sesame Seeds	Chilean Sea Bass	Salmon, wild (fresh)
Sesame Seeds, Black	Clam	Sardines
Sunflower Seed Butter	Cod/ Cod Liver Oil	Scallop
Sunflower Seed Lecithin	Corvina	Shrimp
Sunflower Seed Oil	Crab	Sole
Sunflower Seeds	Crab, Immitation	Squid
Tahini	Crayfish	Swai
Tea, Ramon	Flounder	Swordfish
Tiger Nuts		Tilapia (Wild, Non-farmed)

Trout	Beet	Carrot, White
Tuna	Beet Greens	Carrot, Yellow
Walleye Pike	Bell Pepper	Carrot Juice
Whitefish/Turbot	Bell Pepper, Green	Cassava (see Tapioca and Yucca)
	Bell Pepper, Orange	Cauliflower
	Bell Pepper, Red	Cauliflower, Purple
Vegetables	Bell Pepper, Yellow	Celery
Agave Nectar	Bok Choy	Chard
Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Corn (Gluten-free & Non-GMO)
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado	Cabbage, Green	Corn, White
Bamboo Shoot	Cabbage, Purple	Cucumber
Barley Grass (can have gluten)	Cactus (Nopales)	Daikon Radish
Barley Greens (may contain gluten)	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	Carrot, Orange	Eggplant
	Carrot, Purple	Endive

Fennel	Onion, Green	Pepper, Serrano
Garlic	Onion, Maui	Pickles, Bubbies® brand only
Hearts of Palm	Onion, Red	Pimento
Horseradish	Onion, Sweet	Potato, Fingerling
Hydrogenated Oils	Onion, Yellow	Potato, Purple
Jicama	Paprika	Potato, Red
Kale, all types	Parsley	Potato, Russet
Kelp/Dulse	Parship	Potato, Sweet
Kohlrabi	Pea, Black-Eyed	Potato, White
Kombu	Pea, Green	Potato, Yukon Gold
Leeks	Pea, Snap	Prickly Pear
Lettuce, all types	Pea, Snow	Psyllium Husk
Mushrooms	Pea, Split	Pumpkin
Mushrooms, Button	Pea Protein	Pumpkin Powder
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Radicchio
Mushrooms, Maitake	Pepper, Cayenne	Radish
Mushrooms, Shiitake	Pepper, Chili	Rainbow Chard
Mustard Greens	Pepper, Green	Red Pepper Flake
Nori	Pepper, Habanero	Rhubarb
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rutabaga
Okra	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Olives (without vinegar)	Pepper, Red	Scallions

Sea Vegetables

Tomato, Red

Seaweed

Tomato, Roma

Shallots

Tomato, Sun-dried

Spinach

Tomato, Yellow

Spirulina

Tomatoes, Big Beef

Squash

Tomato Paste (gluten & Vinegar-free)

Squash, Acorn

Tomato Sauce (gluten & Vinegar-free)

Squash, Butternut

Truffle

Squash, Green

Turnip Greens

Squash, Spaghetti

Turnips

Squash, Summer

Vegetable Oil

Squash, Winter

Water Chestnut

Squash, Yellow

Watercress

Sugar Beet

Wheat Grass (is Gluten-contaminated)

Sweet Potato, Red

Yams, Garnett

Sweet Potatoes, White

Yams, Japanese

Swiss Chard

Yucca

Tomatillo

Zucchini

Tomato

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Meat & Poultry

Applegate® 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 italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® 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)	Almond Yogurt, unsweetened	BodyPro Almond Mayo with Yacon Syrup
Chicken Broth (Imagine® gf/low sodium)	BodyPro Avocado Oil Mayonnaise	BodyPro Avocado Oil Mayonnaise
Collagen Protein (Powder)	Cheese, Dairy (Coconut,Tapioca,yeast,...)	Carob
Deer (see also Venison)	Cheese, Soy (Organic) (see Soy)	Cocoa Butter
Duck	Coconut Kefir (No Tapioca, Carageenan)	Coconut Aminos®
Goat, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)	Coconut Cream
Great Lake's® Beef Gelatin	Egg, Pasture-raised (from a farmer)	Coconut Vinegar (Coconut Secret)
Lamb	Egg, Vital Farms® or Pasture Verde®	Cream, Raw and Unpasteurized
Lard (pork)	Egg, Whites, Pasture-raised	Dressing, Primal Kitchen Greek Avocado Oil
Ostrich	Egg, Yolks Pasture-raised	Dressing, Primal Kitchen Honey Mustard
Pheasant	Milk, Soy (Organic)	Earth Balance® Avocado Oil Butter Spread
Pork, (organic)	Paleo Cheese (Julianbakery.com or Amazon.com)	Earth Balance® Coconut Spread
Quail		Harissa
Rabbit		Homemade Spicy Salsa (Annie's®)
Turkey (organic)	Condiments, Spreads & Sauces	Hummus
Veal (organic)	Apple Cider Vinegar (Bragg's®)	Ketchup (Organicville)
Venison (see also Deer)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Aminos (Braggs®)(has Soy)
	Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke (can have gluten)
	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Liquid Smoke gluten free (natural)
Non-Dairy & Eggs	Barbecue Sauce, GF, Annie's® Sweet & Spicy	Mayonnaise
Almond Milk, unsweetened (no tapioca)	BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen Avocado Oil
		Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)	Vinegar, Red Wine	Fructose
Olives (without vinegar)	Vinegar, Rice	Fruit Pectin
Red Bean Paste	Vinegar, White	Honey, (Organic)
Red Chili Paste Thai Kitchen® (gluten free)	Vinegar, White Wine	Honey, Manuka
Red Tomato Paste (gluten free)	White/Distilled Vinegar	Honey, Wildflower from Mahava®
Sauerkraut (Bubbies® Brand only)	White Distilled Vinegar (The Wizard's® GF)	Jerusalem Artichoke Syrup
Sherry Vinegar		Just Like Sugar®
Sour Cream, Raw and Unpasteurized		Lo Han
Soy Sauce	Sweeteners	Maltitol
Sriracha Sauce, Cholula® gluten-free	Agave Nectar	Maltodextrin (Barley-derived)
Tabasco Sauce	Aspartame	Maltodextrin (Corn-based, non-GMO)
Tamari (Wheat Free)	BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)
Teriyaki Sauce	Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar
Tomato Paste (gluten & Vinegar-free)	Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)
Tomato Sauce (gluten & Vinegar-free)	Chocolate, Dark	Molasses
Ume Plum Vinegar	Chocolate, Milk	Monk Fruit (Pure)
Veganaise Soy-free (Follow Your Heart®)	Chocolate, White	Monk Fruit Extract
Vegetable Shortening (Spectrum®)	Coconut Palm Sugar	Nutrasweet®
Vinegar	Coconut Sugar	Rebiana Leaf (Stevia)
Vinegar, Beet	Date Sugar	Sorbitol
Vinegar, Distilled	Erythritol (non-GMO)	Splenda
Vinegar, Malt		Sucanat

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

Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemongrass	Pepper, Cayenne	Tarragon
Lemon Pepper	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
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen
Nutmeg	Saffron	Wormwood
Olive Leaf Extract	Sage	
Onion	Saw Plametto	
Onion Powder	Sesame Seeds	Milk-Containing Foods
Orange Peel/Rind	Sesame Seeds, Black	Applegate® organic spinach & feta sausage
Orange Salt	Shallots	Butter, Raw and Pasture-raised
Oregano	Spearmint	Buttermilk
Paprika	St. John's Wort	Casein
Paprika (smoked)	Sumac	Cheese, American
Parsley	Taco Seasoning	

Cheese, Asiago

Cheese, String (Mozzarella)

Cheese, Bleu

Cheese, Swiss

Cheese, Brie

Chocolate, Milk

Cheese, Cheddar (Raw)

