sundas malik

09/06/2017

Beverages & Protein Powders	Tea, Ramon		Vinegar, White Wine
Almond Milk, unsweetened (no tapioca)	Tea, Roobios		Worcestershire Sauce (The Wizard's® GF)
Apple Juice	Water		Sriracha Sauce Organicville gluten-free
Carrot Juice	Wine, White (Champagne)		Tabasco Sauce
Coffee	Yerba Matte Tea (Organic/Pure)		Dressing, Primal Kitchen Greek Avocado Oil
Collagen Protein (Powder)	Coffee Bean, Organic		Dressing, Primal Kitchen Honey Mustard
Echinacea Tea			Mayonnaise, Primal Kitchen Avocado Oil
Grapefruit Juice	Condiments		Mayonnaise, Primal Kitchen Chipotle Avocado C
Green Tea	Apple Cider Vinegar (Bragg's®)		BodyPro Almond Mayo Grade B Maple Syrup
Hemp Protein (Powder)	Balsamic Vinegar MiaBella NoCaramel/Wine	Vinega	BodyPro Almond Mayo with Yacon Syrup
Licorice Tea	Balsamic Vinegar (with Red Wine Vinegar)		BodyPro Avocado Oil Mayonnaise
Lime Juice	Barbeque Sauce, GF Annie's® Sweet & Sp	icy	
Milk, Cow	Carob		Corn-Derived Foods
Milk, Goat	Horseradish Sauce, Gluten-free (Annie's®)		Barbeque Sauce, GF Annie's® Sweet & Spicy
Milk, Sheep	Hummus		Cheese, Cream
Milk, Soy (Organic)	Ketchup (Organicville)		Cheese, Daiya (Coconut, Tapioca, yeast, Â)
Mineral Water	Mayonnaise		Cheese, Soy (Organic) (see Soy)
Orange Juice	Mustard, Brown (Eden® gf mustard)		Chewing Gum (has gluten and corn)
Soy Milk/Soy Cheese (Organic)	Sauerkraut (Bubbies® Brand only)		Corn (Gluten-free & Non-GMO)
Soy Protein (Organic)	Ume Plum Vinegar		Corn, Blue
Sparkling Water, unflavored	Vinegar, Distilled		Corn, White
Tea, Chamomile	Vinegar, Red Wine		Corn Gluten

Corn Meal (gluten free)	Flounder	Whitefish/Turbot
Corn Oil	Haddock	Crab, Immitation
Corn Starch (gluten free)	Hake	
Erythritol (non-GMO)	Halibut	Fruits
Fructose	Herring	Acai
GemWraps®, Sandwich Wrap (Carrot)	Lobster	Apple (all types)
Maltodextrin (Corn-based, non-GMO)	Mackerel	Apple Cider
Swerve® Xylitol	Mahi Mahi	Apple Juice
Vegetable Oil	Mussel	Bilberry
Xanthan Gum	Orange Roughy	Blackberry
Yogurt (See Xanthan Gum)	Oyster	Blueberry
Sriracha Sauce Organicville gluten-free	Perch	Boysenberry
	Red Snapper	Cantaloupe
Fish & Shellfish	Sardines	Cherry
Anchovy	Scallop	Clementine
Bass	Shrimp	Cranberry
Catfish	Squid	Cranberry Juice
Chilean Sea Bass	Swai	Currant
Clam	Swordfish	Date(s)
Cod/ Cod Liver Oil	Tilapia (Non-farmed)	Dragon Fruit (Pitaya)
Corvina	Trout	Dried Fruit
Crayfish	Walleye Pike	Elderberry

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Fig	Maqui	Raisin (unsulfured, organic)
Golden Berry	Melon, Honeydew	Raspberry
Gooseberry	Monk Fruit	Star Fruit
Grape	Mulberry	Tamarind
Grape, Green	Nectarines	Tangelo
Grape, Purple	Noni	Tangerine
Grape, Red	Orange	Watermelon
Grape, White	Orange, Blood	Wolfberry
Grapefruit	Orange Juice	Youngberry
Grapefruit Juice	Orange Peel/Rind	Banana
Guava	Papaya	Apricot
Huckleberry	Passion Fruit	Goji Berry
Jack fruit	Pear	Apple Sauce
Kiwi	Pear, Asian	
Kumquat	Persimmons	Gluten-Containing Foods
Lime	Pineapple	Chewing Gum (has gluten and corn)
Lime Juice	Plantain	Maltodextrin (Can be Wheat-derived)
Litchi (aka Lychee)	Plum	Crab, Immitation
Loganberry	Pomegranate	
Loquat	Pomelo	
Mango	Prune	
Mangosteen	Quince	

