

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

	Ostrich	Snacks
Fruits	Pheasant	AB
Acai	Rabbit	qwerty
alpha	Non-Dairy & Eggs	
bravo	Condiments, Spreads & Sauces	
charlie	Sweeteners	
Nuts, Seeds, Drupes & Oils	Herbs & Spices	
Fish & Shellfish	Maca Root	
Chilean Sea Bass	Sumac	
Corvina	Milk-Containing Foods	
Mahi Mahi	Legumes & Pulses	
Octopus	Corn-Derived Foods	
Sardines	Gluten-Containing Foods	
Swai	Gluten-Free Grains	
Tilapia (Wild, Non-farmed)	Beverages & Protein Powders	
Whitefish/Turbot	Miscellaneous	
Vegetables	Latex	

Goat, Grass-fed only (organic)

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each food so that

	Nuts, Seeds, Drupes & Oils	Capers
Fruits	Almond	Chard
Bilberry	Annatto Seed	Coconut (raw and unsweetened)
Boysenberry	Brazil Nut	Coconut Concentrate
Golden Berry	Caraway Seed	Collard Greens
Gooseberry	Cashew Butter	Daikon Radish
Grapefruit	Cashew Meal	Dandelion Greens
Huckleberry	Cashews	Dandelion Root
Lemon	Chestnut	Endive
Lemon Juice	Chia Seed (1/4 cup, max)	Fennel
Lemon Rind/Peel	Coconut Butter	Hearts of Palm
Lime	Fish & Shellfish	Horseradish
Lime Juice	Hake	Jicama
Litchi (aka Lychee)	Vegetables	Kohlrabi
Loganberry	Alfalfa Grass	Leeks
Loquat	Alfalfa Sprouts	Mustard Greens
Maqui	Aloe Vera	Parsley
Mulberry	Arugula	Prickly Pear
Nectarines	Bamboo Shoot	Radicchio
Noni	Bean Sprout	Rainbow Chard
Passion Fruit	Beet Greens	Rutabaga
Peach	Burdock	Swiss Chard
Pear	Cactus (Nopales)	Truffle
		Turnip Greens

Water Chestnut	Cardamom	Gymnema Silvestre
Watercress	Chicory Root	Herbs De Provence
Meat & Poultry	Cilantro/Coriander	Hickory
Quail	Cinnamon	Himalayan Salt
Non-Dairy & Eggs	Cinnamon, Ceylon	Juniper Berry
Almond Milk, unsweetened (no tapioca)	Cloves	Lavender
Coconut Kefir (No Tapioca, Carageenan)	Cloves, Madagascar	Lemon Balm (Melissa Officinalis)
Coconut Milk(Native Forest or Natural Value)	Cloves, Penang	Lemongrass
Condiments, Spreads & Sauces	Cramp Bark Extract	Lemon Pepper
Coconut Aminos®	Cream of Tartar	Licorice Root
Coconut Cream	Cumin	Mace Spice
Liquid Smoke gluten free (natural)	Curcumin	Marjoram
Sweeteners	Curry (must be GF)	Milk Thistle
Rebiana Leaf (Stevia)	Dandelion Root	Mint
Sweetleaf® Stevia	Dill	Mustard (as a Powder)
Herbs & Spices	Dong Quai	Mustard Seeds (gluten free)
Allspice	Echinacea	Nutmeg
Anise	Fennel	Oregano
Astragalus	Garam Masala	Parsley
Basil	Ginger	Pepper, Black (see Garlic/Lemon Pepper)
Bay Leaf	Ginkgo Biloba	Pepper/Peppercorns
Black Cohosh	Ginseng (All Types)	Peppermint
Caraway Seed	Goldenseal	Pine Bark Extract
	Grapefruit Seed Extract	Rose Hips

Rosemary	Gluten-Free Grains	Tea, Roobios
Saffron	Chicory Root	Tea, White
Sage	Coconut Flour (gluten free)	Water
Saw Plametto	Coconut Meal (gluten free)	Yerba Matte Tea (Organic/Pure)
Spearmint	Glucomannon Flour (konjacfoods.com)	Zevia Drinks
St. John's Wort	Konjac Glucomannon Flour	Miscellaneous
Tarragon	Beverages & Protein Powders	Antimony
Thyme	Almond Milk, unsweetened (no tapioca)	Baking Soda (Arm & Hammer®)
Turmeric	Coconut Kefir (No Tapioca, Carageenan)	Chicory Root
Uva Ursi	Coconut Milk(Native Forest or Natural Value)	Cocoa/Cacao (raw, pure, & unsweetened)
Valerian	Coconut Water (low sugar)	Formaldehyde
White Willow Bark Extract	Echinacea Tea	Glucomannon Flour (konjacfoods.com)
Wintergreen	Green Tea	Konjac Glucomannon Flour
Wormwood	Lemon Juice	Lycopene
Milk-Containing Foods	Licorice Tea	Palm Wax
Legumes & Pulses	Lime Juice	Red Food Dye
Corn-Derived Foods	Mineral Water	Silver
	Sparkling Water, unflavored	
	Tea, Black	
	Tea, Chamomile	
	Tea, Green	
Gluten-Containing Foods	Tea, Hibiscus	
	Tea, Oolong	

Snacks

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

Gluten-Free Grains

Fruits

Beverages & Protein Powders

Nuts, Seeds, Drupes & Oils

Miscellaneous

Walnut Oil

Snacks

Fish & Shellfish

AB

Vegetables

qwerty

Zucchini

Zucchini

Meat & Poultry

Non-Dairy & Eggs

Condiments, Spreads & Sauces

Sweeteners

Herbs & Spices

Milk-Containing Foods

Legumes & Pulses

Corn-Derived Foods

Gluten-Containing Foods

The Following food swill be in your diet at some point, but baised on food reactions or diety restrictions they are not currently in

	Cabbage, Green	Condiments, Spreads & Sauces
Fruits	Cabbage, Purple	Apple Cider Vinegar (Bragg's®)
Apple (all types)	Radish	Mustard, Brown (Eden® gf mustard)
Apricot	Sauerkraut (Bubbies® Brand only)	Sauerkraut (Bubbies® Brand only)
Nuts, Seeds, Drupes & Oils	Spinach	Sweeteners
Avocado Oil	Turnips	Jerusalem Artichoke Syrup
Fish & Shellfish	Meat & Poultry	Herbs & Spices
Haddock	Beef, Grass-fed only (organic)	Milk-Containing Foods
Halibut	Buffalo (see also Bison)	Legumes & Pulses
Mackerel	Chicken, free range (organic)	Corn-Derived Foods
Perch	Duck	Gluten-Containing Foods
Red Snapper	Lamb	Gluten-Free Grains
Salmon, wild (fresh)	Lard (pork)	Beverages & Protein Powders
Swordfish	Pork, (organic)	Miscellaneous
Vegetables	Turkey (organic)	Inulin
Artichoke (not pickled)	Venison (see also Deer)	Lard (pork)
Artichoke, Jerusalem (not pickled)	Non-Dairy & Eggs	
Asparagus	Egg, Whites, Pasture-raised	
Avocado		
Beet		
Bok Choy		
Brussels Sprout		
Cabbage, Chinese (see also Bok Choy)		

Snacks

AB

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These are the foods that have been removed from your diet

	Guava	Star Fruit
Fruits	Jack fruit	Strawberry
Banana	Kiwi	Tamarind
Blackberry	Kumquat	Tangelo
Blueberry	Mango	Tangerine
Cantaloupe	Mangosteen	Vinegar, Red Wine
Cherry	Melon, Honeydew	Watermelon
Clementine	Monk Fruit (Pure)	Wolfberry
Cranberry	Orange	Youngberry
Cranberry Juice	Orange, Blood	
Currant	Orange Juice	Nuts, Seeds, Drupes & Oils
Dates	Orange Peel/Rind	Almond, Marcona
Dragon Fruit (Pitaya)	Papaya	Almond Butter (Artisana®)
Dried Fruit	Pear, Asian	Almond Flavor (natural, gluten free)
dummy food	Persimmons	Almond Flour (gluten free)
Elderberry	Pineapple	Almond Meal (gluten free)
Fig	Plantain	Canola/Rapeseed Oil
Goji Berry	Plum	Coconut, shredded (raw, unsweetened)
Grape	Pomegranate	Coconut Oil
Grape, Green	Pomelo	Cola Nut (aka Kola Nut)
Grape, Purple	Prune	Corn Oil
Grape, Red	Quince	Cottonseed/Cottonseed Oil
Grape, White	Raisin (unsulfured, organic)	Flax Meal
Grapefruit Juice	Raspberry	Flax Oil

Flax Seed	Ramon Seeds	Fish & Shellfish
Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)	Anchovy
Hazelnut/Filbert	Rice Bran Oil	Catfish
Hazelnut Flour	Sacha Inchi Seeds	Clam
Hemp Meal	Safflower/Safflower Seed Oil	Cod/ Cod Liver Oil
Hemp Protein (Powder)	Sesame Seed Oil	Crab
Hemp Seed	Sesame Seeds	Crab, Immitation
Hydrogenated Oils	Sesame Seeds, Black	Crayfish
Macadamia Nut Oil	Sunflower Seed Butter	Lobster
Macadamia Nuts	Sunflower Seed Lecithin	Mussel
Olive Leaf Extract	Sunflower Seed Oil	Orange Roughy
Olive Oil, Virgin	Sunflower Seeds	Oyster
Palm Kernel Oil	Tahini	Scallop
Pecan Flour	Tea, Ramon	Shrimp
Pecans	Tiger Nuts	Squid
Pepitas	Truffle Oil	Tuna
Pili Nuts	Truffle Oil, Black	Vegetables
Pine Nut	Vegetable Oil	Agave Nectar
Pistachios	Vegetable Shortening (Spectrum®)	Barley Grass (can have gluten)
Poppy seeds	Walnuts	Barley Greens (may contain gluten)
Psyllium Husk	Walnuts, Black	Bean, Green
Pumpkin Oil		Bell Pepper
Pumpkin Seed Oil		Bell Pepper, Green
Pumpkin Seeds		

Bell Pepper, Orange	Pea, Snap	Rhubarb
Bell Pepper, Red	Pea, Snow	Sea Vegetables
Bell Pepper, Yellow	Pea, Split	Seaweed
Capsicum	Pea Protein	Spirulina
Carrot, Orange	Pepper, Anaheim	Squash
Carrot, Purple	Pepper, Cayenne	Squash, Acorn
Carrot, White	Pepper, Chili	Squash, Butternut
Carrot, Yellow	Pepper, Green	Squash, Green
Carrot Juice	Pepper, Habanero	Squash, Spaghetti
Cassava (see Tapioca and Yucca)	Pepper, Jalapeño	Squash, Summer
Chayote	Pepper, Poblano	Squash, Winter
Corn (Gluten-free & Non-GMO)	Pepper, Red	Squash, Yellow
Corn, Blue	Pepper, Serrano	Sugar Beet
Corn, White	Pickles, Bubbies® brand only	Sweet Potato, Red
Eggplant	Pimento	Sweet Potatoes, White
Hydrogenated Oils	Potato, Fingerling	Tomatillo
Kelp/Dulse	Potato, Purple	Tomato
Kombu	Potato, Red	Tomato, Cherry
Nori	Potato, Russet	Tomato, Heirloom
Oat Grass (Not For Gluten Sensitive)	Potato, Sweet	Tomato, Orange
Paprika	Potato, White	Tomato, Red
Parsnip	Potato, Yukon Gold	Tomato, Roma
Pea, Black-Eyed	Psyllium Husk	Tomato, Sun-dried
Pea, Green	Red Pepper Flake	Tomato, Yellow

Tomatoes, Big Beef	Non-Dairy & Eggs	Dressing, Primal Kitchen Honey Mustard
Tomato Paste (gluten & Vinegar-free)	Almond Yogurt, unsweetened	Earth Balance® Avocado Oil Butter Spread
Tomato Sauce (gluten & Vinegar-free)	BodyPro Avocado Oil Mayonnaise	Earth Balance® Coconut Spread
Vegetable Oil	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Harissa
Wheat Grass (Is Gluten-contaminated)	Cheese, Soy (Organic) (see Soy)	Hummus
Yams, Garnett	Egg, Pasture-raised (from a farmer)	Ketchup (Organicville)
Yams, Japanese	Egg, Vital Farms® or Pasture Verde®	Liquid Aminos (Braggs®)(has Soy)
Yucca	Egg, Yolks Pasture-raised	Liquid Smoke (can have gluten)
Meat & Poultry	Milk, Soy (Organic)	Mayonnaise
Applegate® organic andouille sausage	Paleo Cheese (Julianbakery.com or Amazon.com)	Mayonnaise, Primal Kitchen Avocado Oil
Applegate® organic bacon	Condiments, Spreads & Sauces	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Applegate® organic black forest ham	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Red Bean Paste
Applegate® organic chicken	Balsamic Vinegar (with Red Wine Vinegar)	Red Chili Paste Thai Kitchen® (gluten free)
Applegate® organic herb roasted turkey	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Red Tomato Paste (gluten free)
Applegate® organic hot dogs	Barbeque Sauce, GF Annie's® Sweet & Spicy	Sherry Vinegar
Applegate® organic red pepper sausage	BodyPro Almond Mayo Grade A Maple Syrup	Sour Cream, Raw and Unpasteurized
Applegate® organic smoked chicken breast	BodyPro Almond Mayo with Yacon Syrup	Soy Sauce
Applegate® organic smoked turkey breast	BodyPro Avocado Oil Mayonnaise	Sriracha Sauce Organicville gluten-free
Applegate® organic spinach & feta sausage	Carob	Tabasco Sauce
Applegate® organic turkey	Cocoa Butter	Tamari (Wheat Free)
Applegate® organic turkey bacon	Coconut Vinegar (Coconut Secret)	Teriyaki Sauce
Chicken Broth (Imagine® gf/low sodium)	Cream, Raw and Unpasteurized	Tomato Paste (gluten & Vinegar-free)
	Dressing, Primal Kitchen Greek Avocado Oil	Tomato Sauce (gluten & Vinegar-free)
		Ume Plum Vinegar

Veganaise Soy-free (Follow Your Heart®)	Date Sugar	Sugar Cane
Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)	Swerve® Sweetener
Vinegar	Fructose	Tapioca Dextrose
Vinegar, Beet	Fruit Pectin	Xyla (Birchwood Xylitol)
Vinegar, Distilled	Honey, (Organic)	Xylitol
Vinegar, Malt	Honey, Manuka	Yacon Syrup
Vinegar, Red Wine	Honey, Wildflower from Mahava®	Herbs & Spices
Vinegar, Rice	Just Like Sugar®	Almond Flavor (natural, gluten free)
Vinegar, White	Lo Han	Ashwaganda
Vinegar, White Wine	Maltitol	Bell Pepper, Red
White/Distilled Vinegar	Maltodextrin (Barley-derived)	Capsicum
Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Corn-based, non-GMO)	Caramel Coloring
Sweeteners	Maltodextrin (Tapioca-based)	Chili Powder
Agave Nectar	Maple Sugar	Chipotle Seasoning
Aspartame	Maple Syrup (Grade A Dark Amber Organic)	Grapeseed Extract
BodyPro Almond Mayo Grade A Maple Syrup	Molasses	Guarana
Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit (Pure)	Hydrogenated Oils
Cane Syrup	Monk Fruit Extract	Jamaican Jerk
Chocolate, Dark	Nutrasweet®	Mesquite
Chocolate, Milk	Sorbitol	Olive Leaf Extract
Chocolate, White	Splenda	Orange Peel/Rind
Coconut Palm Sugar	Sucanat	Orange Salt
Coconut Sugar	Sucralose	Paprika
	Sugar Beet	

Paprika (smoked)	Cheese, Brie	Cream, Raw and Unpasteurized
Pepper, Cayenne	Cheese, Cheddar (Raw)	Ghee (Pasture-Raised, Organic)
Pepper, Red	Cheese, Cottage	Goat Cheese
Pepper, Sichuan	Cheese, Cream	Goat Kefir
Pepper, Szechuan	Cheese, Feta	Kefir, Raw
Red Chili Paste Thai Kitchen® (gluten free)	Cheese, Goat	Lactalbumin
Red Pepper Flake	Cheese, Gorgonzola	Milk, Buffalo
Sesame Seeds	Cheese, Gouda	Milk, Cow
Sesame Seeds, Black	Cheese, Havarti	Milk, Goat
Taco Seasoning	Cheese, Machego	Milk, Sheep
Tamari (Wheat Free)	Cheese, Mascapone	Milk Chocolate
Tomatillo	Cheese, Mozzarella (Raw)	Mozzarella Cheese
Vanilla (gluten and corn-free)	Cheese, Muenster	Sour Cream, Raw and Unpasteurized
Vanilla Bean	Cheese, Parmesan	Whey
Vanilla Powder	Cheese, Pecorino	Yogurt (See Xanthan Gum)
Milk-Containing Foods	Cheese, Provolone	Legumes & Pulses
Applegate® organic spinach & feta sausage	Cheese, Raw and Pasture-raised	Bean, Azuki
Butter, Raw and Pasture-raised	Cheese, Ricotta	Bean, Black
Buttermilk	Cheese, Romano	Bean, Butter
Casein	Cheese, Sheep	Bean, Cannellini
Cheese, American	Cheese, String (Mozzarella)	Bean, Chana Dahl
Cheese, Asiago	Cheese, Swiss	Bean, Chili
Cheese, Bleu	Chocolate, Milk	Bean, Green
	Chocolate, White	

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

Couscous	Triticale	Hemp Protein (Powder)
Crab, Imitation	Vinegar	Hemp Seed
Durum Wheat	Vinegar, Malt	Hydrogenated Oils
Farro	Vinegar, White	Millet
Gluten	Wheat (All Types)	Oats (Bob's Red Mill Gluten Free Version)
Graham (wheat)	Wheat Grass (Is Gluten-contaminated)	Oats (Certified GF)
Kamut	Gluten-Free Grains	Potato Flour (gluten free)
Liquid Smoke (can have gluten)	Almond Flour (gluten free)	Potato Starch (gluten free)
Malt	Arrowroot Flour/powder	ProGranola (Julian Bakery)
Maltitol	Basmati Rice (gluten free)	Quinoa (gluten free)
Maltodextrin (Barley-derived)	Buckwheat	Quinoa, Black (gluten free)
Modified Food Starch	Buckwheat Flour	Quinoa, Red (gluten free)
Oat Grass (Not For Gluten Sensitive)	Corn (Gluten-free & Non-GMO)	Rice, Basmati (gluten free)
Oats	Corn, Blue	Rice, Black (gluten free)
Oats, GF (not Certified) can have gluten	Corn, White	Rice, Brown (gluten free)
Orzo	Corn Meal (gluten free)	Rice, Japonica (gluten free)
Panko	Corn Starch (gluten free)	Rice, Purple (gluten free)
Polish Wheat	Ener-G Brown Rice Yeast-Free Bread	Rice, Red (gluten free)
Rye	Fava Bean Flour	Rice, White (gluten free)
Semolina	Flax Meal	Rice, Wild (Lundberg® - not the blend)
Soy Sauce	Garbanzo Flour	Rice Bran
Spelt	Hazelnut Flour	Rice Flour (gluten free)
Teechino	Hemp Meal	Rice Protein Powder (gluten free)
Teriyaki Sauce		Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers	Coffee Bean, Organic	Miscellaneous
Simple Mills Rosemary & Sea Salt Crackers	Grapefruit Juice	Acacia Gum
Simple Mills Tomato & Basil Almond Crackers	Hemp Protein (Powder)	Agar Gum
Sorghum	Komboucha Tea	Arabic Gum
Sweet Potato Flour (gluten free)	Lactalbumin	Baking Powder
Tapioca	Milk, Buffalo	Beef broth (Imagine® low sodium/GF)
Tapioca Flour (gluten free)	Milk, Cow	Blue Food Dye
Tapioca Starch (gluten free)	Milk, Goat	Carrageenan Gum
Teff	Milk, Sheep	Chewing Gum (has gluten and corn)
Tolerant Green Lentil & Pea Pasta	Milk, Soy (Organic)	Chewing Gum, Xylitechew®
Tolerant Red or Green Lentil Pasta	Orange Juice	Chicken Broth (Imagine® gf/low sodium)
Tortilla, Siete Almond	Pea Protein	GemWraps®, Sandwich Wrap (Carrot)
Tortilla, Siete Cassava & Coconut	Rice Protein Powder (gluten free)	GemWraps®, Sandwich Wrap (Kale-Apple)
Tortilla, Siete Chia & Cassava	Soy Milk/Soy Cheese (Organic)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Vegetable Oil	Soy Protein (Organic)	GemWraps®, Sandwich Wrap (Tomato)
Beverages & Protein Powders	Tea, Komboucha	Guar Gum
Apple Cider	Tea, Ramon	Hops
Apple Juice	Tea, Unflavored	Hydrogenated Oils
Beer	Teechino	Julian Bakery Almond Bread
Carrot Juice	Vinegar, Red Wine	Julian Bakery Coconut Bread
Casein	Whey	Julian Bakery Paleo Wraps
Coffee	Wine, Red	Locust Bean Gum
Coffee, Instant (has gluten)	Wine, White (Champagne)	Malt
		Maltodextrin (Barley-derived)

Modified Food Starch	AB
Modified Food Starch (Tapioca-based)	Flax Meal
Pycnogenol	Flax Oil
Red Tomato Paste (gluten free)	Flax Seed
Resveratrol	qwerty
Rice Starch (if certified gluten free)	Yucca
Skinny Crisps® (Plain Jane)	
Tofu (Organic)	
Tragacanth Gum	
Vegetable broth (Imagine® Low Sodium)	
Vegetable Oil	
Vinegar, Red Wine	
Xanthan Gum	
Yeast, Baker's	
Yeast, Brewer's	
Yeast, Nutritional	
Snacks	
Apple Sauce	
Dates	
Simple Mills Chocolate Chip Cookies	