

Fruits		
Acai	Goji Berry	Mangosteen
alpha	Golden Berry	Maqui
Apple (all types)	Gooseberry	Melon, Honeydew
Apricot	Grape	Monk Fruit (Pure)
Banana	Grape, Green	Mulberry
Bilberry	Grape, Purple	Nectarines
Blackberry	Grape, Red	Noni
Blueberry	Grape, White	Orange
Boysenberry	Grapefruit	Orange, Blood
bravo	Grapefruit Juice	Orange Juice
Cantaloupe	Guava	Orange Peel/Rind
charlie	Huckleberry	Papaya
Cherry	Jack fruit	Passion Fruit
Clementine	Kiwi	Peach
Cranberry	Kumquat	Pear
Cranberry Juice	Lemon	Pear, Asian
Currant	Lemon Juice	Persimmons
Dates	Lemon Rind/Peel	Pineapple
Dragon Fruit (Pitaya)	Lime	Plantain
Dried Fruit	Lime Juice	Plum
dummy food	Litchi (aka Lychee)	Pomegranate
Elderberry	Loganberry	Pomelo
Fig	Loquat	Prune
	Mango	Quince

Raisin (unsulfured, organic)	Cashew Butter	Olive Oil, Virgin
Raspberry	Cashew Meal	Palm Kernel Oil
Star Fruit	Cashews	Pecan Flour
Strawberry	Chestnut	Pecans
Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut, shredded (raw, unsweetened)	Pili Nuts
Tangerine	Coconut Butter	Pine Nut
Vinegar, Red Wine	Coconut Oil	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
Nuts, Seeds, Drupes & Oils		
Almond	Flax Meal	Pumpkin Seed Oil
Almond, Marcona	Flax Oil	Pumpkin Seeds
Almond Butter (Artisana®)	Flax Seed	Ramon Seeds
Almond Flavor (natural, gluten free)	Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)
Almond Flour (gluten free)	Hazelnut/Filbert	Rice Bran Oil
Almond Meal (gluten free)	Hazelnut Flour	Sacha Inchi Seeds
Annatto Seed	Hemp Meal	Safflower/Safflower Seed Oil
Avocado Oil	Hemp Protein (Powder)	Sesame Seed Oil
Brazil Nut	Hemp Seed	Sesame Seeds
Canola/Rapeseed Oil	Hydrogenated Oils	Sesame Seeds, Black
Caraway Seed	Macadamia Nut Oil	Sunflower Seed Butter
	Macadamia Nuts	Sunflower Seed Lecithin
	Olive Leaf Extract	Sunflower Seed Oil

Sunflower Seeds

Haddock

Walleye Pike

Tahini

Hake

Whitefish/Turbot

Tea, Ramon

Halibut

Vegetables

Tiger Nuts

Herring

Agave Nectar

Truffle Oil

Lobster

Alfalfa Grass

Truffle Oil, Black

Mackerel

Alfalfa Sprouts

Vegetable Oil

Mahi Mahi

Aloe Vera

Vegetable Shortening (Spectrum®)

Mussel

Artichoke (not pickled)

Walnut Oil

Octopus

Artichoke, Jerusalem (not pickled)

Walnuts

Orange Roughy

Arugula

Walnuts, Black

Oyster

Asparagus

Fish & Shellfish

Perch

Avocado

Anchovy

Red Snapper

Bamboo Shoot

Bass

Salmon, wild (fresh)

Barley Grass (can have gluten)

Catfish

Sardines

Barley Greens (may contain gluten)

Chilean Sea Bass

Scallop

Bean, Green

Clam

Shrimp

Bean Sprout

Cod/ Cod Liver Oil

Sole

Beet

Corvina

Squid

Beet Greens

Crab

Swai

Bell Pepper

Crab, Immitation

Swordfish

Bell Pepper, Green

Crayfish

Tilapia (Wild, Non-farmed)

Bell Pepper, Orange

Flounder

Trout

Bell Pepper, Red

Tuna

Bell Pepper, Yellow	Chayote	Leeks
Bok Choy	Chives	Lettuce, all types
Broccoli	Coconut (raw and unsweetened)	Mushrooms
Broccolini	Coconut Concentrate	Mushrooms, Button
Broccoli Rabe	Collard Greens	Mushrooms, Cremini/Crimini
Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot, Orange	Fennel	Onion, Red
Carrot, Purple	Garlic	Onion, Sweet
Carrot, White	Hearts of Palm	Onion, Yellow
Carrot, Yellow	Horseradish	Paprika
Carrot Juice	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea, Black-Eyed
Cauliflower, Purple	Kelp/Dulse	Pea, Green
Celery	Kohlrabi	Pea, Snap
Chard	Kombu	Pea, Snow

Pea, Split	Radicchio	Swiss Chard
Pea Protein	Radish	Tomatillo
Pepper, Anaheim	Rainbow Chard	Tomato
Pepper, Cayenne	Red Pepper Flake	Tomato, Cherry
Pepper, Chili	Rhubarb	Tomato, Heirloom
Pepper, Green	Rutabaga	Tomato, Orange
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Red
Pepper, Jalapeño	Scallions	Tomato, Roma
Pepper, Poblano	Sea Vegetables	Tomato, Sun-dried
Pepper, Red	Seaweed	Tomato, Yellow
Pepper, Serrano	Shallots	Tomatoes, Big Beef
Pickles, Bubbies® brand only	Spinach	Tomato Paste (gluten & Vinegar-free)
Pimento	Spirulina	Tomato Sauce (gluten & Vinegar-free)
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	Turnip Greens
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett
Psyllium Husk	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini

Meat & Poultry

Applegate® 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 italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® 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

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

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)

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

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)		Maltodextrin (Tapioca-based)
Sherry Vinegar	Agave Nectar	Maple Sugar
Sour Cream, Raw and Unpasteurized	Aspartame	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	BodyPro Almond Mayo Grade A Maple Syrup	Molasses
Sriracha Sauce Organicville gluten-free	Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit (Pure)
Tabasco Sauce	Cane Syrup	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Dark	Nutrasweet®
Teriyaki Sauce	Chocolate, Milk	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)	Chocolate, White	Sorbitol

Splenda	Caraway Seed	Garlic Pepper
Sucanat	Cardamom	Garlic Powder
Sucralose	Celery Powder	Garlic Salt
Sugar Beet	Chicory Root	Ginger
Sugar Cane	Chili Powder	Ginkgo Biloba
Sweetleaf® Stevia	Chipotle Seasoning	Ginseng (All Types)
Swerve® Sweetener	Cilantro/Coriander	Goldenseal
Tapioca Dextrose	Cinnamon	Grapefruit Seed Extract
Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapeseed Extract
Xylitol	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
Herbs & Spices	Cloves, Penang	Herbs De Provence
	Cramp Bark Extract	Hickory
	Cream of Tartar	Himalayan Salt
	Cumin	Hydrogenated Oils
	Curcumin	Jamaican Jerk
	Curry (must be GF)	Juniper Berry
	Dandelion Root	Lavender
	Dill	Lemon Balm (Melissa Officinalis)
	Dong Quai	Lemongrass
	Echinacea	Lemon Pepper
	Fennel	Licorice Root
	Garam Masala	Maca Root
	Garlic	Mace Spice

Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	
Mustard Seeds (gluten free)	Sage	Applegate® organic spinach & feta sausage
Nutmeg	Saw Plametto	Butter, Raw and Pasture-raised
Olive Leaf Extract	Sesame Seeds	Buttermilk
Onion	Sesame Seeds, Black	Casein
Onion Powder	Shallots	Cheese, American
Orange Peel/Rind	Spearmint	Cheese, Asiago
Orange Salt	St. John's Wort	Cheese, Bleu
Oregano	Sumac	Cheese, Brie
Paprika	Taco Seasoning	Cheese, Cheddar (Raw)
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cottage
Parsley	Tarragon	Cheese, Cream
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Feta
Pepper, Cayenne	Tomatillo	Cheese, Goat
Pepper, Red	Turmeric	Cheese, Gorgonzola
Pepper, Sichuan	Uva Ursi	Cheese, Gouda
Pepper, Szechuan	Valerian	Cheese, Havarti
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Cheese, Machego
Peppermint	Vanilla Bean	Cheese, Marscapone
Pine Bark Extract	Vanilla Powder	Cheese, Mozzarella (Raw)

Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised		Hydrogenated Oils
Cheese, Ricotta	Bean, Azuki	Kidney Bean
Cheese, Romano	Bean, Black	Lentil(s)
Cheese, Sheep	Bean, Butter	Miso
Cheese, String (Mozzarella)	Bean, Cannellini	Pea, Snap
Cheese, Swiss	Bean, Chana Dahl	Pea, Snow
Chocolate, Milk	Bean, Chili	Pea, Split
Chocolate, White	Bean, Green	Peanut (Organic, Valencia)
Cream, Raw and Unpasteurized	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Ghee (Pasture-Raised, Organic)	Bean, Kidney	Peanut Oil (Organic)
Goat Cheese	Bean, Lima	Red Bean Paste
Goat Kefir	Bean, Mung	Soybean oil(must be organic)
Kefir, Raw	Bean, Navy	Soy Beans (must be organic)
Lactoalbumin	Bean, Ninja	Vanilla Bean
Milk, Buffalo	Bean, Pinto/Frijole	Vanilla Powder
Milk, Cow	Bean, Red	Vegetable Oil
Milk, Goat	Bean, White	
Milk, Sheep	Chickpea (see also Garbanzo Bean)	
Milk Chocolate	Coffee Bean, Organic	
Mozzarella Cheese	Edamame (must be organic)	

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cheese, Cream

Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

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
(Carrot)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Gluten-Containing Foods

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

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten
Sensitive)

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

Wheat (All Types)

Wheat Grass (Is
Gluten-contaminated)

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

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)

Hemp Seed

Hydrogenated Oils

Konjac Glucomannon Flour

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 Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

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

Vegetable Oil

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)	Sparkling Water, unflavored	Antimony
Coffee Bean, Organic	Tea, Black	Arabic Gum
Collagen Protein (Powder)	Tea, Chamomile	Baking Powder
Echinacea Tea	Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin	Tea, Komboucha	Blue Food Dye
Green Tea	Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)	Tea, Ramon	Carrageenan Gum
Komboucha Tea	Tea, Roobios	Chewing Gum (has gluten and corn)
Lactoalbumin	Tea, Unflavored	Chewing Gum, Xyl Chew®
Lemon Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Teechino	Chicory Root
Lime Juice	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo	Water	Collagen Protein (Powder)
Milk, Cow	Whey	Formaldehyde
Milk, Goat	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Orange Juice		Glucomannon Flour (konjacfoods.com)
Pea Protein		Great Lake's® Beef Gelatin

Guar Gum	Tofu (Organic)	qwerty
Hops	Tragacanth Gum	Yucca
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)	Zucchini
Inulin	Vegetable Oil	
Julian Bakery Almond Bread	Vinegar, Red Wine	
Julian Bakery Coconut Bread	Xanthan Gum	
Julian Bakery Paleo Wraps	Yeast, Baker's	
Konjac Glucomannan Flour	Yeast, Brewer's	
Lard (pork)	Yeast, Nutritional	
Latex	Snacks	
Locust Bean Gum	Apple Sauce	
Lycopene	Dates	
Malt	Simple Mills Chocolate Chip Cookies	
Maltodextrin (Barley-derived)	AB	
Modified Food Starch	Flax Meal	
Modified Food Starch (Tapioca-based)	Flax Oil	
Palm Wax	Flax Seed	
Pycnogenol	Flounder	
Red Food Dye		
Red Tomato Paste (gluten free)		
Resveratrol		
Rice Starch (if certified gluten free)		
Silver		
Skinny Crisps® (Plain Jane)		

Fruits

Nuts, Seeds, Drupes & Oils

Fish & Shellfish

Vegetables

Meat & Poultry

Non-Dairy & Eggs

Condiments, Spreads & Sauces

Sweeteners

Herbs & Spices

Milk-Containing Foods

Legumes & Pulses

Corn-Derived Foods

Gluten-Containing Foods

Gluten-Free Grains

Beverages & Protein Powders

Miscellaneous

Snacks

AB

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