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

Olives (without vinegar)	Potato, Russet	Squash, Winter
Parsley	Potato, Sweet	Squash, Yellow
Parsnip	Potato, White	Sugar Beet
Pea, Black-Eyed	Potato, Yukon Gold	Sweet Potato, Red
Pea, Green	Prickly Pear	Sweet Potatoes, White
Pea, Snap	Pumpkin	Swiss Chard
Pea, Snow	Pumpkin Powder	Tomatillo
Pea, Split	Radicchio	Tomato Paste (gluten &
Pea Protein	Radish	Tomato Sauce (gluten &
Pepper, Anaheim	Rainbow Chard	Tomato
Pepper, Chili	Rhubarb	Tomatoes, Big Beef
Pepper, Green	Rutabaga	Tomato, Cherry
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Heirloom
Pepper, Jalapeño	Scallions	Tomato, Orange
Pepper, Poblano	Spinach	Tomato, Red
Pepper, Red	Spirulina	Tomato, Roma
Pepper, Serrano	Squash	Tomato, Sun-dried
Pickles, Bubbies® brand only	Squash, Acorn	Tomato, Yellow
Pimento	Squash, Butternut	Truffle
Potato, Fingerling	Squash, Green	Turnip Greens
Potato, Purple	Squash, Spaghetti	Turnips
Potato, Red	Squash, Summer	Water Chestnut

Watercress	Cranberry		Kumquat
Yams, Garnett	Cranberry Juice		Lemon
Yams, Japanese	Currant		Lemon Juice
Yucca	Date(s)		Lemon Rind/Peel
Zucchini	Dragon Fruit (Pitaya)		Lime
Alfalfa Sprouts	Dried Fruit		Lime Juice
Psyllium Husk	Elderberry		Litchi (aka Lychee)
	Fig		Loganberry
Fruits	Goji Berry		Loquat
Acai	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 Sauce	Grape, Red		Mulberry
Apricot	Grape, White		Nectarines
Banana	Grapefruit		Noni
Bilberry	Grapefruit Juice		Orange
Blackberry	Guava		Orange, Blood
Boysenberry	Huckleberry		Orange Juice
Cherry	Jack fruit		Orange Peel/Rind
Clementine	Kiwi	П	Papaya

Passion Fruit	Nuts, Seeds, & Oils	Flax Oil
Pear	Almond Butter (Artisana®)	Flax Seed
Pear, Asian	Almond Flavor natural, gluten free)	Grapeseed Oil, Organic
Persimmons	Almond Flour (gluten free)	Hazelnut Flour
Plantain	Almond Meal (gluten free)	Hazelnut/Filbert
Plum	Almond, Marcona	Hydrogenated Oils
Pomegranate	Annatto Seed	Macadamia Nut Oil
Pomelo	Arrowroot Flour/powder	Macadamia Nuts
Prune	Brazil Nut	Olive Leaf Extract
Quince	Canola/Rapeseed Oil	Olive Oil, Virgin
Raisin (unsulfured, organic)	Caraway Seed	Palm Kernel Oil
Raspberry	Cashews	Pecan
Star Fruit	Cashew Butter	Pecan Flour
Strawberry	Cashew Meal	Pepitas
Tamarind	Chestnut	Pili Nuts
Tangelo	Coconut Butter	Pine Nut
Tangerine	Coconut Oil	Pistachios
Wolfberry	Coconut, shredded (raw,	Poppy seeds
Youngberry	Cola Nut (aka Kola Nut)	Pumpkin Oil
	Corn Oil	Pumpkin Seed Oil
	Cottonseed/Cottonseed Oil	Pumpkin Seeds
	Flax Meal	Ramon Seeds

