

Fruits		
Acai	Grape, Green	Mulberry
Apple (all types)	Grape, Purple	Nectarines
Apricot	Grape, Red	Noni
Banana	Grape, White	Orange
Bilberry	Grapefruit	Orange Juice
Blackberry	Grapefruit Juice	Orange Peel/Rind
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Papaya
Cantaloupe	Jack fruit	Passion Fruit
Cherry	Kiwi	Peach
Clementine	Kumquat	Pear
Cranberry	Lemon	Pear, Asian
Cranberry Juice	Lemon Juice	Persimmons
Currant	Lemon Rind/Peel	Pineapple
Dates	Lime	Plantain
Dragon Fruit (Pitaya)	Lime Juice	Plum
Dried Fruit	Litchi (aka Lychee)	Pomegranate
Elderberry	Loganberry	Pomelo
Fig	Loquat	Prune
Goji Berry	Mango	Quince
Golden Berry	Mangosteen	Raisin (unsulfured, organic)
Gooseberry	Maqui	Raspberry
Grape	Melon, Honeydew	Star Fruit
	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		
Almond	Flax Meal	Pumpkin Seed Oil
Almond Butter (Artisana®)	Flax Oil	Pumpkin Seeds
Almond Flavor (natural, gluten free)	Flax Seed	Ramon Seeds
Almond Flour (gluten free)	Grapeseed Oil, Organic	Rice Bran Oil
Almond Meal (gluten free)	Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)
Almond, Marcona	Hazelnut/Filbert	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
Cashew Butter	Macadamia Nuts	Sunflower Seed Lecithin
Cashew Meal	Olive Leaf Extract	Sunflower Seed Oil
Cashews	Olive Oil, Virgin	Sunflower Seeds
Chestnut	Palm Kernel Oil	Tahini
	Pecan Flour	Tea, Ramon
	Pecans	Tiger Nuts

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

Broccoli Rabe	Coconut Concentrate	Mushrooms, Button
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

Pepper, Cayenne	Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)
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	

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)		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

Herbs & Spices

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	Soy Beans (must be organic)
Kefir, Raw	Bean, Navy	Soybean oil(must be organic)
Lactoalbumin	Bean, Ninja	Vanilla Bean
Milk Chocolate	Bean, Pinto/Frijole	Vanilla Powder
Milk, Buffalo	Bean, Red	Vegetable Oil
Milk, Cow	Bean, White	
Milk, Goat	Chickpea (see also Garbanzo Bean)	
Milk, Sheep	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 Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

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 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

Glucmannon 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

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 Bean, Organic	Sparkling Water, unflavored	Antimony
Coffee, Instant (has gluten)	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		Glucosmannon Flour (konjacfoods.com)
Pea Protein		Great Lake's® Beef Gelatin

Guar Gum	Tofu (Organic)
Hops	Tragacanth Gum
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)
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	
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)	

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies