

Vegetables	Bok Choy	
Alfalfa Grass		Chayote
		Coconut (raw and unsweetened)
		Corn (Gluten-free & Non-GMO)
	Choy	
		Cucumber
Barley Grass (can have gluten)		
	Capsicum	
Bean Sprout		Eggplant
Bean, Green		Endive
Beet Greens		
Bell Pepper		
	Cauliflower	
		Kale, all types
	Celery	Kelp/Dulse

Kohlrabi		Prickly Pear
Kombu		Psyllium Husk
Leeks		Pumpkin
		Rhubarb
		Rutabaga
Nori		
Sensitive)		Sea Vegetables
Okra		
Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	
		Spirulina
		Squash, Acorn
		Squash, Butternut
	Potato, Sweet	Squash, Green
Parsnip	Potato, White	
		Squash, Summer

Squash, Winter		
Squash, Yellow	Wheat Grass (Is Gluten contaminated)	
Sweet Potato, Red		
Swiss Chard	Zucchini	Golden Berry
Tomatillo		
	Fruits	Grape
vinegar tree)	Acai	
vinegar tree)		
	Blackberry	Grapefruit
		Grapefruit Juice
	Boysenberry	
	Cantaloupe	Huckleberry
		Jack fruit
Truffle		
Turnip Greens		Lemon
Turnips		
Water Chestnut		

Lime		Nuts, Seeds, Drupes & Oils
		Almond
Mango		
Maqui		
Melon, Honeydew		
Mulberry		Canola/Rapeseed Oil
		Caraway Seed
Orange		
		Chia Seed (1/4 cup, max)
		Coconut Butter
Passion Fruit		
		unsweetened)
		Cola Nut (aka Kola Nut)
Pear, Asian		Corn Oil

Cottonseed/Cottonseed Oil		
	Psyllium Husk	
	Pumpkin Oil	
		Fish & Shellfish
Grapeseed Oil, Organic		Anchovy
	Ramon Seeds	Bass
	blend)	Catfish
Hemp Meal		Chilean Sea Bass
		Clam
	Sesame Seed Oil	Cod/ Cod Liver Oil
		Corvina
		Crab
	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract		
		Flounder
Palm Kernel Oil		Haddock
Pecan Flour		Hake
Pepitas		
Pili Nuts		Lobster
Pine Nut		Mackerel

Mussel	Meat & Poultry	Collagen Protein (Powder)
Octopus	Applegate® organic andouille sausage	Deer (see also Venison)
Orange Roughy	Applegate® organic bacon	
Perch	Applegate® organic chicken	Great Lake's® Beef Gelatin
	Applegate® organic chicken/apple sausage	Lamb
	Applegate® organic ham	
	Applegate® organic herb roasted turkey	
Scallop	Applegate® organic hot dogs	
	Applegate® organic roast beef	
Sole	Applegate® organic sausage sweet italian	
Squid	Applegate® organic smoked chicken breast	
Swai	Applegate® organic smoked turkey breast	Veal (organic)
	Applegate® organic spinach & feta sausage	Venison (see also Deer)
	Applegate® organic turkey	
Tuna		Non-Dairy & Eggs
Walleye Pike	Beef, Grass-fed only (organic)	Almond Milk, unsweetened (no tapioca)
	Bison (see also Buffalo)	Almond Yogurt, unsweetened
		BodyPro Avocado Oil Mayonnaise
	Chicken Broth (Imagine® gf/low sodium)	(Coconut, tapioca, yeast, etc.)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)

Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Amazon.com)

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or
Red Wine Vinegar)

Vinegar)

Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's®
Sweet & Spicy

BodyPro Almond Mayo Grade A
Maple Syrup

Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Avocado Oil

Mustard

Spread

Harissa

Horseradish Sauce, Gluten-free
(Annie's®)

Hummus

Ketchup (Organicville)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado Oil

Mayonnaise, Primal Kitchen
Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sriracha Sauce Organicville
gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your
Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The
Wizard's® GF)

Sweeteners

Agave Nectar

Maple Syrup

MSC/Gluten)

Chocolate, Milk

Coconut Palm Sugar

Honey, (Organic)

