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Vegetables	Carrot Juice	Garlic
Aloe Vera	Carrot, Orange	Hearts of Palm
Beet	Carrot, Purple	Horseradish
Beet Greens	Carrot, White	Jicama
Bell Pepper	Carrot, Yellow	Kale, all types
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Kelp/Dulse
Bell Pepper, Orange	Cauliflower	Kohlrabi
Bell Pepper, Red	Cauliflower, Purple	Kombu
Bell Pepper, Yellow	Celery	Leeks
Bok Choy	Chard	Lettuce, all types
Broccoli	Chayote	Mushrooms
Broccoli Rabe	Chives	Mushrooms, Button
Broccoli Sprouts	Coconut (raw and unsweetened)	Mushrooms, Cremeni/Crimini
Broccolini	Coconut Concentrate	Mushrooms, Maitake
Brussels Sprout	Collard Greens	Mushrooms, Shiitake
Burdock	Cucumber	Mustard Greens
Cabbage, Chinese (see also Bok	Daikon Radish	Nori
Cabbage, Green	Dandelion Greens	Okra
Cabbage, Purple	Dandelion Root	Olives (without vinegar)
Cactus (Nopales)	Eggplant	Onion, Green
Capers	Endive	Onion, Maui
Capsicum	Fennel	Onion, Red

Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo
Pepper, Chili	Rhubarb	Tomato Paste (gluten &
Pepper, Green	Rutabaga	Tomato Sauce (gluten &
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato
Pepper, Jalapeño	Scallions	Tomatoes, Big Beef
Pepper, Poblano	Sea Vegetables	Tomato, Cherry
Pepper, Red	Seaweed	Tomato, Heirloom
Pepper, Serrano	Shallots	Tomato, Orange
Pickles, Bubbies® brand only	Spinach	Tomato, Red
Pimento	Spirulina	Tomato, Roma
Potato, Fingerling	Squash	Tomato, Sun-dried
Potato, Purple	Squash, Acorn	Tomato, Yellow

Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice
Yams, Japanese	Date(s)	Lemon Rind/Peel
Yucca	Dragon Fruit (Pitaya)	Lime
Zucchini	Dried Fruit	Lime Juice
Alfalfa Sprouts	Elderberry	Litchi (aka Lychee)
Psyllium Husk	Fig	Loganberry
	Goji Berry	Loquat
Fruits	Golden Berry	Mango
Agar Gum	Gooseberry	Mangosteen
Apple (all types)	Grape	Maqui
Apple Cider	Grape, Green	Melon, Honeydew
Apple Juice	Grape, Purple	Monk Fruit
Apple Juice Apple Sauce	Grape, Purple Grape, Red	Monk Fruit Mulberry
Apple Sauce	Grape, Red	Mulberry
Apple Sauce Bilberry	Grape, Red Grape, White	Mulberry Nectarines

Peach	Brazil Nut	Hydrogenated Oils
Pear	Canola/Rapeseed Oil	Macadamia Nut Oil
Pear, Asian	Caraway Seed	Macadamia Nuts
Persimmons	Cashews	Olive Leaf Extract
Pineapple	Cashew Butter	Olive Oil, Virgin
Plum	Cashew Meal	Palm Kernel Oil
Pomegranate	Chestnut	Pecan
Pomelo	Chia Seed (1/4 cup, max)	Pecan Flour
Prune	Coconut Butter	Pepitas
Quince	Coconut Oil	Pili Nuts
Raisin (unsulfured, organic)	Coconut, shredded (raw,	Pine Nut
Raspberry	Cola Nut (aka Kola Nut)	Pistachios
Raspberry Star Fruit	Cola Nut (aka Kola Nut)  Cottonseed/Cottonseed Oil	Pistachios Poppy seeds
Star Fruit	Cottonseed/Cottonseed Oil	Poppy seeds
Star Fruit Strawberry	Cottonseed/Cottonseed Oil Flax Meal	Poppy seeds Pumpkin Oil
Star Fruit Strawberry Tamarind	Cottonseed/Cottonseed Oil  Flax Meal  Flax Oil	Poppy seeds Pumpkin Oil Pumpkin Seed Oil
Star Fruit Strawberry Tamarind Tangerine	Cottonseed/Cottonseed Oil  Flax Meal  Flax Oil  Flax Seed	Poppy seeds  Pumpkin Oil  Pumpkin Seed Oil  Pumpkin Seeds
Star Fruit Strawberry Tamarind Tangerine Watermelon	Cottonseed/Cottonseed Oil  Flax Meal  Flax Oil  Flax Seed  Grapeseed Oil, Organic	Poppy seeds  Pumpkin Oil  Pumpkin Seed Oil  Pumpkin Seeds  Ramon Seeds
Star Fruit Strawberry Tamarind Tangerine Watermelon Wolfberry	Cottonseed/Cottonseed Oil  Flax Meal  Flax Oil  Flax Seed  Grapeseed Oil, Organic  Hazelnut Flour	Poppy seeds  Pumpkin Oil  Pumpkin Seed Oil  Pumpkin Seeds  Ramon Seeds  Rice, Wild (Lundberg® - not the
Star Fruit Strawberry Tamarind Tangerine Watermelon Wolfberry	Cottonseed/Cottonseed Oil  Flax Meal  Flax Oil  Flax Seed  Grapeseed Oil, Organic  Hazelnut Flour  Hazelnut/Filbert	Poppy seeds  Pumpkin Oil  Pumpkin Seed Oil  Pumpkin Seeds  Ramon Seeds  Rice, Wild (Lundberg® - not the

