Vegetables	Capsicum	Dandelion Root
Alfalfa Sprouts	Carrot Juice	Eggplant
Aloe Vera	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and	Horseradish
Bell Pepper, Orange	Yucca) Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse
Bok Choy	Chard	Kohlrabi
Broccoli	Chayote	Kombu
Broccoli Rabe	Chives	Leeks
Broccoli Sprouts	Coconut (raw and unsweetened)	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms
Brussels Sprout	Collard Greens	Mushrooms, Button
Burdock	Corn (Gluten-free & Non-GMO)	Mushrooms,
Cabbage, Chinese (see	Corn, Blue	Cremeni/Crimini Mushrooms, Maitake
also Bok Chov) Cabbage, Green	Corn, White	Mushrooms, Shiitake
Cabbage, Purple	Cucumber	Mustard Greens
Cactus (Nopales)	Daikon Radish	Nori
Capers	Dandelion Greens	Okra

Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Summer
Pea, Green	Prickly Pear	Squash, Winter
Pea, Snap	Psyllium Husk	Squash, Yellow
Pea, Snow	Pumpkin	Sugar Beet
Pea, Split	Pumpkin Powder	Sweet Potato, Red
Pea Protein	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard
Pepper, Chili	Rainbow Chard	Tomatillo
Pepper, Green	Rhubarb	Tomato Paste (gluten & Vinegar-free)
Pepper, Habanero	Rutabaga	Tomato Sauce (gluten &
Pepper, Jalapeño	Sauerkraut (Bubbies®	Vinegar-free) Tomato
Pepper, Poblano	Brand only) Scallions	Tomatoes, Big Beef
Pepper, Red	Sea Vegetables	Tomato, Cherry
Pepper, Serrano	Seaweed	Tomato, Heirloom

Tomato, Orange	Apple Sauce	Grape, Red
Tomato, Red	Bilberry	Grape, White
Tomato, Roma	Blackberry	Grapefruit
Tomato, Sun-dried	Blueberry	Grapefruit Juice
Tomato, Yellow	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice
Yams, Japanese	Date(s)	Lemon Rind/Peel
Yucca	Dragon Fruit (Pitaya)	Lime
Zucchini	Dried Fruit	Lime Juice
Cabbage	Elderberry	Litchi (aka Lychee)
Carrot	Fig	Loganberry
Green Bean	Goji Berry	Loquat
Fruits	Golden Berry	Mango
Agar Gum	Gooseberry	Mangosteen
Apple (all types)	Grape	Maqui
Apple Cider	Grape, Green	Melon, Honeydew
Apple Juice	Grape, Purple	Monk Fruit

Mulberry	Strawberry	Coconut, shredded (raw
Nectarines	Tamarind	unsweetened) Cola Nut (aka Kola Nut)
Noni	Tangelo	Corn Oil
Orange	Tangerine	Cottonseed/Cottonseed
Orange, Blood	Watermelon	Flax Meal
Orange Juice	Wolfberry	Flax Oil
Orange Peel/Rind	Youngberry	Flax Seed
Papaya	Acai	Grapeseed Oil, Organic
Passion Fruit	Nuts, Seeds, & Oils	Hazelnut Flour
Peach	Almond Butter (Artisana®)	Hazelnut/Filbert
Pear	Almond Flavor natural,	Hemp Meal
Pear, Asian	aluten free) Almond Flour (gluten free)	Hemp Protein (Powder)
Persimmons	Almond Meal (gluten free)	Hemp Seed
Pineapple	Almond, Marcona	Hydrogenated Oils
Plum	Annatto Seed	Macadamia Nut Oil
Pomegranate	Brazil Nut	Macadamia Nuts
Pomelo	Canola/Rapeseed Oil	Olive Leaf Extract
Prune	Caraway Seed	Olive Oil, Virgin
Quince	Chestnut	Palm Kernel Oil
Raisin (unsulfured,	Chia Seed (1/4 cup, max)	Pecan
organic) Raspberry	Coconut Butter	Pecan Flour
Star Fruit	Coconut Oil	Pepitas

Pili Nuts	Vegetable Oil	Peanut Oil (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Soy Beans (must be organic)
Pistachios	Walnut (few)	Soy Beans Oil (must be
Poppy seeds	Walnut Oil	organic) Vanilla Bean
Psyllium Husk	Walnut, Black (few)	Vanilla Powder
Pumpkin Oil	Hemp	White Beans
Pumpkin Seed Oil	Sesame	Fish & Shellfish
Pumpkin Seeds	Almond	Anchovy
Ramon Seeds	Legumes & Pulses	Catfish
Rice, Wild (Lundberg® - not the blend)	Chickpea (see also Garbanzo Bean)	Chilean Sea Bass
Safflower/Safflower Seed Oil	Edamame (must be organic)	Clam
Sacha Inchi Seeds	Fava Bean	Cod/ Cod Liver Oil
Sesame Seed Oil	Fava Bean Flour	Corvina
Sesame Seeds	Garbanzo Bean	Crab
Sesame Seeds, Black	Garbanzo Flour	Crayfish
Sunflower Seed Butter	Lentil(s)	Flounder
Sunflower Seed Lecithin	Miso	Hake
Sunflower Seed Oil	Pea, Snap	Halibut
Sunflower Seeds	Pea, Snow	Herring
Tahini	Pea, Split	Lobster
Tea, Ramon	Peanut (Organic, Valencia)	Mackerel
Tiger Nuts	Peanut Butter (Organic, Maranatha®)	Mahi Mahi

Mussel	Meat & Poultry	Ostrich
Orange Roughy	Applegate® organic bacon	Pheasant
Oyster	Applegate® organic black forest ham	Pork, (organic)
Perch	Applegate® organic chicken	Quail
Red Snapper	Applegate® organic ham	Rabbit
Salmon, wild (fresh)	Applegate® organic hot dogs	Turkey (organic)
Sardines	Applegate® organic roast beef	Veal (organic)
Scallop	Applegate® organic andouille sausage	Venison (see also Deer)
Shrimp	Applegate® organic chicken/apple sausage	Beef
Sole	Applegate® organic red pepper sausage	Non-Dairy & Eggs
Squid	Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)
Swai	Applegate® organic sausage sweet italian	Almond Yogurt, unsweetened
Swordfish	Applegate® organic smoked chicken breast	Cheese, Soy (Organic) (see Soy)
Tilapia (Non-farmed)	Applegate® organic smoked turkey breast	Coconut Kefir (No Tapioca, Carageenan)
Trout	Beef, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)
Tuna	Bison (see also Buffalo)	Egg, Pasture-raised (from a farmer)
Walleye Pike	Chicken Broth (Imagine® af/low sodium)	Egg, Vital Farms® or Pasture Verde®
Whitefish/Turbot	Chicken, free range (organic)	Egg, Whites, Pasture-raised
Codfish	Deer (see also Venison)	Egg, Yolks Pasture-raised
Crab, Immitation	Duck	Milk, Soy (Organic)
	Goat, Grass-fed only (organic)	Sriracha Sauce Organicville gluten-free
	Lard (pork)	Egg

Condiments		Sweeteners	Splenda
Apple Cider Vinegar (Bragg's®)		Agave Nectar	Sucanat
BodyPro Almond Mayo Grade B Maple Svrup		BodyPro Almond Mayo Grade B Maple Svrup	Sugar Beet
BodyPro Almond Mayo with Yacon Svrup		BodyPro Almond Mayo with Yacon Svrup	Sugar Cane
Coconut Vinegar (Coconu Secret)	ut	Brown Rice Syrup (contains MSG/Gluten)	Sweetleaf® Stevia
Earth Balance® Coconu Spread	ıt 🗌	Coconut Palm Sugar	Swerve® Xylitol
Horseradish Sauce, Gluten-free (Annie's®)		Date Sugar	Xyla (Birchwood Xvlitol/non-corn source)
Hummus		Erythritol (non-GMO)	Yacon Syrup
Ketchup (Organicville)		Fructose	Herbs & Spices
Mayonnaise		Fruit Pectin	Allspice
Mustard, Brown (Eden® mustard)	gf]	Honey, (Organic)	Almond Flavor natural, gluten free)
Sauerkraut (Bubbies® Brand only)		Honey, Manuka	Anise
Sriracha Sauce Organicville gluten-free		Honey, Wildflower from Mahava®	Basil
Ume Plum Vinegar		Just Like Sugar®	Black Cohosh
Veganaise Soy-free (Follow Your Heart®)		Lo Han	Caramel Coloring
Vinegar, Distilled		Maltodextrin (Corn-based, non-GMO)	Caraway Seed
Vinegar, Red Wine		Maple Sugar	Cardamom
Vinegar, Rice		Maple Syrup (Grade A Dark Amber Organic)	Celery Powder
Vinegar, White		Molasses	Chicory Root
Vinegar, White Wine		Monk Fruit	Chili Powder
Worcestershire Sauce (The Wizard's® GF)		Rebiana Leaf (Stevia)	Chipotle Seasoning
(THE WIZAIU SAW GF)		Sorbitol	Cilantro/Coriander

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

Rosemary		Rose Hips	Coconut Meal (gluten free)
Saffron		Milk-Containing Foods	Corn (Gluten-free & Non-GMO)
Sage		Applegate® organic spinach & feta sausage	Corn, Blue
Saw Plametto		Cheese, Goat	Corn, White
Sesame Seeds		Cheese, Machego	Corn Starch (gluten free)
Sesame Seeds, Black		Cheese, Pecorino	Ener-G Brown Rice
Shallots		Cheese, Ricotta	Yeast-Free Bread Fava Bean Flour
Spearmint		Cheese, Sheep	Flax Meal
St. John's Wort		Goat Cheese	Garbanzo Flour
Taco Seasoning		Goat Kefir	Glucomannon Flour
Tamari (Wheat Free)		Lactoalbumin	(koniacfoods.com) Hazelnut Flour
Tarragon		Milk, Goat	Hemp Meal
Thyme		Milk, Sheep	Hemp Protein (Powder)
Tomatillo		Whey	Hemp Seed
Turmeric		Cheese, Feta	Konjac Glucomannon
Uva Ursi		Gluten-Free Grains	Flour Millet
Valerian		Almond Flour (gluten free)	Oats
Vanilla (gluten and		Amaranth	Oats (Bob's Red Mill
corn-free) Vanilla Bean		Buckwheat	Gluten Free Version) Oat Grass (Not For Gluten
Vanilla Powder		Buckwheat Flour	Sensitive) Potato Flour (gluten free)
White Willow Bark Extrac	t 🔲	Chicory Root	Potato Starch (gluten free)
Wintergreen		Coconut Flour (gluten free)	Quinoa (gluten free)

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Quinoa, Black (gluten [Tolerant Red or Green Lentil Pasta	Crab, Immitation
Quinoa, Red (gluten free)	Tortilla, Siete Almond	Corn-Derived Foods
Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut	Cheese, Soy (Organic) (see Sov)
Rice, Black (gluten free)	Simple Mills EverythingSpr outedSeedCracker	Chewing Gum (has gluter and corn)
Rice, Brown (gluten free)	Corn Meal (gluten free)	Corn (Gluten-free & Non-GMO)
Rice, Japonica (gluten [Rice	Corn, Blue
Rice, Purple (gluten free)	Gluten-Containing Foods	Corn, White
Rice, Red (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Corn Gluten
Rice, White (gluten free)	Caramel Coloring	Corn Oil
Rice, Wild (Lundberg® - not the blend)	Chewing Gum (has gluten and corn)	Corn Starch (gluten free)
Rice Bran	Coffee, Instant (has gluten)	Erythritol (non-GMO)
Rice Flour (gluten free)	Gluten	Fructose
Rice Protein Powder	Kamut	GemWraps®, Sandwich Wrap (Carrot)
(aluten free) Simple Mills Grnd Sea	Liquid Smoke (can have	Maltodextrin (Corn-based
Salt Almond Crackers Simple Mills Rosemary &	aluten) Oats	non-GMO) Sriracha Sauce
Sea Salt Crackers Simple Mills Tomato &	Polish Wheat	Oraanicville aluten-free Swerve® Xylitol
Basil Almond Crackers Sorghum	Rye	Vegetable Oil
Sweet Potato Flour (gluten	Soy Sauce	Xanthan Gum
free) Tapioca	Spelt	Corn Meal (gluten free)
Tapioca Flour (gluten free)	Teriyaki Sauce	
Tapioca Starch (gluten	Triticale	
free) Tolerant Green Lentil & Pea Pasta	Vinegar, White	

Beverarages & Protein	Pow	Mineral Water	Antimony
Almond Milk, unsweetened (no tapioca)	Orange Juice	Beef broth (Imagine® lov sodium/GF)
Apple Juice		Pea Protein	Carrageenan Gum
Carrot Juice		Rice Protein Powder (aluten free)	Chewing Gum (has gluten and corn)
Coconut Kefir (No Tapioca. Carageenan)		Soy Milk/Soy Cheese (Organic)	Chewing Gum, XylichewÂ
Coconut Milk(Native Forest or Natural Value)		Soy Protein (Organic)	Chicken Broth (ImagineÂ@af/low sodium)
Coconut Water (low sugar)		Sparkling Water, unflavored	Chicory Root
Coffee Bean, Organic		Tea, Black	Coconut Aminos®
Coffee		Tea, Chamomile	Coconut Cream
Coffee, Instant (has aluten)		Tea, Green	Collagen Protein (Powder)
Collagen Protein (Powde	r)	Tea, Oolong	GemWraps®, Sandwich Wrap (Carrot)
Echinacea Tea		Tea, Ramon	GemWraps®, Sandwich Wrap (Kale-Apple)
Grapefruit Juice		Tea, Roobios	GemWraps®, Sandwich Wrap (Mango/Chi.)
Green Tea		Tea, unflavored/caffeine-free	GemWraps®, Sandwich Wrap (Tomato)
Hemp Protein (Powder)		Tea, White	Glucomannon Flour (koniacfoods.com)
Komboucha Tea		Water	Great Lake's® Beef Gelatin
Lemon Juice		Wine, Red	Guar Gum
Licorice Tea		Wine, White (Champagne)	Hops
Lime Juice		Yerba Matte Tea (Organic/Pure)	Julian Bakery Paleo Wraps
Milk, Goat		Miscellaneous	Julian Bakery Coconut Bread
Milk, Sheep		Acacia Gum	Konjac Glucomannon Flour
Milk, Soy (Organic)		Agar Gum	Lard (pork)

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Liquid Aminos (Braggs®)(has Sov)		Vinegar, White Wine
Locust Bean Gum		Xanthan Gum
Lycopene		Yeast, Baker's
Palm Wax		Yeast, Brewer's
Pycnogenol		Yeast, Nutritional
Red Chili Paste Thai Kitchen® (gluten free)		Latex
Red Tomato Paste (glute	en 🗌	Ispaghula/Psyllium
free) Resveratrol		Formaldehyde
Sherry Vinegar		Carmine Red
Silver		
Skinny Crisps®(Plain Jane)		
Tagacanth Gum		
Tamari (Wheat Free)		
Tofu (Organic)		
Tomato Paste (gluten & Vinegar-free)		
Tomato Sauce (gluten &		
Vinegar-free) Tragacanth Gum		
Vegetable broth (Imagine	e®	
Low Sodium) Vegetable Oil		
Vegetable Shortening (Spectrum®)		
Vinegar, Red Wine		
Vinegar, Rice		