Rice, Wild (Lundberg® - not the	Bean, Green	Red Bean Paste
Sacha Inchi Seeds	Bean, Italian	Soy Beans (must be organic)
Sesame Seed Oil	Bean, Kidney	Soy Beans Oil (must be organic)
Sesame Seeds	Bean, Lima	Vanilla Bean
Sesame Seeds, Black	Bean, Mung	Vanilla Powder
Tea, Ramon	Bean, Navy/Ninja	White Beans
Tiger Nuts	Bean, Pinto/Frijole	
Vegetable Oil	Bean, Red (see also Bean, Kidney)	Fish & Shellfish
Vegetable Shortening (Spectrum®)	Chickpea (see also Garbanzo Bean)	Anchovy
Walnut (few)	Edamame (must be organic)	Bass
Walnut Oil	Fava Bean	Catfish
Walnut, Black (few)	Fava Bean Flour	Chilean Sea Bass
Almond	Garbanzo Bean	Clam
Psyllium Husk	Garbanzo Flour	Cod/ Cod Liver Oil
	Lentil(s)	Corvina
Legumes & Pulses	Miso	Crab
Bean, Azuki	Pea, Snap	Crayfish
Bean, Black	Pea, Snow	Flounder
Bean, Butter	Pea, Split	Hake
Bean, Cannellini	Peanut (Organic, Valencia)	Halibut
Bean, Chana Dahl	Peanut Butter (Organic,	Herring
Bean, Chili	Peanut Oil (Organic)	Lobster

Mackerel	Meat & Poultry	Venison (see also Deer)
Mahi Mahi	Applegate® organic chicken	
Mussel	Applegate® organic roast beef	Non-Dairy & Eggs
Orange Roughy	Applegate® organic andouille	Almond Milk, unsweetened (no
Oyster	Applegate® organic chicken/apple	Almond Yogurt, unsweetened
Perch	Applegate® organic red pepper	BodyPro Avocado Oil Mayonnaise
Red Snapper	Applegate® organic spinach & feta	Cheese, Soy (Organic) (see Soy)
Salmon, wild (fresh)	Applegate® organic sausage sweet	Coconut Kefir (No Tapioca,
Sardines	Applegate® organic smoked	Coconut Milk(Native Forest or
Scallop	Beef, Grass-fed only (organic)	Egg, Pasture-raised (from a farmer)
Shrimp	Bison (see also Buffalo)	Egg, Vital Farms® or Pasture
Squid	Buffalo (see also Bison)	Egg, Whites, Pasture-raised
Swai	Chicken, free range (organic)	Egg, Yolks Pasture-raised
Swordfish	Deer (see also Venison)	Milk, Soy (Organic)
Tilapia (Non-farmed)	Duck	Sriracha Sauce Organicville
Trout	Goat, Grass-fed only (organic)	Egg
Tuna	Ostrich	
Walleye Pike	Pheasant	
Whitefish/Turbot	Quail	
Crab, Immitation	Rabbit	
	Turkey (organic)	
	Veal (organic)	