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Sesame Seeds, Black	Miso	Flounder
Sunflower Seed Butter	Pea, Snap	Hake
Sunflower Seed Lecithin	Pea, Snow	Halibut
Sunflower Seed Oil	Pea, Split	Herring
Sunflower Seeds	Peanut (Organic, Valencia)	Lobster
Tahini	Peanut Butter (Organic,	Mackerel
Tea, Ramon	Peanut Oil (Organic)	Mahi Mahi
Tiger Nuts	Soy Beans (must be organic)	Mussel
Vegetable Shortening (Spectrum®)	Soy Beans Oil (must be organic)	Orange Roughy
Walnut (few)	Vanilla Bean	Oyster
Walnut Oil	Vanilla Powder	Perch
Walnut, Black (few)	White Beans	Red Snapper
Psyllium Husk		Salmon, wild (fresh)
	Fish & Shellfish	Sardines
Legumes & Pulses	Anchovy	Scallop
Chickpea (see also Garbanzo Bean)	Catfish	Shrimp
Edamame (must be organic)	Chilean Sea Bass	Sole
Fava Bean	Clam	Squid
Fava Bean Flour	Cod/ Cod Liver Oil	Swai
Garbanzo Bean	Corvina	Swordfish
Garbanzo Flour	Crab	Tilapia (Non-farmed)
Lentil(s)	Crayfish	Trout

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Tuna	Chicken Broth (Imagine® gf/low	Egg, Yolks Pasture-raised
Walleye Pike	Chicken, free range (organic)	Milk, Soy (Organic)
Whitefish/Turbot	Deer (see also Venison)	
Crab, Immitation	Duck	Condiments
	Goat, Grass-fed only (organic)	Apple Cider Vinegar (Bragg's®)
Meat & Poultry	Lamb (organic)	Carob
Applegate® organic bacon	Lard (pork)	Coconut Vinegar (Coconut Secret)
Applegate® organic black forest	Ostrich	Earth Balance® Coconut Spread
Applegate® organic chicken	Pheasant	Horseradish Sauce, Gluten-free
Applegate® organic ham	Pork, (organic)	Hummus
Applegate® organic hot dogs	Quail	Ketchup (Organicville)
Applegate® organic roast beef	Rabbit	Mayonnaise
Applegate® organic andouille	Turkey (organic)	Mustard, Brown (Eden® gf mustard)
Applegate® organic chicken/apple	Veal (organic)	Sauerkraut (Bubbies® Brand only)
Applegate® organic red pepper	Venison (see also Deer)	Ume Plum Vinegar
Applegate® organic spinach & feta		Veganaise Soy-free (Follow Your
Applegate® organic sausage sweet	Non-Dairy & Eggs	Vinegar, Distilled
Applegate® organic smoked	Coconut Kefir (No Tapioca,	Vinegar, Red Wine
Applegate® organic smoked turkey	Coconut Milk(Native Forest or	Vinegar, Rice
Beef, Grass-fed only (organic)	Egg, Pasture-raised (from a farmer)	Vinegar, White
Bison (see also Buffalo)	Egg, Vital Farms® or Pasture	Vinegar, White Wine
Buffalo (see also Bison)	Egg, Whites, Pasture-raised	

Sweeteners	Sugar Beet	Cloves, Penang
Agave Nectar	Sugar Cane	Cramp Bark Extract
Brown Rice Syrup (contains	Sweetleaf® Stevia	Cream of Tartar
Chocolate, Dark	Xyla (Birchwood Xylitol/non-corn	Cumin
Chocolate, Milk	Yacon Syrup	Curcumin
Chocolate, White		Curry (must be GF)
Coconut Palm Sugar	Herbs & Spices	Dandelion Root
Date Sugar	Allspice	Dill
Fruit Pectin	Anise	Dong Quai
Honey, (Organic)	Black Cohosh	Echinacea
Honey, Manuka	Caramel Coloring	Fennel
Honey, Wildflower from Mahava®	Caraway Seed	Garlic
Just Like Sugar®	Cardamom	Garlic Pepper
Lo Han	Celery Powder	Garlic Powder
Maple Sugar	Chicory Root	Garlic Salt
Maple Syrup (Grade A Dark Amber	Chili Powder	Ginger
Molasses	Chipotle Seasoning	Ginkgo Biloba
Monk Fruit	Cilantro/Coriander	Ginseng (All Types)
Rebiana Leaf (Stevia)	Cinnamon	Goldenseal
Sorbitol	Cinnamon, Ceylon	Grapefruit Seed Extract
Splenda	Cloves	Grapeseed Extract
Sucanat	Cloves, Madagascar	Guarana

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Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds, Black
Herbs De Provence	Onion	Shallots
Hickory	Onion Powder	Spearmint
Himalayan Salt	Orange Salt	St. John's Wort
Jamaican Jerk	Oregano	Taco Seasoning
Juniper Berry	Paprika	Tamari (Wheat Free)
Lavender	Paprika (smoked)	Tarragon
Lemon Balm (Melissa Officinalis)	Parsley	Thyme
Lemon Pepper	Pepper, Black (see Garlic/Lemon	Tomatillo
Lemongrass	Pepper, Cayenne	Turmeric
Licorice Root	Pepper/Peppercorns	Uva Ursi
Liquid Smoke (can have gluten)	Pepper/Peppercorns, Szechuan	Valerian
Liquid Smoke gluten free (natural)	Pepper, Red	Vanilla (gluten and corn-free)
Maca Root	Peppermint	Vanilla Bean
Mace Spice	Pine Bark Extract	Vanilla Powder
Marjoram	Red Chili Paste Thai Kitchen®	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rosemary	Rose Hips
Mint	Saffron	
Mustard (as a Powder)	Sage	
Mustard Seeds (gluten free)	Saw Plametto	
Nutmeg	Sesame Seeds	

Milk-Containing Foods	Cheese, Ricotta	Gluten-Free Grains
Applegate® organic spinach & feta	Cheese, Romano	Amaranth
Butter, Raw and Pasture-raised	Cheese, Provolone	Buckwheat
Buttermilk	Cheese, Sheep	Buckwheat Flour
Casein	Cheese, String (Mozzarella)	Chicory Root
Cheese, American	Cheese, Swiss	Coconut Flour (gluten free)
Cheese, Asiago	Chocolate, Milk	Coconut Meal (gluten free)
Cheese, Bleu	Chocolate, White	Fava Bean Flour
Cheese, Brie	Cream, Raw and Unpasteurized	Flax Meal
Cheese, Cheddar (Raw)	Ghee (Pasture-Raised, Organic)	Garbanzo Flour
Cheese, Cottage	Goat Cheese	Glucomannon Flour
Cheese, Goat	Goat Kefir	Hazelnut Flour
Cheese, Gorgonzola	Goat Kefir Kefir, Raw	Hazelnut Flour Hemp Meal
Cheese, Gorgonzola	Kefir, Raw	Hemp Meal
Cheese, Gorgonzola Cheese, Gouda	Kefir, Raw Lactoalbumin	Hemp Meal Hemp Protein (Powder)
Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti	Kefir, Raw Lactoalbumin Milk Chocolate	Hemp Meal Hemp Protein (Powder) Hemp Seed
Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti Cheese, Machego	Kefir, Raw  Lactoalbumin  Milk Chocolate  Milk, Cow	Hemp Meal  Hemp Protein (Powder)  Hemp Seed  Konjac Glucomannon Flour
Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti Cheese, Machego Cheese, Marscapone	Kefir, Raw  Lactoalbumin  Milk Chocolate  Milk, Cow  Milk, Goat	Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet
Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti Cheese, Machego Cheese, Marscapone Cheese, Mozzarella (Raw)	Kefir, Raw  Lactoalbumin  Milk Chocolate  Milk, Cow  Milk, Goat  Milk, Sheep	Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet Oats
Cheese, Gorgonzola Cheese, Gouda Cheese, Havarti Cheese, Machego Cheese, Marscapone Cheese, Mozzarella (Raw) Cheese, Muenster	Kefir, Raw Lactoalbumin Milk Chocolate Milk, Cow Milk, Goat Milk, Sheep Mozzarella Cheese	Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet Oats Oats (Bob's Red Mill Gluten Free

Quinoa (gluten free)	Gluten-Containing Foods	Teriyaki Sauce
Quinoa, Black (gluten free)	Bran	Triticale
Quinoa, Red (gluten free)	Bread	Vinegar, White
Rice, Basmati (gluten free)	Brown Rice Syrup (contains	Wheat (All Types)
Rice, Black (gluten free)	Caramel Coloring	Wheat Grass (Is
Rice, Brown (gluten free)	Cheese, Bleu	Crab, Immitation
Rice, Japonica (gluten free)	Coffee, Instant (has gluten)	
Rice, Purple (gluten free)	Couscous	Corn-Derived Foods
Rice, Red (gluten free)	Durum Wheat	
Rice, White (gluten free)	Farro	Beverages & Protein Powders
Rice, Wild (Lundberg® - not the	Gluten	Apple Juice
Rice Bran	Graham (wheat)	Carrot Juice
Rice Flour (gluten free)	Kamut	Coconut Kefir (No Tapioca,
Rice Protein Powder (gluten free)	Liquid Smoke (can have gluten)	Coconut Milk(Native Forest or
Sorghum	Oats	Coconut Water (low sugar)
Sweet Potato Flour (gluten free)	Orzo	Coffee Bean, Organic
Tapioca	Panko	Coffee
Tapioca Flour (gluten free)	Polish Wheat	Coffee, Instant (has gluten)
Tapioca Starch (gluten free)	Rye	Collagen Protein (Powder)
Teff	Semolina	Echinacea Tea
Tolerant Green Lentil & Pea Pasta	Soy Sauce	Grapefruit Juice
Tolerant Red or Green Lentil Pasta	Spelt	Green Tea

Hemp Protein (Powder)	Tea, White	Great Lake's® Beef Gelatin
Komboucha Tea	Water	Hops
Lemon Juice	Wine, Red	Julian Bakery Paleo Wraps
Licorice Tea	Wine, White (Champagne)	Julian Bakery Coconut Bread
Lime Juice	Yerba Matte Tea (Organic/Pure)	Konjac Glucomannon Flour
Milk, Cow		Lard (pork)
Milk, Goat	Miscellaneous	Liquid Aminos (Braggs®)(has Soy)
Milk, Sheep	Agar Gum	Locust Bean Gum
Milk, Soy (Organic)	Antimony	Lycopene
Mineral Water	Beef broth (Imagine® low	Palm Wax
Pea Protein	Carrageenan Gum	Pycnogenol
Rice Protein Powder (gluten free)	Chewing Gum, Xylichew®	Red Chili Paste Thai Kitchen®
Soy Milk/Soy Cheese (Organic)	Chicken Broth (Imagine® gf/low	Red Tomato Paste (gluten free)
Soy Protein (Organic)	Chicory Root	Resveratrol
Sparkling Water, unflavored	Cocoa/Cacao (raw, pure, &	Sherry Vinegar
Tea, Black	Coconut Aminos®	Silver
Tea, Chamomile	Coconut Cream	Tagacanth Gum
Tea, Green	Collagen Protein (Powder)	Tamari (Wheat Free)
Tea, Oolong	GemWraps®, Sandwich Wrap	Tofu (Organic)
Tea, Ramon	GemWraps®, Sandwich Wrap	Tomato Paste (gluten &
Tea, Roobios	GemWraps®, Sandwich Wrap	Tomato Sauce (gluten &
Tea, unflavored/caffeine-free only	Glucomannon Flour	Vegetable broth (Imagine® Low

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Vegetable Shortening (Spectrum®)
Vinegar, Red Wine
Vinegar, Rice
Vinegar, White Wine
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Latex
Formaldehyde
Red Dye
Ispaghula/Psyllium
Acacia Gum