Gluten-Free Grains	Oat Grass (Not For Gluten Sensitive)	Herbs & Spices
Almond Flour (gluten free)	Potato Flour (gluten free)	Allspice
Amaranth	Potato Starch (gluten free)	Almond Flavor natural, gluten free)
Basmati Rice (gluten free)	Quinoa (gluten free)	Anise
Buckwheat	Quinoa, Black (gluten free)	Ashwaganda
Buckwheat Flour	Quinoa, Red (gluten free)	Astragalus
Chicory Root	Rice, Wild (Lundberg® - not the blend)	Basil
Corn (Gluten-free & Non-GMO)	Sorghum	Black Cohosh
Corn, Blue	Sweet Potato Flour (gluten free)	Caraway Seed
Corn, White	Tapioca	Cardamom
Corn Starch (gluten free)	Tapioca Flour (gluten free)	Celery Powder
Fava Bean Flour	Tapioca Starch (gluten free)	Chicory Root
Fava Bean Flour Flax Meal	Tapioca Starch (gluten free) Teff	Chicory Root Chili Powder
Flax Meal	Teff	Chili Powder
Flax Meal Garbanzo Flour	Teff Tolerant Green Lentil & Pea Pasta	Chili Powder Chipotle Seasoning
Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com)	Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta	Chili Powder Chipotle Seasoning Cilantro/Coriander
Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour	Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond	Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon
Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal	Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut	Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon Cinnamon, Ceylon
Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder)	Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut Corn Meal (gluten free)	Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon Cinnamon, Ceylon Cloves
Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour Hemp Meal Hemp Protein (Powder) Hemp Seed	Teff Tolerant Green Lentil & Pea Pasta Tolerant Red or Green Lentil Pasta Tortilla, Siete Almond Tortilla, Siete Cassava & Coconut Corn Meal (gluten free)	Chili Powder Chipotle Seasoning Cilantro/Coriander Cinnamon Cinnamon, Ceylon Cloves Cloves, Madagascar

Cumin	Jamaican Jerk	Pepper, Cayenne
Curcumin	Juniper Berry	Pepper/Peppercorns
Curry (must be GF)	Lavender	Pepper, Red
Dandelion Root	Lemon Balm (Melissa Officinalis)	Peppermint
Dill	Lemongrass	Pine Bark Extract
Dong Quai	Licorice Root	Red Pepper Flake
Echinacea	Liquid Smoke gluten free (natural)	Rosemary
Fennel	Maca Root	Saffron
Garlic	Mace Spice	Sage
Garlic Pepper	Marjoram	Saw Plametto
Garlic Powder	Mesquite	Sesame Seeds
Garlic Salt	Milk Thistle	Sesame Seeds, Black
Ginkgo Biloba	Mint	Spearmint
Ginseng (All Types)	Mustard (as a Powder)	St. John's Wort
Goldenseal	Mustard Seeds (gluten free)	Taco Seasoning
Grapefruit Seed Extract	Nutmeg	Tamari (Wheat Free)
Grapeseed Extract	Olive Leaf Extract	Tarragon
Guarana	Orange Peel/Rind	Thyme
Gymnema Silvestre	Orange Salt	Tomatillo
Herbs De Provence	Oregano	Turmeric
Hickory	Parsley	Uva Ursi
Himalayan Salt	Pepper, Black (see Garlic/Lemon Pepper)	Valerian

Vanilla (gluten and corn-free)	Bean, Lima	Meat & Poultry
Vanilla Bean	Bean, Mung	Applegate® organic bacon
Vanilla Powder	Bean, Navy/Ninja	Applegate® organic black forest ham
White Willow Bark Extract	Bean, Pinto/Frijole	Applegate® organic ham
Wintergreen	Bean, Red (see also Bean, Kidney)	Applegate® organic andouille sausage
Rose Hips	Chickpea (see also Garbanzo Bean)	Applegate® organic chicken/apple sausage
Pepper, Sichuan	Edamame (must be organic)	Applegate® organic red pepper sausage
Pepper, Szechuan	Fava Bean	Applegate® organic spinach & feta sausage
Shallots	Fava Bean Flour	Applegate® organic sausage sweet italian
Paprika (smoked)	Garbanzo Bean	Bison (see also Buffalo)
Paprika	Garbanzo Flour	Buffalo (see also Bison)
	Lentil(s)	Chicken, free range (organic)
Legumes & Pulses	Miso	Deer (see also Venison)
Bean, Azuki	Red Bean Paste	Duck
Bean, Black	Soy Beans (must be organic)	Goat, Grass-fed only (organic)
Bean, Butter	Soy Beans Oil (must be organic)	Lamb (organic)
Bean, Cannellini	Vanilla Bean	Lard (pork)
Bean, Chana Dahl	Vanilla Powder	Ostrich
		Pheasant
Bean, Chili	White Beans	Fileasailt
Bean, Chili Bean, Green	White Beans Coffee Bean, Organic	Pork, (organic)

