	Beverages & Protein Powders		Tea, Green	Dressing, Primal Kitchen Greek Avocado Oil
	Almond Milk, unsweetened (no tapioca)		Tea, Hibiscus	Dressing, Primal Kitchen Honey Mustard
	Bone Broth Protein, Beef		Tea, Oolong	Harissa
	Coconut Kefir (No Tapioca, Carageenan)		Tea, Ramon	Horseradish Sauce, Gluten-free (Annie's®)
	Coconut Milk(Native Forest or Natural Value)		Tea, Roobios	Hummus
	Coconut Water (low sugar)		Tea, unflavored/caffeine-free only	Ketchup (Organicville)
	Coffee		Tea, White	Mustard, Brown (Eden® gf mustard)
	Coffee Bean, Organic		Water	Sauerkraut (Bubbies® Brand only)
	Collagen Protein (Powder)		Wine, White (Champagne)	Tabasco Sauce
	Echinacea Tea		Yerba Matte Tea (Organic/Pure)	Ume Plum Vinegar
	Grapefruit Juice		Zevia Drinks	Vinegar, Beet
	Green Tea			Vinegar, Distilled
	Komboucha Tea		Condiments	Vinegar, Red Wine
	Lemon Juice		Apple Cider Vinegar (Bragg's®)	Vinegar, White Wine
	Licorice Tea		Balsamic Vinegar (Caramel/Red W. Vinegar)	
	Lime Juice		Balsamic Vinegar (with Red Wine Vinegar)	Corn-Derived Foods
	Mineral Water		Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	Barbeque Sauce, GF Annie's® Sweet & Spicy
	Orange Juice		Barbeque Sauce, GF Annie's® Sweet & Spicy	Swerve® Xylitol
		. –		
ш	Pea Protein		BodyPro Almond Mayo Grade B Maple Syrup	
	Pea Protein Sparkling Water, unflavored		BodyPro Almond Mayo Grade B	
			BodyPro Almond Mayo Grade B Maple Syrup BodyPro Almond Mayo with	

Fish & Shellfish	Whitefish/Turbot	Fig
Bass		Goji Berry
Chilean Sea Bass	Fruits	Golden Berry
Corvina	Acai	Gooseberry
Flounder	Apple (all types)	Grape
Haddock	Apple Sauce	Grape, Green
Hake	Apricot	Grape, Purple
Halibut	Banana	Grape, Red
Herring	Bilberry	Grape, White
Mackerel	Blackberry	Grapefruit
Mahi Mahi	Blueberry	Grapefruit Juice
Octopus	Boysenberry	Guava
Octopus Perch	Boysenberry Cantaloupe	
		Guava
Perch	Cantaloupe	Guava Huckleberry
Perch Red Snapper	Cantaloupe Cherry	Guava Huckleberry Jack fruit
Perch Red Snapper Salmon, wild (fresh)	Cantaloupe Cherry Clementine	Guava Huckleberry Jack fruit Kiwi
Perch Red Snapper Salmon, wild (fresh) Sardines	Cantaloupe Cherry Clementine Cranberry Cranberry Juice	Guava Huckleberry Jack fruit Kiwi Kumquat
Perch Red Snapper Salmon, wild (fresh) Sardines Sole	Cantaloupe Cherry Clementine Cranberry Cranberry Juice	Guava Huckleberry Jack fruit Kiwi Kumquat Lemon
Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai	Cantaloupe Cherry Clementine Cranberry Cranberry Juice Currant	Guava Huckleberry Jack fruit Kiwi Kumquat Lemon Lemon Juice
Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish	Cantaloupe Cherry Clementine Cranberry Cranberry Juice Currant Date(s)	Guava Huckleberry Jack fruit Kiwi Kumquat Lemon Lemon Juice Lemon Rind/Peel

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Loganberry		Plum	Fava Bean Flour
Loquat		Pomegranate	Garbanzo Flour
Mango		Pomelo	Glucomannon Flour (konjacfoods.com)
Mangosteen		Prune	Hazelnut Flour
Maqui		Quince	Konjac Glucomannon Flour
Melon, Honeydew		Raisin (unsulfured, organic)	Rice, Wild (Lundberg® - not the blend)
Monk Fruit (Pure)		Raspberry	Tapioca
Mulberry		Star Fruit	Tapioca Flour (gluten free)
Nectarines		Tamarind	Tapioca Starch (gluten free)
Noni		Tangelo	Teff
Orange		Tangerine	Tolerant Green Lentil & Pea Pasta
Orange Juice		Watermelon	Tolerant Red or Green Lentil Pasta
Orange Peel/Rind		Wolfberry	Tortilla, Siete Almond
Orange, Blood		Youngberry	Tortilla, Siete Cassava & Coconut
Papaya	: 		
Passion Fruit		Gluten-Containing Foods	Herbs & Spices
Peach			Allspice
Pear		Gluten-Free Grains	Almond Flavor natural, gluten free)
Pear, Asian		Almond Flour (gluten free)	Anise
Persimmons		Chicory Root	Ashwaganda
Pineapple		Coconut Flour (gluten free)	Astragalus
Plantain		Coconut Meal (gluten free)	Basil

Bay Leaf	Echinacea	Lemongrass
Black Cohosh	Fennel	Licorice Root
Caraway Seed	Garlic	Liquid Smoke gluten free (natural)
Cardamom	Garlic Pepper	Maca Root
Celery Powder	Garlic Powder	Mace Spice
Chicory Root	Garlic Salt	Marjoram
Chili Powder	Ginger	Mesquite
Chipotle Seasoning	Ginkgo Biloba	Milk Thistle
Cilantro/Coriander	Ginseng (All Types)	Mint
Cinnamon	Goldenseal	Mustard (as a Powder)
Cinnamon, Ceylon	Grapefruit Seed Extract	Mustard Seeds (gluten free)
Cloves	Grapeseed Extract	Nutmeg
Cloves, Madagascar	Grapeseed Extract Guarana	Nutmeg Olive Leaf Extract
		-
Cloves, Madagascar	Guarana	Olive Leaf Extract
Cloves, Madagascar Cloves, Penang	Guarana Gymnema Silvestre	Olive Leaf Extract Onion
Cloves, Madagascar Cloves, Penang Cramp Bark Extract	Guarana Gymnema Silvestre Herbs De Provence	Olive Leaf Extract Onion Onion Powder
Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar	Guarana Gymnema Silvestre Herbs De Provence Hickory	Olive Leaf Extract Onion Onion Powder Orange Peel/Rind
Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin	Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt	Olive Leaf Extract Onion Onion Powder Orange Peel/Rind Orange Salt
Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin Curcumin	Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk	Olive Leaf Extract Onion Onion Powder Orange Peel/Rind Orange Salt Oregano
Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF)	Guarana Gymnema Silvestre Herbs De Provence Hickory Himalayan Salt Jamaican Jerk Juniper Berry	Olive Leaf Extract Onion Onion Powder Orange Peel/Rind Orange Salt Oregano Paprika

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Pepper, Cayenne	Tomatillo	Bean, Navy/Ninja
Pepper, Red	Turmeric	Bean, Pinto/Frijole
Pepper, Sichuan	Uva Ursi	Bean, Red (see also Bean, Kidney)
Pepper, Szechuan	Valerian	Chickpea (see also Garbanzo Bean)
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Coffee Bean, Organic
Peppermint	Vanilla Bean	Fava Bean
Pine Bark Extract	Vanilla Powder	Fava Bean Flour
Red Pepper Flake	White Willow Bark Extract	Garbanzo Bean
Rose Hips	Wintergreen	Garbanzo Flour
Rosemary	Wormwood	Lentil(s)
Saffron		Pea, Snap
Sage	Legumes & Pulses	Pea, Snow
Saw Plametto	Bean, Azuki	Pea, Split
Sesame Seeds	Bean, Black	Red Bean Paste
Sesame Seeds, Black	Bean, Butter	Vanilla Bean
Shallots	Bean, Cannellini	Vanilla Powder
Spearmint	Bean, Chana Dahl	White Beans
St. John's Wort	Bean, Chili	
Sumac	Bean, Italian	
Taco Seasoning	Bean, Kidney	
Tarragon	Bean, Lima	
Thyme	Bean, Mung	

Meat & Poultry	Venison (see also Deer)	Hops
Applegate® organic bacon		Inulin
Applegate® organic black forest ham	Milk-Containing Foods	Konjac Glucomannon Flour
Applegate® organic ham		Lard (pork)
Applegate® organic roast beef	Miscellaneous	Latex
Applegate® organic turkey bacon	Acacia Gum	Locust Bean Gum
Beef, Grass-fed only (organic)	Antimony	Lycopene
Bison (see also Buffalo)	Arabic Gum	Modified Food Starch (Tapioca-based)
Buffalo (see also Bison)	Baking Soda (Arm & Hammer®)	Palm Wax
Chicken, free range (organic)	Blue Food Dye	Pycnogenol
Deer (see also Venison)	Bone Broth, Beef	Red Food Dye
Duck	Chicory Root	Red Tomato Paste (gluten free)
Goat, Grass-fed only (organic)	Cocoa Butter	Resveratrol
Lamb (organic)	Cocoa/Cacao (raw, pure, & unsweetened)	Sherry Vinegar
Lard (pork)	Coconut Aminos®	Silver
Ostrich	Coconut Cream	Tomato Paste (gluten & Vinegar-free)
Pheasant	Collagen Protein (Powder)	Tomato Sauce (gluten & Vinegar-free)
Pork, (organic)	Formaldehyde	Tragacanth Gum
Quail	Garam Masala	Vinegar, Red Wine
Rabbit	Glucomannon Flour (konjacfoods.com)	Vinegar, White Wine
Turkey (organic)	Great Lake's® Beef Gelatin	Yeast, Baker's
Veal (organic)	Guar Gum	Yeast, Brewer's

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Yeast, Nutritional	Chestnut	Rice, Wild (Lundberg® - not the blend)
	Coconut Butter	Sacha Inchi Seeds
Non-Dairy & Eggs	Coconut Oil	Sesame Seed Oil
Almond Milk, unsweetened (no tapioca)	Coconut, shredded (raw, unsweetened)	Sesame Seeds
Coconut Kefir (No Tapioca, Carageenan)	Cola Nut (aka Kola Nut)	Sesame Seeds, Black
Coconut Milk(Native Forest or Natural Value)	Grapeseed Oil, Organic	Tea, Ramon
Egg, Whites, Pasture-raised	Hazelnut Flour	Tiger Nuts
	Hazelnut/Filbert	
Nuts, Seeds, Drupes & Oils	Hydrogenated Oils	Snacks
Almond	Olive Leaf Extract	Apple Sauce
Almond Butter (Artisana®)	Olive Oil, Virgin	Date(s)
Almond Flavor natural, gluten free)	Palm Kernel Oil	Simple Mills Chocolate Chip Cookies
Almond Flour (gluten free)	Pepitas	
Almond Meal (gluten free)	Pili Nuts	Sweeteners
Almond, Marcona	Pine Nut	Agave Nectar
Annatto Seed	Pistachios	BodyPro Almond Mayo Grade B Maple Syrup
Brazil Nut	Poppy seeds	Cane Syrup
Canola/Rapeseed Oil	Psyllium Husk	Chocolate, Dark
Caraway Seed	Pumpkin Oil	Coconut Palm Sugar
Cashew Butter	Pumpkin Seed Oil	Coconut Sugar
Cashew Meal	Pumpkin Seeds	Date Sugar
Cashews	Ramon Seeds	Fruit Pectin

Honey, (Organic)	Yacon Syrup	Broccoli Sprouts
Honey, Manuka		Broccolini
Honey, Wildflower from Mahava®	Vegetables	Brussels Sprout
Jerusalem Artichoke Syrup	Alfalfa Sprouts	Burdock
Just Like Sugar®	Aloe Vera	Cabbage, Chinese (see also Bok Choy)
Lo Han	Artichoke (not pickled)	Cabbage, Green
Maltodextrin (Tapioca-based)	Artichoke, Jerusalem (not pickled)	Cabbage, Purple
Maple Sugar	Arugula	Cactus (Nopales)
Maple Syrup (Grade A Dark Amber Organic)	Asparagus	Capers
Molasses	Avocado	Capsicum
Monk Fruit (Pure)	Avocado Oil	Cassava (see Tapioca and Yucca)
Monk Fruit Extract	Bamboo Shoot	Cauliflower
Monk Fruit Extract Rebiana Leaf (Stevia)	Bamboo Shoot Bean Sprout	Cauliflower Cauliflower, Purple
Rebiana Leaf (Stevia) Sorbitol		
Rebiana Leaf (Stevia)	Bean Sprout	Cauliflower, Purple
Rebiana Leaf (Stevia) Sorbitol	Bean Sprout Beet Greens	Cauliflower, Purple Celery
Rebiana Leaf (Stevia) Sorbitol Sucanat Sucralose Sugar Beet	Bean Sprout Beet Greens Bell Pepper	Cauliflower, Purple Celery Chard
Rebiana Leaf (Stevia) Sorbitol Sucanat Sucralose	Bean Sprout Beet Greens Bell Pepper Bell Pepper, Green	Cauliflower, Purple Celery Chard Chayote
Rebiana Leaf (Stevia) Sorbitol Sucanat Sucralose Sugar Beet	Bean Sprout Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and
Rebiana Leaf (Stevia) Sorbitol Sucanat Sucralose Sugar Beet Sugar Cane	Bean Sprout Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened)
Rebiana Leaf (Stevia) Sorbitol Sucanat Sucralose Sugar Beet Sugar Cane Sweetleaf® Stevia	Bean Sprout Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Cauliflower, Purple Celery Chard Chayote Chives Coconut (raw and unsweetened) Coconut Concentrate

Dandelion Greens	Onion, Maui	Psyllium Husk
Dandelion Root	Onion, Red	Pumpkin
Eggplant	Onion, Sweet	Pumpkin Powder
Endive	Onion, Yellow	Radicchio
Fennel	Parsley	Radish
Garlic	Pea Protein	Rainbow Chard
Hearts of Palm	Pea, Black-Eyed	Rhubarb
Horseradish	Pea, Green	Rutabaga
Jicama	Pea, Snap	Sauerkraut (Bubbies® Brand only)
Kale, all types	Pea, Snow	Scallions
Kohlrabi	Pea, Split	Shallots
Leeks	Pepper, Anaheim	Spinach
Lettuce, all types	Pepper, Chili	Squash
Mushrooms	Pepper, Green	Squash, Acorn
Mushrooms, Button	Pepper, Habanero	Squash, Butternut
Mushrooms, Cremeni/Crimini	Pepper, Jalapeño	Squash, Green
Mushrooms, Maitake	Pepper, Poblano	Squash, Spaghetti
Mushrooms, Shiitake	Pepper, Red	Squash, Summer
Mustard Greens	Pepper, Serrano	Squash, Winter
Okra	Pickles, Bubbies® brand only	Squash, Yellow
Olives (without vinegar)	Pimento	Sugar Beet
Onion, Green	Prickly Pear	Swiss Chard

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Tomatillo
Tomato
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)
Tomato, Cherry
Tomato, Heirloom
Tomato, Orange
Tomato, Red
Tomato, Roma
Tomato, Sun-dried
Tomato, Yellow
Tomatoes, Big Beef
Truffle
Turnip Greens
Water Chestnut
Watercress
Yams, Garnett
Yams, Japanese
Yucca
Zucchini