	Condiments	Veganaise Soy-free (Follow Your	Monk Fruit
	Apple Cider Vinegar (Bragg's®)		Nutrasweet®
	Balsamic Vinegar MiaBella	Sweeteners	Rebiana Leaf (Stevia)
	Barbeque Sauce, GF Annie's®	Agave Nectar	Sorbitol
	BodyPro Almond Mayo Grade B	Aspartame/Nutrasweet	Splenda
	BodyPro Almond Mayo with Yacon	BodyPro Almond Mayo Grade B	Sucanat
	BodyPro Avocado Oil Mayonnaise	BodyPro Almond Mayo with Yacon	Sugar Beet
	Carob	Coconut Palm Sugar	Sugar Cane
	Coconut Vinegar (Coconut Secret)	Date Sugar	Sweetleaf® Stevia
	Dressing, Primal Kitchen Greek	Erythritol (non-GMO)	Swerve® Xylitol
	Dressing, Primal Kitchen Honey	Fructose	Xyla (Birchwood Xylitol/non-corn
	Earth Balance® Coconut Spread	Fruit Pectin	Yacon Syrup
	Earth Balance® Avocado Oil Butter	Honey, (Organic)	
	Horseradish Sauce, Gluten-free	Honey, Manuka	Herbs & Spices
	Hummus	Honey, Wildflower from Mahava®	Allspice
	Ketchup (Organicville)	Just Like Sugar®	Almond Flavor natural, gluten free)
	Mayonnaise	Lo Han	Anise
	Mayonnaise, Primal Kitchen	Maltodextrin (Can be	Ashwaganda
Ш	Mayonnaise, Primal Kitchen	Maltodextrin (Corn-based,	Astragalus
	Mayonnaise, Primal Kitchen  Mustard, Brown (Eden® gf mustard)	Maltodextrin (Corn-based, Maple Sugar	Astragalus Basil
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Caramel Coloring	Garlic Pepper	Mace Spice
Caraway Seed	Garlic Powder	Marjoram
Cardamom	Garlic Salt	Mesquite
Celery Powder	Ginkgo Biloba	Milk Thistle
Chicory Root	Goldenseal	Mint
Chili Powder	Grapefruit Seed Extract	Mustard (as a Powder)
Chipotle Seasoning	Grapeseed Extract	Mustard Seeds (gluten free)
Cilantro/Coriander	Guarana	Nutmeg
Cloves	Gymnema Silvestre	Olive Leaf Extract
Cloves, Madagascar	Herbs De Provence	Orange Peel/Rind
Cloves, Penang	Hickory	Orange Salt
Cramp Bark Extract	Himalayan Salt	Oregano
Cream of Tartar	Jamaican Jerk	Paprika
Cumin	Juniper Berry	Paprika (smoked)
Curcumin	Lavender	Parsley
Curry (must be GF)	Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon
Dandelion Root	Lemon Pepper	Pepper, Cayenne
Dill	Lemongrass	Pepper/Peppercorns
Dong Quai	Licorice Root	Pepper/Peppercorns, Szechuan
Echinacea	Liquid Smoke (can have gluten)	Pepper, Red
Fennel	Liquid Smoke gluten free (natural)	Peppermint
Garlic	Maca Root	Pine Bark Extract

Red Chili Paste Thai Kitchen®	Wintergreen	Cheese, Parmesan
Red Pepper Flake	Rose Hips	Cheese, Pecorino
Rosemary		Cheese, Raw and Pasture-raised
Saffron	Milk-Containing Foods	Cheese, Ricotta
Sage	Applegate® organic spinach & feta	Cheese, Romano
Saw Plametto	Butter, Raw and Pasture-raised	Cheese, Provolone
Sesame Seeds	Buttermilk	Cheese, Sheep
Sesame Seeds, Black	Casein	Cheese, String (Mozzarella)
Spearmint	Cheese, American	Cheese, Swiss
St. John's Wort	Cheese, Asiago	Cream, Raw and Unpasteurized
Taco Seasoning	Cheese, Bleu	Ghee (Pasture-Raised, Organic)
Tamari (Wheat Free)	Cheese, Brie	Goat Cheese
Tarragon	Cheese, Cheddar (Raw)	Goat Kefir
Thyme	Cheese, Cottage	Kefir, Raw
Tomatillo	Cheese, Cream	Lactoalbumin
Turmeric	Cheese, Goat	Milk, Cow
Uva Ursi	Cheese, Gorgonzola	Milk, Goat
Valerian	Cheese, Gouda	Milk, Sheep
Vanilla (gluten and corn-free)	Cheese, Havarti	Mozzarella Cheese
Vanilla Bean	Cheese, Machego	Sour Cream, Raw and
Vanilla Powder	Cheese, Marscapone	Whey
White Willow Bark Extract	Cheese, Muenster	Yogurt (See Xanthan Gum)