Turkey (organic)		Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Venison (see also Deer)		Cheese, Ricotta	Cheese, Feta
		Cheese, Romano	
Milk-Containing Foods		Cheese, Provolone	Miscellaneous
Applegate® organic spinach & feta sausage		Cheese, Sheep	Antimony
Butter, Raw and Pasture-raised		Cheese, String (Mozzarella)	Arabic Gum
Buttermilk		Cheese, Swiss	Baking Powder
Casein		Chocolate, Milk	Baking Soda (Arm & Hammer®)
Cheese, American		Chocolate, White	Beef broth (Imagine® low sodium/GF)
Cheese, Asiago		Cream, Raw and Unpasteurized	Carrageenan Gum
Cheese, Brie		Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)
Cheese, Cottage		Goat Cheese	Chewing Gum, Xylichew®
Cheese, Cream		Goat Kefir	Chicory Root
Cheese, Goat		Kefir, Raw	Cocoa/Cacao (raw, pure, & unsweetened)
Cheese, Gorgonzola		Lactoalbumin	Collagen Protein (Powder)
Cheese, Gouda		Milk Chocolate	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Havarti		Milk, Cow	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Machego		Milk, Goat	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, Marscapone		Milk, Sheep	Glucomannon Flour (konjacfoods.com)
Cheese, Muenster		Mozzarella Cheese	Great Lake's® Beef Gelatin
Cheese, Parmesan		Sour Cream, Raw and Unpasteurized	Guar Gum
Cheese, Pecorino	П	Whey	Hops

Julian Bakery Almond Bread	Yeast, Baker's	Milk, Soy (Organic)
Konjac Glucomannon Flour	Yeast, Brewer's	BodyPro Avocado Oil Mayonnaise
Lard (pork)	Yeast, Nutritional	
Liquid Aminos (Braggs®)(has Soy)	Latex	Nuts, Seeds, Drupes & Oils
Locust Bean Gum	Formaldehyde	Almond
Lycopene	Acacia Gum	Almond Butter (Artisana®)
Maltodextrin (Can be Wheat-derived)	Tragacanth Gum	Almond Flavor natural, gluten free)
Palm Wax	Blue Food Dye	Almond Flour (gluten free)
Pycnogenol	Skinny Crisps®(Plain Jane)	Almond Meal (gluten free)
Red Tomato Paste (gluten free)	Red Food Dye	Almond, Marcona
Resveratrol	Cocoa Butter	Annatto Seed
Sherry Vinegar	Agar Gum	Brazil Nut
Silver		Canola/Rapeseed Oil
Tamari (Wheat Free)	Non-Dairy & Eggs	Caraway Seed
Tofu (Organic)	Almond Milk, unsweetened (no tapioca)	Cashews
Tomato Paste (gluten & Vinegar-free)	Almond Yogurt, unsweetened	Cashew Butter
Tomato Sauce (gluten & Vinegar-free)	Cheese, Daiya (Coconut,Tapioca,yeast,Â	Cashew Meal
Vegetable Oil	Cheese, Soy (Organic) (see Soy)	Chestnut
Vegetable Shortening (Spectrum®)	Egg, Pasture-raised (from a farmer)	Cola Nut (aka Kola Nut)
Vinegar, Red Wine	Egg, Vital Farms® or Pasture Verde®	Corn Oil
Vinegar, White Wine	Egg, Whites, Pasture-raised	Cottonseed/Cottonseed Oil
Xanthan Gum	Egg, Yolks Pasture-raised	Flax Meal

Flax Oil	Pumpkin Oil	Sweeteners
Flax Seed	Pumpkin Seed Oil	Aspartame/Nutrasweet
Grapeseed Oil, Organic	Pumpkin Seeds	Chocolate, Dark
Hazelnut Flour	Ramon Seeds	Chocolate, Milk
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Chocolate, White
Hemp Meal	Sacha Inchi Seeds	Date Sugar
Hemp Protein (Powder)	Sesame Seed Oil	Erythritol (non-GMO)
Hemp Seed	Sesame Seeds	Fructose
Hydrogenated Oils	Sesame Seeds, Black	Fruit Pectin
Macadamia Nut Oil	Tea, Ramon	Just Like Sugar®
Macadamia Nuts	Tiger Nuts	Lo Han
Olive Leaf Extract	Vegetable Oil	Maltodextrin (Can be Wheat-derived)
Olive Oil, Virgin	Vegetable Shortening (Spectrum®)	Maltodextrin (Corn-based, non-GMO)
Palm Kernel Oil	Walnut (few)	Maple Sugar
Pecan	Walnut Oil	Maple Syrup (Grade A Dark Amber Organic)
Pecan Flour	Walnut, Black (few)	Molasses
Pepitas		Monk Fruit
Pili Nuts	Snacks	Nutrasweet®
Pine Nut	Date(s)	Rebiana Leaf (Stevia)
Pistachios	Simple Mills Chocolate Chip Cookies	Sorbitol
Poppy seeds	Apple Sauce	Splenda
Psyllium Husk		Sucanat

Sugar Beet	Bell Pepper, Red	Corn, White
Sugar Cane	Bok Choy	Cucumber
Sweetleaf® Stevia	Brussels Sprout	Daikon Radish
Swerve® Xylitol	Burdock	Dandelion Greens
Xyla (Birchwood Xylitol/non-corn source)	Cabbage, Chinese (see also Bok Choy)	Dandelion Root
Yacon Syrup	Cabbage, Green	Endive
BodyPro Almond Mayo Grade B Maple Syrup	Cabbage, Purple	Fennel
Sucralose	Cactus (Nopales)	Garlic
Agave Nectar	Capers	Hearts of Palm
Coconut Sugar	Capsicum	Horseradish
	Carrot Juice	Jicama
Vegetables	Carrot, Orange	Kale, all types
Aloe Vera	Carrot, Purple	Kelp/Dulse
Artichoke (not pickled)	Carrot, White	Kohlrabi
Arugula	Carrot, Yellow	Kombu
Asparagus	Cassava (see Tapioca and Yucca)	Leeks
Bamboo Shoot	Celery	Mushrooms
Bean, Green	Chard	Mushrooms, Button
Bean Sprout	Chayote	Mushrooms, Cremeni/Crimini
Beet	Collard Greens	Mushrooms, Maitake
Beet Greens	Corn (Gluten-free & Non-GMO)	Mushrooms, Shiitake
Bell Pepper, Green	Corn, Blue	Mustard Greens

Nori	Potato, Yukon Gold	Tomato
Okra	Prickly Pear	Tomatoes, Big Beef
Olives (without vinegar)	Pumpkin	Tomato, Cherry
Parsley	Pumpkin Powder	Tomato, Heirloom
Parsnip	Radicchio	Tomato, Orange
Pea, Black-Eyed	Radish	Tomato, Red
Pepper, Anaheim	Rainbow Chard	Tomato, Roma
Pepper, Chili	Rhubarb	Tomato, Sun-dried
Pepper, Green	Rutabaga	Tomato, Yellow
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Truffle
Pepper, Jalapeño	Scallions	Turnip Greens
Pepper, Poblano	Sea Vegetables	Turnips
Pepper, Red	Seaweed	Water Chestnut
Pepper, Serrano	Spinach	Watercress
Pickles, Bubbies® brand only	Spirulina	Yams, Garnett
Pimento	Sugar Beet	Yams, Japanese
Potato, Fingerling	Sweet Potato, Red	Yucca
Potato, Purple	Sweet Potatoes, White	Zucchini
Potato, Red	Swiss Chard	Alfalfa Sprouts
Potato, Russet	Tomatillo	Psyllium Husk
Potato, Sweet	Tomato Paste (gluten & Vinegar-free)	Onion, Green
Potato, White	Tomato Sauce (gluten & Vinegar-free)	Onion, Maui

Onion, Red
Onion, Sweet
Onion, Yellow
Chives
Shallots
Bell Pepper
Bell Pepper, Yellow
Bell Pepper, Orange