Chocolate, White

Cheese, Cottage

Cream, Raw and Unpasteurized

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Cheese, Feta

Goat Cheese

Cheese, Goat

Goat Kefir

Cheese, Gorgonzola

Kefir, Raw

Cheese, Gouda

Lactalbumin

Cheese, Havarti

Milk, Buffalo

Cheese, Machego

Milk, Cow

Cheese, Mascapone

Milk, Goat

Cheese, Mozzarella (Raw)

Milk, Sheep

Cheese, Muenster

Milk Chocolate

Cheese, Parmesan

Mozzarella Cheese

Cheese, Pecorino

Sour Cream, Raw and
Unpasteurized

Cheese, Provolone

Whey

Cheese, Raw and Pasture-raised

Yogurt (See Xanthan Gum)

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Legumes & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Siracha Sauce Organicville
gluten-free

Fava Bean Flour

Swerve® Sweetener

Garbanzo Bean		Vegetable Oil
Garbanzo Flour		Xanthan Gum
Hydrogenated Oils	Corn-Derived Foods	Yogurt (See Xanthan Gum)
Kidney Bean	Barbeque Sauce, GF Annie's® Sweet & Spicy	
Lentil(s)	Cheese, Cream	
Miso	Cheese, Daiya (Coconut, Tapioca, yeast,)	Gluten-Containing Foods
Pea, Snap	Cheese, Soy (Organic) (see Soy)	Barley
Pea, Snow	Chewing Gum (has gluten and corn)	Barley Grass (can have gluten)
Pea, Split	Corn (Gluten-free & Non-GMO)	Barley Greens (may contain gluten)
Peanut (Organic, Valencia)	Corn, Blue	Barley Juice (may contain gluten)
Peanut Butter (Organic, Maranatha®)	Corn, White	Beer
Peanut Oil (Organic)	Corn Gluten	Bran
Red Bean Paste	Corn Meal (gluten free)	Bread
Soybean oil(must be organic)	Corn Oil	Brinjal (aka Eggplant) (MSG/Gluten)
Soy Beans (must be organic)	Corn Starch (gluten free)	Caramel Coloring
Vanilla Bean	Erythritol (non-GMO)	Cheese, Bleu
Vanilla Powder	Fructose	Chewing Gum (has gluten and corn)
Vegetable Oil	GemWraps®, Sandwich Wrap (Carrot)	Coffee, Instant (has gluten)
	Hydrogenated Oils	Couscous
	Maltitol	
	Maltodextrin (Corn-based, non-GMO)	
	Modified Food Starch	

Crab, Immitation

Teriyaki Sauce

Corn, White

Durum Wheat

Triticale

Corn Meal (gluten free)

Farro

Vinegar

Corn Starch (gluten free)

Gluten

Vinegar, Malt

Ener-G Brown Rice Yeast-Free Bread

Graham (wheat)

Vinegar, White

Fava Bean Flour

Kamut

Wheat (All Types)

Flax Meal

Liquid Smoke (can have gluten)

Wheat Germ (in
Gluten-contaminated)

Garbanzo Flour

Malt

Glucomannon Flour
(konjacfoods.com)

Maltitol

Hazelnut Flour

Maltodextrin (Barley-derived)

Gluten-Free Grains

Hemp Meal

Modified Food Starch

Almond Flour (gluten free)

Hemp Protein (Powder)

Onion (gluten free, but
Sensitive)

Amaranth

Hemp Seed

Oats

Arrowroot Flour/powder

Hydrogenated Oils

Oats (Bob's Red Mill Gluten Free
gluten)

Basmati Rice (gluten free)

Konjac Glucomannon Flour

Orzo

Buckwheat

Millet

Panko

Buckwheat Flour

Oats (Bob's Red Mill Gluten Free
Version)

Polish Wheat

Chicory Root

Oats (Certified GF)

Rye

Coconut Flour (gluten free)

Potato Flour (gluten free)

Semolina

Coconut Meal (gluten free)

Potato Starch (gluten free)

Soy Sauce

Corn (Gluten-free & Non-GMO)

ProGranola (Julian Bakery)

Spelt

Corn, Blue

Quinoa (gluten free)

Teechino

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Tolerant Green Lentil & Pea Pasta