Honey, Wildflower from Mahava®	Swerve® Sweetener	Cilantro/Coriander
Jerusalem Artichoke Syrup		
Just Like Sugar®		
Non-GMO,	Herbs & Spices	
	Allspice	
Organic,		
	Ashwaganda	
	Astragalus	
Rebiana Leaf (Stevia)		
Sorbitol	Caramel Coloring	
	Caraway Seed	
	Chili Powder	
Sweetleaf® Stevia		

Ginseng (All Types)		Rose Hips
Grapeseed Extract	Olive Leaf Extract	
	Onion	
Gymnema Silvestre		
	Orange Peel/Rind	
	Orange Salt	
Jamaican Jerk	Paprika	
Juniper Berry		
	Parsley	Taco Seasoning
	Pepper	Tamari (Wheat Free)
	Pepper, Cayenne	Tarragon
		Tomatillo
		Turmeric
	Pepper/Peppercorns	
Mesquite		Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	
	Red Pepper Flake	

White Willow Bark Extract

Cheese, Marscapone

Milk, Goat

Milk-Containing FoodsApplegate® organic spinach & feta
sausage

Cheese, Pecorino

Cheese, Provolone

Butter, Raw and Pasture-raised

Cheese, Ricotta

Legumes & Pulses

Cheese, Romano

Bean, Azuki

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Feta

Goat Cheese

Cheese, Gorgonzola

Kefir, Raw

Cheese, Machego

Bean, Red		
		Hemp Meal
	Gluten-Free Grains	
	Almond Flour (gluten free)	
	Amaranth	Konjac Glucomannon Flour
		Millet
		version)
	Chicory Root	
		ProGranola (Julian Bakery)
		Quinoa (gluten free)
	Corn (Gluten-free & Non-GMO)	
Peanut (Organic, Valencia)		
Marandina (C)		
	Bread	
Red Bean Paste		
	Glucomannon Flour (konjacfoods.com)	

Rice, Red (gluten free)	Gluten-Containing Foods	
	Barley	
blend)		
Simple Mills - Everything Sprouted Seed Cracker		Sensitive)
Almond Crackers		
Crackers	Beer	gluten
Crackers	Bran	
Sorghum	Bread	
Sweet Potato Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	
Tapioca		
	Cheese, Bleu	
	Chewing Gum (has gluten and corn)	Soy Sauce
		Spelt
		Teriyaki Sauce
		Triticale
		Vinegar
		Wheat (All Types)
		Gluten-contaminated)

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

Cheese, Daiya
(Coconut, Tapioca, yeast, etc.)

Cheese, Soy (Organic) (see Soy)

Yogurt (See Xanthan Gum)

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Cider

Beer

Bone Broth Protein, Beef

Carrot Juice

Coconut Kefir (No Tapioca,
Carageenan)

Natural Value

Coffee

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

Lemon Juice

Milk, Cow

Milk, Goat

Mineral Water

Orange Juice

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Komboucha

Tea, Oolong

(Carrot)

Non-GMO)

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Tea, Ramon	Bone Broth, Beef	Julian Bakery Almond Bread
Tea, Roobios	Carrageenan Gum	
Tea, Unflavored		Julian Bakery Paleo Wraps
		Konjac Glucomannon Flour
Teechino	Chicken Broth (Imagine® gf/low sodium)	
Water	Chicory Root	
Whey	Cocoa Butter	Liquid Aminos (Braggs®)(has Soy)
Wine, Red	Cocoa/Cacao (raw, pure, & unsweetened)	
		Lycopene
Yerba Matte Tea (Organic/Pure)		Malt
	Collagen Protein (Powder)	
	Formaldehyde	
Miscellaneous	Garam Masala	(Tapioca-based)
Acacia Gum	GemWraps®, Sandwich Wrap (Carrot)	Palm Wax
	GemWraps®, Sandwich Wrap (Kale-Apple)	
	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen® (gluten free)
	GemWraps®, Sandwich Wrap (Tomato)	Red Food Dye
	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
	Guar Gum	
Beef broth (Imagine® low sodium/GF)		Sherry Vinegar
Blue Food Dye	Inulin	Silver

Skinny Crisps® (Plain Jane)

Tomato Paste (gluten &
Vinegar-free)

Vinegar-free)

Tragacanth Gum

Vegetable broth (Imagine® Low
Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's

Snacks

Apple Sauce

Cookies