Cheese, Feta	Millet	Tapioca
	Oats	Tapioca Flour (gluten free)
Gluten-Free Grains	Oats (Bob's Red Mill Gluten Free	Tapioca Starch (gluten free)
Almond Flour (gluten free)	Oat Grass (Not For Gluten	Teff
Amaranth	Potato Flour (gluten free)	Tolerant Green Lentil & Pea Pasta
Arrowroot Flour/powder	Potato Starch (gluten free)	Tolerant Red or Green Lentil Pasta
Basmati Rice (gluten free)	Quinoa (gluten free)	Tortilla, Siete Almond
Buckwheat	Quinoa, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Buckwheat Flour	Quinoa, Red (gluten free)	Corn Meal (gluten free)
Chicory Root	Rice, Basmati (gluten free)	
Coconut Flour (gluten free)	Rice, Black (gluten free)	Gluten-Containing Foods
Coconut Meal (gluten free)	Rice, Brown (gluten free)	Barley
Corn (Gluten-free & Non-GMO)	Rice, Japonica (gluten free)	Barley Greens (Not for
Corn, Blue	Rice, Purple (gluten free)	Barley Juice (Not for
Corn, White	Rice, Red (gluten free)	Caramel Coloring
Corn Starch (gluten free)	Rice, White (gluten free)	Cheese, Bleu
Fava Bean Flour	Rice, Wild (Lundberg® - not the	Chewing Gum (has gluten and corn)
Flax Meal	Rice Bran	Coffee, Instant (has gluten)
Garbanzo Flour	Rice Flour (gluten free)	Gluten
Glucomannon Flour	Rice Protein Powder (gluten free)	Kamut
Hazelnut Flour	Sorghum	Liquid Smoke (can have gluten)
Konjac Glucomannon Flour	Sweet Potato Flour (gluten free)	Maltodextrin (Can be

Oats		Maltodextrin (Corn-based,	Licorice Tea
Polish Wheat		Sriracha Sauce Organicville	Lime Juice
Spelt		Swerve® Xylitol	Milk, Cow
Teechino		Vegetable Oil	Milk, Goat
Triticale		Xanthan Gum	Milk, Sheep
Crab, Immitation		Yogurt (See Xanthan Gum)	Milk, Soy (Organic)
			Mineral Water
Corn-Derived Foods		Beverages & Protein Powders	Orange Juice
Barbeque Sauce, GF Annie's®		Almond Milk, unsweetened (no	Pea Protein
Cheese, Cream		Apple Juice	Rice Protein Powder (gluten free)
Cheese, Soy (Organic) (see Soy)		Carrot Juice	Soy Milk/Soy Cheese (Organic)
Chewing Gum (has gluten and corn)		Coconut Kefir (No Tapioca,	Soy Protein (Organic)
Corn (Gluten-free & Non-GMO)		Coconut Milk(Native Forest or	Sparkling Water, unflavored
Corn, Blue		Coconut Water (low sugar)	Tea, Black
Corn, White		Coffee Bean, Organic	Tea, Chamomile
Corn Gluten		Coffee	Tea, Green
Corn Meal (gluten free)		Coffee, Instant (has gluten)	Tea, Oolong
Corn Oil		Collagen Protein (Powder)	Tea, Ramon
Corn Starch (gluten free)		Echinacea Tea	Tea, Roobios
Erythritol (non-GMO)		Grapefruit Juice	Tea, unflavored/caffeine-free only
Fructose		Green Tea	Tea, White
GemWraps®, Sandwich Wrap	П	Lemon Juice	Teechino

Water	Guar Gum	Vegetable Oil
Yerba Matte Tea (Organic/Pure)	Hops	Vegetable Shortening (Spectrum®)
	Julian Bakery Almond Bread	Xanthan Gum
Miscellaneous	Julian Bakery Coconut Bread	Latex
Agar Gum	Konjac Glucomannon Flour	Formaldehyde
Antimony	Liquid Aminos (Braggs®)(has Soy)	Red Dye
Arabic Gum	Locust Bean Gum	Ispaghula/Psyllium
Baking Powder	Lycopene	Acacia Gum
Baking Soda (Arm & Hammer®)	Maltodextrin (Can be	
Carrageenan Gum	Palm Wax	
Chewing Gum (has gluten and corn)	Pycnogenol	
Chewing Gum, Xylichew®	Red Chili Paste Thai Kitchen®	
Chicory Root	Red Tomato Paste (gluten free)	
Coconut Aminos®	Resveratrol	
Coconut Cream	Silver	
Collagen Protein (Powder)	Skinny Crisps®(Plain Jane)	
GemWraps®, Sandwich Wrap	Tagacanth Gum	
GemWraps®, Sandwich Wrap	Tamari (Wheat Free)	
GemWraps®, Sandwich Wrap	Tofu (Organic)	
GemWraps®, Sandwich Wrap	Tomato Paste (gluten &	
Glucomannon Flour	Tomato Sauce (gluten &	
Great Lake's® Beef Gelatin	Tagacanth Gum	