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

Vegetables

Aloe Vera	Cauliflower	Mushrooms, Button
Artichoke (not pickled)	Cauliflower, Purple	Mushrooms, Cremini/Crimini
Artichoke, Jerusalem (not pickled)	Celery	Mushrooms, Maitake
Arugula	Chard	Mushrooms, Shiitake
Asparagus	Chives	Mustard Greens
Avocado	Coconut (raw and unsweetened)	Olives (without vinegar)
Bamboo Shoot	Coconut Concentrate	Onion, Green
Bean Sprout	Collard Greens	Onion, Maui
Beet Greens	Comfrey	Onion, Red
Bitter Melon	Daikon Radish	Onion, Sweet
Bok Choy	Dandelion Greens	Onion, Yellow
Broccoli	Dandelion Root	Parsley
Broccolini	Endive	Prickly Pear
Broccoli Rabe	Fennel	Radicchio
Broccoli Sprouts	Ginger	Radish
Brussels Sprout	Hearts of Palm	Rainbow Chard
Burdock	Horseradish	Rutabaga
Cabbage, Chinese (see also Bok Choy)	Jicama	Sauerkraut (Bubbies® Brand only)
Cabbage, Green	Kale, all types	Scallions
Cabbage, Purple	Kohlrabi	Shallots
Cactus (Nopales)	Leeks	Spinach
Capers	Lettuce, all types	Swede
	Mushrooms	Swiss Chard

Turnip Greens

Loganberry

Wasabi Root

Longan Fruit

Water Chestnut

Loquat

Watercress

Lychee

Fruits

Maqui

Acai

Mulberry

Apricot

Nectarines

Bilberry

Noni

Blackberry

Passion Fruit

Blueberry

Pear

Boysenberry

Pear, Asian

Carambola

Plum

Cherry

Pomegranate

Dragon Fruit (Pitaya)

Rambutan

Elderberry

Raspberry

Golden Berry

Star Fruit

Grapefruit

Youngberry

Huckleberry

Legumes, Pods, & Pulses

Lemon

Vanilla Bean

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Nuts, Seeds, Drupes & Oils

Annatto Seed

Avocado Oil

Brazil Nut

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Coconut, shredded (raw,
unsweetened)

Coconut Butter

Coconut Oil

Duck Fat

Hazelnut/Filbert

Hazelnut Flour

Lard/Tallow (pork)

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pine Nut

Pistachios

Poppy seeds

	Cream of Tartar	Lemon Pepper
Herbs & Spices	Cumin	Maca Root
Allspice	Curcumin	Mace Spice
Anise	Curry (must be GF)	Marjoram
Astragalus	Dandelion Root	Milk Thistle
Basil	Dill	Mint
Bay Leaf	Dong Quai	Mustard (as a Powder)
Black Cohosh	Echinacea	Mustard Seeds (gluten free)
Caraway Seed	Fennel	Nutmeg
Cardamom	Fennel Seed	Olive Leaf Extract
Catnip	Ginger Powder	Onion
Celery Powder	Ginkgo Biloba	Onion Powder
Celery Seed	Ginseng (All Types)	Oregano
Chaparral	Goldenseal	Parsley
Chervil	Grapefruit Seed Extract	Pau D'arco
Cilantro/Coriander	Gymnema Silvestre	Pepper, Black (see Garlic/Lemon Pepper)
Cinnamon	Herbs De Provence	Pepper/Peppercorns
Cinnamon, Ceylon	Hickory	Peppermint
Clove Powder	Himalayan Salt	Pine Bark Extract
Cloves, Madagascar	Juniper Berry	Rose Hips
Cloves, Penang	Lavender	Rosemary
Comfrey	Lemon Balm (Melissa Officinalis)	Saffron
Cramp Bark Extract	Lemongrass	Sage

Sassafras

Hake

Meat & Poultry

Savory

Halibut

Applegate® organic black forest ham

Saw Plametto

Herring

Applegate® organic ham

Shallots

Lox

Bison (see also Buffalo)

Spearmint

Mackerel

Buffalo (see also Bison)

St. John's Wort

Mahi Mahi

Chicken, free range (organic)

Sumac

Octopus

Deer (see also Venison)

Tarragon

Perch

Duck

Thyme

Red Snapper

Goat, Grass-fed only (organic)

Turmeric

Salmon, wild (fresh)

Lamb

Uva Ursi

Sardines

Ostrich

Valerian

Sole

Pheasant

Vanilla Bean

Swai

Pork, (organic)

Vanilla Powder

Swordfish

Quail

White Willow Bark Extract

Tilapia (Wild, Non-farmed)

Rabbit

Wintergreen

Trout

Turkey (organic)

Wormwood

Walleye Pike

Venison (see also Deer)

Fish & Shellfish

Whitefish/Turbot

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Milk-Containing Foods**Non-Dairy & Eggs**

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg Whites, Pasture-raised**Gluten-Free Grains**

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour (konjacfoods.com)

Hazelnut Flour

Konjac Glucomannon Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein Powders

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

Snacks**Food Additives**

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables

Garlic

Fruits**Legumes, Pods, & Pulses****Nuts, Seeds, Drupes & Oils**

Borage Seed Oil

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Fish & Shellfish**Meat & Poultry****Milk-Containing Foods****Non-Dairy & Eggs****Gluten-Free Grains**

Amaranth

Flax Meal

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Sunflower Seed Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Earth Balance® Coconut Spread

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

Vegetable Shortening (Spectrum®)

Sweeteners**Beverages & Protein Powders**

Hemp Protein (Powder)

Miscellaneous**Snacks****Food Additives**

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

Vegetables

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Chayote

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Eggplant

Okra

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pimento

Pumpkin

Pumpkin Powder

Red Pepper Flake

Rhubarb

Taro

Zucchini

Fruits

Apple (all types)

Goji Berry

Gooseberries

Peach

Wolfberry

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Cola Nut (aka Kola Nut)

Corn Oil

Pepitas

Pili Nuts

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Sacha Inchi Seeds

Tea, Ramon

Tiger Nuts

Herbs & Spices

Almond Flavor (natural, gluten free)

Ashwaganda

Bell Pepper, Red

Capsicum

Chili Powder

Chipotle Seasoning

Jamaican Jerk

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Clover

Red Pepper Flake

Vanilla (gluten and corn-free)

Fish & Shellfish**Meat & Poultry**

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Milk-Containing Foods**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Gluten-Free Grains

Almond Flour (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Gluten-Containing Foods**Corn-Derived Foods**

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Fructose

Lactic Acid (corn-derived)

Maize

Maltodextrin (Corn-based, non-GMO)

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Carob

Cocoa Butter

Mustard, Brown (Eden® gf mustard)

Sweeteners

Corn Syrup

Erythritol (non-GMO)

Fructose

Just Like Sugar®

Maltodextrin (Corn-based,
non-GMO)

Swerve® Sweetener

Xylitol

Beverages & Protein PowdersAlmond Milk, unsweetened (no
tapioca)

Bone Broth Protein, Beef

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Tea, Ramon

Vodka, Corn

Miscellaneous

Baking Powder

Bone Broth, Beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Tobacco

Snacks**Food Additives**

Arabic Gum

Asafoetida Powder

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Tragacanth Gum

Xanthan Gum

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Kelp/Dulse

Kombu

Nori

Oat Grass (Not For Gluten Sensitive)

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pickles, Bubbies® brand only

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Tabasco Sauce

Tomatillo
Tomato
Tomato, Cherry
Tomato, Heirloom
Tomato, Orange
Tomato, Red
Tomato, Roma
Tomato, Sun-dried
Tomato, Yellow
Tomatoes, Big Beef
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)

Truffle

Turnips

Yams, Garnett

Yams, Japanese

Yucca

Fruits

Banana

Cantaloupe

Cape Gooseberries

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dried Fruit

Durian Fruit

Fig

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit Juice

Ground Cherries

Guava

Jack fruit

Kiwi

Kumquat

Mango

Mangosteen

Melon, Honeydew

Monk Fruit (Pure)

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Persimmons

Pineapple

Plantain

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean	Pecans	Taco Seasoning
Garbanzo Flour	Psyllium Husk	Tamari (Wheat Free)
Kidney Bean	Rice, Wild (Lundberg® - not the blend)	Tomatillo
Lentil(s)	Rice Bran Oil	Fish & Shellfish
Pea, Snap	Safflower/Safflower Seed Oil	Anchovy
Pea, Snow	Sesame Seed Oil	Catfish
Pea, Split	Sesame Seeds	Clam
Peanut (Organic, Valencia)	Sesame Seeds, Black	Cod/ Cod Liver Oil
Peanut Butter (Organic, Maranatha®)	Truffle Oil	Crab
Red Bean Paste	Truffle Oil, Black	Crayfish
Soybean oil(must be organic)	Herbs & Spices	Krill
Soy Beans (must be organic)	Garam Masala	Mussel
Nuts, Seeds, Drupes & Oils	Grapeseed Extract	Orange Roughy
Canola/Rapeseed Oil	Guarana	Oyster
Canola Oil, Non-GMO	Licorice Root	Scallop
Chia Seed (1/4 cup, max)	Mesquite	Shrimp
Cottonseed/Cottonseed Oil	Orange Peel/Rind	Squid
Fenugreek Seed	Orange Salt	Tuna
Grapeseed Oil, Organic	Red Chili Paste Thai Kitchen® (gluten free)	
Krill Oil	Sesame Seeds	
Peanut Oil (Organic)	Sesame Seeds, Black	
Pecan Flour	Tabasco Sauce	

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic turkey

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low sodium)

Milk-Containing Foods**Non-Dairy & Eggs**

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Garbanzo Flour

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

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 blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Cracked Black Pepper Almond Crackers

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Condiments, Spreads & Sauces

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Gluten-Containing Foods**Corn-Derived Foods**Barbeque Sauce, GF Annie's®
Sweet & SpicyCheese, Daiya
(Coconut,Tapioca,yeast,...)

Cheese, Soy (Organic) (see Soy)

GemWraps®, Sandwich Wrap
(Carrot)Sriracha Sauce Organicville
gluten-freeBalsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie's®
Sweet & SpicyBodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Dressing, Primal Kitchen Honey
MustardEarth Balance® Avocado Oil Butter
Spread

Harissa

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen®
(gluten free)

Red Tomato Paste (gluten free)

Sriracha Sauce Organicville
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)Veganise Soy-free (Follow Your
Heart®)

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The
Wizard's® GF)**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A
Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)	Milk, Rice	Resveratrol
Molasses	Milk, Soy (Organic)	Rice Starch (if certified gluten free)
Monk Fruit (Pure)	Orange Juice	Tofu (Organic)
Monk Fruit Extract	Pea Protein	Vegetable broth (Imagine® Low Sodium)
Nutrasweet®	Rice Protein Powder (gluten free)	Snacks
Sorbitol	Soy Milk/Soy Cheese (Organic)	Apple Sauce
Splenda	Soy Protein (Organic)	Chewing Gum, Xylichew®
Sucanat	Tea, Unflavored	Dates
Sucralose	Vodka, Potato	Simple Mills Chocolate Chip Cookies
Sugar Beet	Miscellaneous	Simple Mills Cracked Black Pepper Almond Crackers
Sugar Cane	Antimony	Skinny Crisps® (Plain Jane)
Tapioca Dextrose	Beef broth (Imagine® low sodium/GF)	Food Additives
Tapioca Syrup	Chicken Broth (Imagine® gf/low sodium)	Acacia Gum
Xyla (Birchwood Xylitol)	Cocoa	Agar Gum
Yacon Syrup	GemWraps®, Sandwich Wrap (Carrot)	Blue Food Dye
Beverages & Protein Powders	GemWraps®, Sandwich Wrap (Kale-Apple)	Carrageenan Gum
Apple Cider	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Formaldehyde
Apple Juice	GemWraps®, Sandwich Wrap (Tomato)	Guar Gum
Carrot Juice	Julian Bakery Paleo Wraps	Lactic Acid (beet-derived)
Cocoa	Modified Food Starch (Tapioca-based)	Locust Bean Gum
Grapefruit Juice	Pycnogenol	MSG/MonosodiumGlutamate
Licorice Tea	Red Tomato Paste (gluten free)	Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Vegan Natural Flavors (with MSG)

These are the foods that have been removed from your diet

Vegetables

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Wheat Grass (Is
Gluten-contaminated)**Fruits****Legumes, Pods, & Pulses**

Miso

Nuts, Seeds, Drupes & Oils

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Caramel Coloring

Fish & Shellfish

Crab, Immitation

Meat & PoultryApplegate® organic spinach & feta
sausage**Milk-Containing Foods**Applegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs**Gluten-Free Grains**

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Immitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Miso

Modified Food Starch

Oats

Oats, GF (not Certified) can have
gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is
Gluten-contaminated)**Corn-Derived Foods**

Cheese, Cream

Chewing Gum (has gluten and corn)

Hydrogenated Oils

Maltitol

Modified Food Starch

Yogurt (See Xanthan Gum)

Condiments, Spreads & SaucesBalsamic Vinegar (w/ Caramel or
Red Wine Vinegar)Balsamic Vinegar (with Red Wine
Vinegar)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Dressing, Primal Kitchen Greek
Avocado Oil

Liquid Smoke (can have gluten)

Mayonnaise

Sherry Vinegar

Sour Cream, Raw and
Unpasteurized

Soy Sauce

Teriyaki Sauce

Ume Plum Vinegar

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

SweetenersBrown Rice Syrup (contains
MSG/Gluten)

Chocolate, Milk

Chocolate, White

Malt

Maltitol

Maltodextrin (Barley-derived)

Beverages & Protein Powders

Beer

Casein

Coffee, Instant (has gluten)

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Rye or Grain

Whey

Wine, Red

Miscellaneous

Hops

Modified Food Starch

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Chewing Gum (has gluten and corn)

Food Additives

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blueberry
Squash, Butternut	Tomatoes, Big Beef	Boysenberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Cantaloupe
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries
Squash, Summer	Truffle	Carambola
Squash, Winter	Turnip Greens	Cherry
Squash, Yellow	Turnips	Clementine
Sugar Beet	Wasabi Root	Cranberry
Swede	Water Chestnut	Cranberry Juice
Sweet Potato, Red	Watercress	Currant
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Dates
Swiss Chard	Yams, Garnett	Dragon Fruit (Pitaya)
Tabasco Sauce	Yams, Japanese	Dried Fruit
Taro	Yucca	Durian Fruit
Tomatillo	Zucchini	Elderberry
Tomato	Fruits	Fig
Tomato, Cherry	Acai	Goji Berry
Tomato, Heirloom	Apple (all types)	Golden Berry
Tomato, Orange	Apricot	Gooseberries
Tomato, Red	Banana	Grape
Tomato, Roma	Bilberry	Grape, Green
Tomato, Sun-dried	Blackberry	Grape, Purple

Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	Legumes, Pods, & Pulses
Lime	Pear	Bean, Azuki
Lime Juice	Pear, Asian	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	Plum	Bean, Chili
Mango	Pomegranate	Bean, Green
Mangosteen	Pomelo	Bean, Haricot
Maqui	Prune	Bean, Italian

Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)
Pea, Snow	Caraway Seed	Hemp Seed
Pea, Split	Cashew Butter	Hydrogenated Oils
Peanut (Organic, Valencia)	Cashew Meal	Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan
Garlic Powder	Marjoram	Pepper/Peppercorns
Garlic Salt	Mesquite	Peppermint
Ginger Powder	Milk Thistle	Pine Bark Extract

Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid
Thyme	Flounder	Swai
Tomatillo	Haddock	Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic bacon

Applegate® organic black forest
ham

Applegate® organic chicken

Applegate® organic chicken/apple
sausage

Applegate® organic ham

Applegate® organic herb roasted
turkey

Applegate® organic hot dogs

Applegate® organic red pepper
sausage

Applegate® organic roast beef

Applegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low
sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Milk-Containing FoodsApplegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Macheo

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Allulose
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Avenin
Millet	Simple Mills Ground Sea Salt Almond Crackers	Barley
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley Grass (can have gluten)
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Greens (may contain gluten)
Potato Flour (gluten free)	Sorghum	Barley Juice (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Beer
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Bran
Quinoa (gluten free)	Tapioca	Bread
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Caramel Coloring
Rice, Basmati (gluten free)	Teff	Cheese, Bleu
Rice, Black (gluten free)	Teff Flour	Chewing Gum (has gluten and corn)
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Coffee, Instant (has gluten)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Couscous
Rice, Purple (gluten free)	Tortilla, Siete Almond	Crab, Immitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

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)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip
CookiesSimple Mills Cracked Black Pepper
Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Xanthan Gum