

Vegetables	Cabbage, Green	Cucumber
Aloe Vera	Cabbage, Purple	Daikon Radish
Artichoke (not pickled)	Cactus (Nopales)	Dandelion Greens
Arugula	Capers	Dandelion Root
Asparagus	Capsicum	Eggplant
Avocado	Carrot Juice	Endive
Avocado Oil	Carrot, Orange	Fennel
Bamboo Shoot	Carrot, Purple	Garlic
Bean, Green	Carrot, White	Hearts of Palm
Bean Sprout	Carrot, Yellow	Horseradish
Beet	Cassava (see Tapioca and Yucca)	Jicama
Beet Greens	Cauliflower	Kale, all types
Bell Pepper, Green	Cauliflower, Purple	Kelp/Dulse
Bell Pepper, Red	Celery	Kohlrabi
Bok Choy	Chard	Kombu
Broccoli	Chayote	Leeks
Broccoli Rabe	Coconut (raw and unsweetened)	Lettuce, all types
Broccoli Sprouts	Coconut Concentrate	Mushrooms
Broccolini	Collard Greens	Mushrooms, Button
Brussels Sprout	Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini
Burdock	Corn, Blue	Mushrooms, Maitake
Cabbage, Chinese (see also Bok	Corn, White	Mushrooms, Shiitake

Mustard Greens

Nori

Okra

Olives (without vinegar)

Parsley

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pepper, Anaheim

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pickles, Bubbies® brand only

Pimento

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Prickly Pear

Pumpkin

Pumpkin Powder

Radicchio

Radish

Rainbow Chard

Rhubarb

Rutabaga**Sauerkraut (Bubbies® Brand only)**

Scallions

Sea Vegetables

Seaweed

Spinach

Spirulina

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato Paste (gluten &

Tomato Sauce (gluten &

Tomato

Tomatoes, Big Beef

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

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	Legumes & Pulses
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	Meat & Poultry
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
Fish & Shellfish	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	Non-Dairy & Eggs	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 mustard)
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	Condiments	Vinegar, Red Wine
Pork, (organic)	Apple Cider Vinegar (Bragg's®)	Vinegar, Rice
Quail	Balsamic Vinegar MiaBella	Vinegar, White
Rabbit	Balsamic Vinegar (with Red Wine	Vinegar, White Wine
Turkey (organic)	Balsamic Vinegar (Caramel/Red W.	Worcestershire Sauce (The
Veal (organic)	Barbeque Sauce, GF Annie's®	Sriracha Sauce Organicville
Venison (see also Deer)	Carob	Tabasco Sauce
		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 & 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 & Sea Salt

Simple Mills Tomato & Basil

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Simple Mills

Corn Meal (gluten free)

Coconut Flour (gluten free)

Gluten-Containing Foods

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

Corn-Derived Foods

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap

Maltodextrin (Corn-based,

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Sriracha Sauce Organicville

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, Rooibos

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 & Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylicew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

Great Lake's® Beef Gelatin	Tomato Paste (gluten &
Guar Gum	Tomato Sauce (gluten &
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 (Braggs®)(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)	

Snacks

Date(s)

Simple Mills Chocolate Chip