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

Vegetables

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Bean Sprout

Beet Greens

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

Cauliflower

Cauliflower, Purple

Celery

Chard

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kohlrabi

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Mustard Greens

Olives (without vinegar)

Onion, Green

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Parsley

Prickly Pear

Radicchio

Radish

Rainbow Chard

Rutabaga

Sauerkraut (Bubbies® Brand only)

Scallions

Shallots

Spinach

Swede

Swiss Chard

Truffle	Loquat	Avocado Oil
Turnip Greens	Lychee	Coconut, shredded (raw, unsweetened)
Wasabi Root	Maqui	Coconut Butter
Water Chestnut	Mulberry	Coconut Oil
Watercress	Nectarines	MCT Oil
Fruits	Noni	Pistachios
Acai	Passion Fruit	Truffle Oil
Apricot	Peach	Truffle Oil, Black
Bilberry	Pear	Herbs & Spices
Boysenberry	Plum	Allspice
Carambola	Pomegranate	Almond Flavor (natural, gluten free)
Dragon Fruit (Pitaya)	Rambutan	Anise
Elderberry	Star Fruit	Astragalus
Golden Berry	Youngberry	Basil
Grapefruit	Legumes, Pods, & Pulses	Bay Leaf
Huckleberry	Nuts, Seeds, Drupes & Oils	Black Cohosh
Lemon	Almond	Cardamom
Lemon Juice	Almond, Marcona	Catnip
Lemon Rind/Peel	Almond Butter (Artisana®)	Celery Powder
Lime	Almond Flavor (natural, gluten free)	Celery Seed
Lime Juice	Almond Flour (gluten free)	Chaparral
Loganberry	Almond Meal (gluten free)	Chervil
Longan Fruit	Almond Oil	Cilantro/Coriander

Cinnamon	Grapefruit Seed Extract	Pepper, Black (see Garlic/Lemon Pepper)
Cinnamon, Ceylon	Gymnema Silvestre	Pepper/Peppercorns
Clove Powder	Herbs De Provence	Peppermint
Cloves, Madagascar	Hickory	Pine Bark Extract
Cloves, Penang	Himalayan Salt	Rose Hips
Comfrey	Juniper Berry	Rosemary
Cramp Bark Extract	Lavender	Saffron
Cream of Tartar	Lemon Balm (Melissa Officinalis)	Sage
Cumin	Lemongrass	Sassafras
Curcumin	Lemon Pepper	Savory
Curry (must be GF)	Maca Root	Saw Plametto
Dandelion Root	Mace Spice	Shallots
Dill	Marjoram	Spearmint
Dong Quai	Milk Thistle	St. John's Wort
Echinacea	Mint	Sumac
Fennel	Mustard (as a Powder)	Tarragon
Garlic	Mustard Seeds (gluten free)	Thyme
Garlic Pepper	Nutmeg	Turmeric
Garlic Powder	Onion	Uva Ursi
Garlic Salt	Onion Powder	Valerian
Ginkgo Biloba	Oregano	White Willow Bark Extract
Ginseng (All Types)	Parsley	Wintergreen
Goldenseal	Pau D'arco	Wormwood

Fish & Shellfish**Meat & Poultry**

Ostrich

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

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Gluten-Free Grains

Almond Flour (gluten free)

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour (konjacfoods.com)

Konjac Glucomannon Flour

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

Apple Cider Vinegar (Bragg's®)

Coconut Aminos®

Coconut Cream

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

Liquid Smoke gluten free (natural)

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

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®)

Latex

Lycopene

Silver

Snacks**Food Additives**

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

Ginger

Tabasco Sauce

Yams, Garnett

Yams, Japanese

Fruits

Blackberry

Blueberry

Cherry

Clementine

Dates

Guava

Kiwi

Pear, Asian

Raspberry

Tangerine

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Annatto Seed

Brazil Nut

Canola Oil, Non-GMO

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Cottonseed/Cottonseed Oil

Duck Fat

Flax Meal

Flax Oil

Flax Seed

Hazelnut/Filbert

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pine Nut

Poppy seeds

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Herbs & Spices

Caraway Seed

Ginger Powder

Guarana

Olive Leaf Extract

Tabasco Sauce

Vanilla Bean

Vanilla Powder

Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Herring

Lox

Mackerel

Mahi Mahi

Octopus

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Sole

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic black forest ham

Applegate® organic ham

Applegate® organic hot dogs

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

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

Egg Whites, Pasture-raised

Gluten-Free Grains

Amaranth

Flax Meal

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Sunflower Seed Flour

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

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Harissa

Ketchup (Organicville)

Tabasco Sauce

Ume Plum Vinegar

Vegetable Shortening (Spectrum®)

Vinegar, Distilled

Sweeteners

Agave Nectar

BodyPro Almond Mayo Grade A
Maple Syrup

Coconut Palm Sugar

Coconut Sugar

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Lo Han

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Yacon Syrup

Beverages & Protein Powders

Bone Broth Protein, Beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Hemp Protein (Powder)

Miscellaneous

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Dates

Food Additives

Annatto Coloring

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

Eggplant

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Red Pepper Flake

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)

Fruits

Durian Fruit

Goji Berry

Gooseberries

Kumquat

Mangosteen

Monk Fruit (Pure)

Persimmons

Pomelo

Prune

Wolfberry

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Bell Pepper, Red

Capsicum

Chili Powder

Fennel Seed

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Pepper Flake

Tomatillo

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods**Snacks****Non-Dairy & Eggs****Food Additives****Gluten-Free Grains****Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Distilled White Vinegar

Red Tomato Paste (gluten free)

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)**Sweeteners**

Monk Fruit (Pure)

Monk Fruit Extract

Xyla (Birchwood Xylitol)

Beverages & Protein Powders**Miscellaneous**

Red Tomato Paste (gluten free)

Tobacco

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

Chayote

Oat Grass (Not For Gluten Sensitive)

Pimento

Sugar Beet

Taro

Fruits

Banana

Cape Gooseberries

Currant

Dried Fruit

Ground Cherries

Jack fruit

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Pineapple

Plantain

Quince

Tangelo

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Borage Seed Oil

Pili Nuts

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

Tea, Ramon

Tiger Nuts

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Ashwaganda

Garam Masala

Jamaican Jerk

Orange Peel/Rind

Orange Salt

Red Clover

Sesame Seeds

Sesame Seeds, Black

Vanilla (gluten and corn-free)

Fish & Shellfish

Meat & Poultry

Applegate® organic bacon

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Quinoa (gluten free)

	Condiments, Spreads & Sauces	Miscellaneous
Quinoa, Black (gluten free)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Cocoa
Quinoa, Red (gluten free)	Cocoa Butter	Rice Starch (if certified gluten free)
Rice, Basmati (gluten free)	Vinegar, Beet	Snacks
Rice, Black (gluten free)	Sweeteners	Food Additives
Rice, Brown (gluten free)	Brown Sugar	Arabic Gum
Rice, Japonica (gluten free)	Cane Syrup	Asafoetida Powder
Rice, Purple (gluten free)	Chocolate, Dark	Tragacanth Gum
Rice, Red (gluten free)	Fruit Pectin	
Rice, White (gluten free)	Just Like Sugar®	
Rice, Wild (Lundberg® - not the blend)	Molasses	
Rice Bran	Sucanat	
Rice Flour (gluten free)	Sugar Beet	
Rice Protein Powder (gluten free)	Sugar Cane	
Teff	Beverages & Protein Powders	
Teff Flour	Cocoa	
Gluten-Containing Foods	Coffee Bean, Organic	
Corn-Derived Foods	Orange Juice	
Barbeque Sauce, GF Annie's® Sweet & Spicy	Rice Protein Powder (gluten free)	
	Tea, Ramon	

These are the foods that have been removed from your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Kelp/Dulse

Kombu

Nori

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Sweet Potato, Red

Sweet Potatoes, White

Turnips

Fruits

Strawberry

Tamarind

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

Garbanzo Flour

Kidney Bean

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,
Maranatha®)

Red Bean Paste

Soybean oil(must be organic)

Soy Beans (must be organic)

Nuts, Seeds, Drupes & Oils

Canola/Rapeseed Oil

Corn Oil

Fenugreek Seed

Hydrogenated Oils

Krill Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Psyllium Husk

Vegetable Oil

Herbs & Spices

Licorice Root

Mesquite

Red Chili Paste Thai Kitchen®
(gluten free)

Tamari (Wheat Free)

Fish & Shellfish

Anchovy

Catfish

Clam

Cod/ Cod Liver Oil

Crab

Crab, Immitation

Crayfish

Krill

Lobster

Mussel

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic chicken

Applegate® organic chicken/apple
sausageApplegate® organic herb roasted
turkeyApplegate® organic red pepper
sausageApplegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Chicken Broth (Imagine® gf/low
sodium)**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	Ghee (Pasture-Raised, Organic)	Milk, Soy (Organic)
Cheese, Cream	Goat Cheese	Gluten-Free Grains
Cheese, Feta	Goat Kefir	Corn (Gluten-free & Non-GMO)
Cheese, Goat	Kefir, Raw	Corn, Blue
Cheese, Gorgonzola	Lactic Acid (milk-derived)	Corn, White
Cheese, Gouda	Lactoalbumin	Corn Meal (gluten free)
Cheese, Havarti	Milk, Buffalo	Corn Starch (gluten free)
Cheese, Machego	Milk, Cow	Fava Bean Flour
Cheese, Marscapone	Milk, Goat	Garbanzo Flour
Cheese, Mozzarella (Raw)	Milk, Sheep	Julian Bakery Almond Bread
Cheese, Muenster	Milk Chocolate	Julian Bakery Coconut Bread
Cheese, Parmesan	Mozzarella Cheese	Mikey's Original English Muffin
Cheese, Pecorino	Sour Cream, Raw and Unpasteurized	Mikey's Pizza crust
Cheese, Provolone	Whey	Mikey's Sliced Bread Loaf
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	Potato Flour (gluten free)
Cheese, Ricotta	Non-Dairy & Eggs	Potato Starch (gluten free)
Cheese, Romano	Almond Yogurt, unsweetened	Sweet Potato Flour (gluten free)
Cheese, Sheep	BodyPro Avocado Oil Mayonnaise	Tolerant Green Lentil & Pea Pasta
Cheese, String (Mozzarella)	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Tolerant Red or Green Lentil Pasta
Cheese, Swiss	Cheese, Soy (Organic) (see Soy)	Tortilla, Siete Almond
Chocolate, Milk	Egg, Pasture-raised (from a farmer)	Tortilla, Siete Cassava & Coconut
Chocolate, White	Egg, Vital Farms® or Pasture Verde®	Udi's Millet-Chia Bread
Cream, Raw and Unpasteurized	Egg Yolks, Pasture-raised	Udi's White Sandwich Bread

Udi's Whole Grain Bread	Corn Starch (gluten free)	Liquid Aminos (Braggs®)(has Soy)
Gluten-Containing Foods	Corn Syrup	Mayonnaise
Bread	Erythritol (non-GMO)	Mayonnaise, Primal Kitchen Avocado Oil
Cheese, Bleu	Fructose	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Chewing Gum (has gluten and corn)	GemWraps®, Sandwich Wrap (Carrot)	Red Bean Paste
Crab, Immitation	Hydrogenated Oils	Red Chili Paste Thai Kitchen® (gluten free)
Maltitol	Lactic Acid (corn-derived)	Sour Cream, Raw and Unpasteurized
Miso	Maize	Soy Sauce
Modified Food Starch	Maltitol	Sriracha Sauce Organicville gluten-free
Soy Sauce	Maltodextrin (Corn-based, non-GMO)	Tamari (Wheat Free)
Teriyaki Sauce	Modified Food Starch	Teriyaki Sauce
Corn-Derived Foods	Sriracha Sauce Organicville gluten-free	Veganise Soy-free (Follow Your Heart®)
Cheese, Cream	Swerve® Sweetener	Worcestershire Sauce (The Wizard's® GF)
Cheese, Daiya (Coconut, Tapioca, yeast,....)	Vodka, Corn	Sweeteners
Cheese, Soy (Organic) (see Soy)	Xanthan Gum	Aspartame
Chewing Gum (has gluten and corn)	Yogurt (See Xanthan Gum)	Chocolate, Milk
Citric Acid (can be corn-derived)	Condiments, Spreads & Sauces	Chocolate, White
Corn (Gluten-free & Non-GMO)	BodyPro Avocado Oil Mayonnaise	Corn Syrup
Corn, Blue	Cream, Raw and Unpasteurized	Erythritol (non-GMO)
Corn, White	Daiya - Medium Cheddar Block	Fructose
Corn Gluten	Earth Balance® Avocado Oil Butter Spread	Maltitol
Corn Meal (gluten free)	Hummus	Maltodextrin (Corn-based, non-GMO)
Corn Oil	Kosher Salt	Nutrasweet®

Sorbitol

Splenda

Sucralose

Swerve® Sweetener

Xylitol

Beverages & Protein Powders

Carrot Juice

Casein

Lactoalbumin

Licorice Tea

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Rice

Milk, Sheep

Milk, Soy (Organic)

Pea Protein

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Unflavored

Vodka, Corn

Vodka, Potato

Whey

Miscellaneous

Antimony

Baking Powder

Beef broth (Imagine® low sodium/GF)

Chicken Broth (Imagine® gf/low sodium)

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Julian Bakery Paleo Wraps

Modified Food Starch

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Snacks

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Blue Food Dye

Carrageenan Gum

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Vegan Natural Flavors (with MSG)

Xanthan Gum

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, Marscapone

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	Guar Gum
Yeast, Brewer's	Inulin
Yeast, Nutritional	Lactic Acid (beet-derived)
Snacks	Lactic Acid (corn-derived)
Apple Sauce	Lactic Acid (milk-derived)
Chewing Gum (has gluten and corn)	Locust Bean Gum
Chewing Gum, Xylicew®	Maltodextrin (Barley-derived)
Dates	MSG/MonosodiumGlutamate
Simple Mills Chocolate Chip Cookies	Palm Wax
Simple Mills Cracked Black Pepper Almond Crackers	Pea Protein Isolate
Skinny Crisps® (Plain Jane)	Pea Starch
Food Additives	Potato Protein
Acacia Gum	Red Food Dye
Agar Gum	Sodium Alginate
Annatto Coloring	Tragacanth Gum
Arabic Gum	Tricalcium Phosphate
Asafoetida Powder	Vegan Enzyme
Blue Food Dye	Vegan Natural Flavors (no MSG)
Carrageenan Gum	Vegan Natural Flavors (with MSG)
Chicory Root	Xanthan Gum
Citric Acid (can be corn-derived)	
Formaldehyde	