Coffee Bean, Organic

Rice, Basmati (gluten free)

Tolerant Red or Green Lentil Pasta

Collagen Protein (Powder)

Rice, Black (gluten free)

Tortilla, Siete Almond

Echinacea Tea

Rice, Brown (gluten free)

Tortilla, Siete Cassava & Coconut

Grapefruit Juice

Rice, Japonica (gluten free)

Tortilla, Siete Chia & Cassava

Great Lake's® Beef Gelatin

Rice, Purple (gluten free)

Vegetable Oil

Green Tea

Rice, Red (gluten free)

Hemp Protein (Powder)

Rice, White (gluten free)

Komboucha Tea

Rice, Wild (Lundberg® - not the blend)

Beverages & Protein Powders

Lactoalbumin

Rice Bran

Almond Milk, unsweetened (no tapioca)

Lemon Juice

Rice Flour (gluten free)

Apple Cider

Licorice Tea

Rice Protein Powder (gluten free)

Apple Juice

Lime Juice

Simple Mills - Everything Supreme Seed Cracker

Beer

Milk, Buffalo

Simple Mills - Creamy Cinnamon Almond Crackers

Bone Broth Protein, Beef

Milk, Cow

Simple Mills - Everything Supreme Crackers

Carrot Juice

Milk, Goat

Simple Mills Tomato & Basil Almond Crackers

Casein

Milk, Sheep

Sorghum

Coconut Kefir (No Tapioca, Carageenan)

Milk, Soy (Organic)

Sweet Potato Flour (gluten free)

Coconut Milk (Native Forest or Natural Value)

Mineral Water

Tapioca

Coconut Water (low sugar)

Orange Juice

Tapioca Flour (gluten free)

Coffee

Pea Protein

Tapioca Starch (gluten free)

Coffee, Instant (has gluten)

Rice Protein Powder (gluten free)

Teff

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

GemWraps®, Sandwich Wrap
(Mango/Chipotle)

Sparkling Water, unflavored

GemWraps®, Sandwich Wrap
(Tomato)

Tea, Black

Glucomannon Flour
(konjacfoods.com)

Tea, Chamomile

Great Lake's® Beef Gelatin

Tea, Green

Miscellaneous

Guar Gum

Tea, Hibiscus

Acacia Gum

Hops

Tea, Komboucha

Agar Gum

Hydrogenated Oils

Tea, Oolong

Antimony

Inulin

Tea, Ramon

Arabic Gum

Julian Bakery Almond Bread

Tea, Roobios

Baking Powder

Julian Bakery Coconut Bread

Tea, Unflavored

Baking Soda (Arm & Hammer®)

Julian Bakery Paleo Wraps

Tea, White

Beef broth (Imagine® low
sodium/GF)

Konjac Glucomannon Flour

Teechino

Blue Food Dye

Lard (pork)

Vinegar, Red Wine

Bone Broth, Beef

Latex

Water

Carrageenan Gum

Locust Bean Gum

Whey

Chewing Gum (has gluten and corn)

Lycopene

Wine, Red

Chewing Gum, Xylichew®

Malt

Wine, White (Champagne)

Chicken Broth (Imagine® gf/low
sodium)

Maltodextrin (Barley-derived)

Yerba Matte Tea (Organic/Pure)

Chicory Root

Modified Food Starch

Zevia Drinks

Cocoa/Cacao (raw, pure, &
unsweetened)Modified Food Starch
(Tapioca-based)

Collagen Protein (Powder)

Palm Wax

Formaldehyde

Pycnogenol

GemWraps®, Sandwich Wrap
(Carrot)GemWraps®, Sandwich Wrap
(Kale-Apple)

Nanny Mai

10/11/2017

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

AB

Skinny Crisps® (Plain Jane)

Flax Meal

Tofu (Organic)

Flax Oil

Tragacanth Gum

Flax Seed

Vegetable broth (Imagine® Low Sodium)

Flounder

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

qwerty

Yeast, Baker's

Yucca

Yeast, Brewer's

Zucchini

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies