

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

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

Truffle Oil	Lobster	Vegetables
Truffle Oil, Black	Mackerel	Alfalfa Grass
Vegetable Oil	Mahi Mahi	Alfalfa Sprouts
Vegetable Shortening (Spectrum®)	Mussel	Aloe Vera
Walnut Oil	Octopus	Artichoke (not pickled)
Walnuts	Orange Roughy	Artichoke, Jerusalem (not pickled)
Walnuts, Black	Oyster	Arugula
Fish & Shellfish	Perch	Asparagus
Anchovy	Red Snapper	Avocado
Bass	Salmon, wild (fresh)	Bamboo Shoot
Catfish	Sardines	Barley Grass (can have gluten)
Chilean Sea Bass	Scallop	Barley Greens (may contain gluten)
Clam	Shrimp	Bean Sprout
Cod/ Cod Liver Oil	Sole	Bean, Green
Corvina	Squid	Beet
Crab	Swai	Beet Greens
Crab, Immitation	Swordfish	Bell Pepper
Crayfish	Tilapia (Wild, Non-farmed)	Bell Pepper, Green
Flounder	Trout	Bell Pepper, Orange
Haddock	Tuna	Bell Pepper, Red
Hake	Walleye Pike	Bell Pepper, Yellow
Halibut	Whitefish/Turbot	Bok Choy
Herring		Broccoli
		Broccoli Rabe

Broccoli Sprouts	Collard Greens	Mushrooms, Cremini/Crimini
Broccolini	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 Juice	Fennel	Onion, Red
Carrot, Orange	Garlic	Onion, Sweet
Carrot, Purple	Hearts of Palm	Onion, Yellow
Carrot, White	Horseradish	Paprika
Carrot, Yellow	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea Protein
Cauliflower, Purple	Kelp/Dulse	Pea, Black-Eyed
Celery	Kohlrabi	Pea, Green
Chard	Kombu	Pea, Snap
Chayote	Leeks	Pea, Snow
Chives	Lettuce, all types	Pea, Split
Coconut (raw and unsweetened)	Mushrooms	Pepper, Anaheim
Coconut Concentrate	Mushrooms, Button	Pepper, Cayenne

Pepper, Chili	Rhubarb	Tomato Sauce (gluten & Vinegar-free)
Pepper, Green	Rutabaga	Tomato, Cherry
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Heirloom
Pepper, Jalapeño	Scallions	Tomato, Orange
Pepper, Poblano	Sea Vegetables	Tomato, Red
Pepper, Red	Seaweed	Tomato, Roma
Pepper, Serrano	Shallots	Tomato, Sun-dried
Pickles, Bubbies® brand only	Spinach	Tomato, Yellow
Pimento	Spirulina	Tomatoes, Big Beef
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
Radicchio	Swiss Chard	
Radish	Tomatillo	
Rainbow Chard	Tomato	
Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)	

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 Broth (Imagine® gf/low sodium)

Chicken, free range (organic)

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)	Agave Nectar	Maltodextrin (Tapioca-based)
Sherry Vinegar	Aspartame	Maple Sugar
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Molasses
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit (Pure)
Tabasco Sauce	Chocolate, Dark	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Milk	Nutrasweet®
Teriyaki Sauce	Chocolate, White	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)		Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

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

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garam Masala

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Hydrogenated Oils

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Maca Root

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	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	Cheese, Asiago
Orange Peel/Rind	Spearmint	Cheese, Bleu
Orange Salt	St. John's Wort	Cheese, Brie
Oregano	Sumac	Cheese, Cheddar (Raw)
Paprika	Taco Seasoning	Cheese, Cottage
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cream
Parsley	Tarragon	Cheese, Feta
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Goat
Pepper, Cayenne	Tomatillo	Cheese, Gorgonzola
Pepper, Red	Turmeric	Cheese, Gouda
Pepper, Sichuan	Uva Ursi	Cheese, Havarti
Pepper, Szechuan	Valerian	Cheese, Machego
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Cheese, Mascapone
Peppermint	Vanilla Bean	Cheese, Mozzarella (Raw)
Pine Bark Extract	Vanilla Powder	

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

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 Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

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 Bran

Rice Flour (gluten free)

Rice Protein Powder (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)

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

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 Gluten

Corn Meal (gluten free)

Corn Oil	Bread	Rye
Corn Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Semolina
Corn, Blue	Caramel Coloring	Soy Sauce
Corn, White	Cheese, Bleu	Spelt
Erythritol (non-GMO)	Chewing Gum (has gluten and corn)	Teechino
Fructose	Coffee, Instant (has gluten)	Teriyaki Sauce
GemWraps®, Sandwich Wrap (Carrot)	Couscous	Triticale
Hydrogenated Oils	Crab, Immitation	Vinegar
Maltitol	Durum Wheat	Vinegar, Malt
Maltodextrin (Corn-based, non-GMO)	Farro	Vinegar, White
Modified Food Starch	Gluten	Wheat (All Types)
Sriracha Sauce Organicville gluten-free	Graham (wheat)	Wheat Grass (Is Gluten-contaminated)
Swerve® Sweetener	Kamut	Beverages & Protein Powders
Vegetable Oil	Liquid Smoke (can have gluten)	
Xanthan Gum	Malt	Almond Milk, unsweetened (no tapioca)
Yogurt (See Xanthan Gum)	Maltitol	Apple Cider
Gluten-Containing Foods	Maltodextrin (Barley-derived)	Apple Juice
	Modified Food Starch	Beer
Barley	Oat Grass (Not For Gluten Sensitive)	Bone Broth Protein, Beef
Barley Grass (can have gluten)	Oats	
Barley Greens (may contain gluten)	Oats, GF (not Certified) can have gluten	Carrot Juice
Barley Juice (may contain gluten)	Orzo	Casein
Beer	Panko	Coconut Kefir (No Tapioca, Carageenan)
Bran	Polish Wheat	Coconut Milk(Native Forest or Natural Value)
		Coconut Water (low sugar)

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

Guar Gum

Hops

Hydrogenated Oils

Inulin

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Julian Bakery Paleo Wraps

Konjac Glucomannan Flour

Lard (pork)

Latex

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Barley-derived)

Modified Food Starch

Modified Food Starch
(Tapioca-based)

Palm Wax

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)

Tofu (Organic)

Tragacanth Gum

Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies