Vegetables		Broccoli		Chayote
Alfalfa Grass		Broccoli Rabe		Coconut (raw and unsweetened)
Alfalfa Sprouts		Broccoli Sprouts		Coconut Concentrate
Aloe Vera		Broccolini		Collard Greens
Applegate® organic chicken/apple sausage		Brussels Sprout		Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)		Burdock		Corn, Blue
Artichoke, Jerusalem (not pickled)		Cabbage, Chinese (see also Bok Choy)		Corn, White
Arugula		Cabbage, Green		Cucumber
Asparagus		Cabbage, Purple		Daikon Radish
Avocado		Cactus (Nopales)		Dandelion Greens
Avocado Oil		Capers		Dandelion Root
Bamboo Shoot		Capsicum		Eggplant
Bean Sprout		Carrot Juice		Endive
Bean Sprout Bean, Green		Carrot Juice Carrot, Orange		Endive
			_	
Bean, Green		Carrot, Orange		Fennel
Bean, Green Beet	 	Carrot, Orange Carrot, Purple		Fennel Garlic
Bean, Green Beet Beet Greens		Carrot, Orange Carrot, Purple Carrot, White		Fennel Garlic Hearts of Palm
Bean, Green Beet Beet Greens Bell Pepper		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and		Fennel Garlic Hearts of Palm Horseradish
Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca)		Fennel Garlic Hearts of Palm Horseradish Jicama
Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange		Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower		Fennel Garlic Hearts of Palm Horseradish Jicama Kale, all types

	Mushrooms		Pepper, Jalapeño	Squash, Acorn
	Mushrooms, Button		Pepper, Poblano	Squash, Green
	Mushrooms, Cremeni/Crimini		Pepper, Red	Squash, Spaghetti
	Mushrooms, Maitake		Pepper, Serrano	Squash, Winter
	Mushrooms, Shiitake		Pickles, Bubbies® brand only	Sweet Potatoes, White
	Mustard Greens		Pimento	Swiss Chard
	Oat Grass (Not For Gluten Sensitive)		Potato, Fingerling	Tomatillo
	Okra		Potato, Purple	Tomato
	Olives (without vinegar)		Potato, Red	Tomato Paste (gluten & Vinegar-free)
	Onion, Green		Potato, Russet	Tomato Sauce (gluten & Vinegar-free)
	Parsley		Potato, White	Tomato, Cherry
	Parsnip		Potato, Yukon Gold	Tomato, Heirloom
	Pea Protein		Prickly Pear	Tomato, Orange
	Pea, Black-Eyed		Pumpkin	Tomato, Red
	Pea, Green		Pumpkin Powder	Tomato, Roma
	Pea, Snap		Radicchio	Tomato, Sun-dried
	Pea, Snow		Radish	Tomato, Yellow
		ı		
_	Pea, Split		Rainbow Chard	Tomatoes, Big Beef
	Pea, Split Pepper, Anaheim		Rainbow Chard Rhubarb	Tomatoes, Big Beef Turnip Greens
	· · · · · · · · · · · · · · · · · · ·	_		
	Pepper, Anaheim		Rhubarb	Turnip Greens

Yucca	Loquat	Cashew Butter
Zucchini	Maqui	Cashew Meal
	Mulberry	Cashews
Fruits	Nectarines	Chestnut
Acai	Noni	Chia Seed (1/4 cup, max)
Apple (all types)	Passion Fruit	Coconut Butter
Applegate® organic chicken/apple sausage	Peach	Coconut Oil
Bilberry	Pear	Coconut, shredded (raw, unsweetened)
Boysenberry	Tamarind	Cola Nut (aka Kola Nut)
Dates	Wolfberry	Corn Oil
Goji Berry	Youngberry	Cottonseed/Cottonseed Oil
Golden Berry		Flax Meal
Gooseberry	Nuts, Seeds, Drupes & Oils	Flax Oil
Grapefruit	Almond	Flax Seed
Huckleberry	Almond Butter (Artisana®)	Grapeseed Oil, Organic
Lemon	Almond Flavor (natural, gluten free)	Hazelnut Flour
Lemon Juice	Almond Flour (gluten free)	Hazelnut/Filbert
Lemon Rind/Peel	Almond Meal (gluten free)	Hemp Meal
Lime	Almond, Marcona	Hemp Protein (Powder)
Lime Juice	Annatto Seed	Hemp Seed
Litchi (aka Lychee)	Brazil Nut	Macadamia Nut Oil
Loganberry	Caraway Seed	Macadamia Nuts

Olive Leaf Extract	Sunflower Seeds	Perch
Olive Oil, Virgin	Tahini	Red Snapper
Palm Kernel Oil	Tea, Ramon	Salmon, wild (fresh)
Pecan Flour	Tiger Nuts	Sardines
Pecans	Vegetable Oil	Sole
Pepitas	Vegetable Shortening (Spectrum®)	Swai
Pili Nuts	Walnut Oil	Swordfish
Pine Nut	Walnuts	Tilapia (Wild, Non-farmed)
Pistachios	Walnuts, Black	Trout
Poppy seeds		Walleye Pike
Pumpkin Oil	Fish & Shellfish	Whitefish/Turbot
Pumpkin Seed Oil	Bass	
Pumpkin Seed Oil Pumpkin Seeds	Bass Chilean Sea Bass	Meat & Poultry
		Meat & Poultry ApplegateA® organic andouille sausage
Pumpkin Seeds	Chilean Sea Bass	ApplegateÅ® organic andouille
Pumpkin Seeds Ramon Seeds	Chilean Sea Bass Corvina	ApplegateÅ® organic andouille sausage
Pumpkin Seeds Ramon Seeds Sacha Inchi Seeds	Chilean Sea Bass Corvina Crab, Immitation	Applegate® organic andouille sausage Applegate® organic chicken Applegate® organic
Pumpkin Seeds Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil	Chilean Sea Bass Corvina Crab, Immitation Flounder	Applegate® organic andouille sausage Applegate® organic chicken Applegate® organic chicken chicken/apple sausage
Pumpkin Seeds Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil	Chilean Sea Bass Corvina Crab, Immitation Flounder Haddock	Applegate® organic andouille sausage Applegate® organic chicken Applegate® organic chicken/apple sausage Applegate® organic ham
Pumpkin Seeds Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil Sesame Seeds	Chilean Sea Bass Corvina Crab, Immitation Flounder Haddock Hake	Applegate® organic andouille sausage Applegate® organic chicken Applegate® organic chicken Applegate® organic ham Applegate® organic ham Applegate® organic hot dogs ApplegateA® organic red pepper
Pumpkin Seeds Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil Sesame Seeds Sesame Seeds, Black	Chilean Sea Bass Corvina Crab, Immitation Flounder Haddock Hake Halibut	Applegate® organic andouille sausage Applegate® organic chicken Applegate® organic chicken Applegate® organic ham Applegate® organic ham Applegate® organic hot dogs ApplegateA® organic red pepper sausage

Paulette Wohnoutka

Beef, Grass-fed only (organic)	Non-Dairy & Eggs	Hummus
Bison (see also Buffalo)	Almond Milk, unsweetened (no tapioca)	Ketchup (Organicville)
Buffalo (see also Bison)	BodyPro Avocado Oil Mayonnaise	Liquid Smoke (can have gluten)
Chicken Broth (Imagine® gf/low sodium)	Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Liquid Smoke gluten free (natural)
Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)	Mayonnaise
Deer (see also Venison)	Coconut Kefir (No Tapioca, Carageenan)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Duck	Coconut Milk(Native Forest or Natural Value)	Mustard, Brown (Eden® gf mustard)
Goat, Grass-fed only (organic)	Egg, Whites, Pasture-raised	Sauerkraut (Bubbies® Brand only)
Lamb	Milk, Soy (Organic)	Sriracha Sauce Organicville gluten-free
Lard (pork)	Modified Food Starch	Tabasco Sauce
Ostrich	Paleo Cheese (Julianbakery.com or	Veganaise Soy-free (Follow Your Heart®)
Pheasant		Worcestershire Sauce (The Wizard's® GF)
Pork, (organic)	Condiments	
Quail	Apple Cider Vinegar (Bragg's®)	Sweeteners
Rabbit	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Agave Nectar
Turkey (organic)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Chocolate, Milk
Veal (organic)	BodyPro Avocado Oil Mayonnaise	Chocolate, White
Venison (see also Deer)	Carob	Erythritol (non-GMO)
	Earth Balance® Avocado Oil Butter Spread	Fructose
	Earth Balance® Coconut Spread	Jerusalem Artichoke Syrup
	Harissa	Just Like Sugar®
	Horseradish Sauce, Gluten-free (Annie's®)	Maltitol

Maltodextrin (Barley-derived)	Cardamom	Garlic Pepper
Maltodextrin (Corn-based, non-GMO)	Celery Powder	Garlic Powder
Maltodextrin (Tapioca-based)	Chicory Root	Garlic Salt
Rebiana Leaf (Stevia)	Chili Powder	Ginger
Sucralose	Chipotle Seasoning	Ginkgo Biloba
Sweetleaf® Stevia	Cilantro/Coriander	Ginseng (All Types)
Swerve® Sweetener	Cinnamon	Goldenseal
Tapioca Dextrose	Cinnamon, Ceylon	Grapefruit Seed Extract
Xylitol	Cloves	Gymnema Silvestre
	Cloves, Madagascar	Herbs De Provence
Herbs & Spices	Cloves, Penang	Hickory
Allspice	Cramp Bark Extract	Himalayan Salt
Almond Flavor (natural, gluten free)	Cream of Tartar	Jamaican Jerk
Anise	Cumin	Juniper Berry
ApplegateÄ® organic chicken/apple sausage	Curcumin	Lavender
Ashwaganda	Curry (must be GF)	Lemon Balm (Melissa Officinalis)
Astragalus	Dandelion Root	Lemon Pepper
Basil	Dill	Lemongrass
Bay Leaf	Dong Quai	Licorice Root
Black Cohosh	Echinacea	Maca Root
Caramel Coloring	Fennel	Mace Spice

Mesquite		Rose Hips	Wintergreen
Milk Thistle		Rosemary	Wormwood
Mint		Saffron	
Mustard (as a Powder)		Sage	Milk-Containing Foods
Mustard Seeds (gluten free)		Saw Plametto	Chocolate, Milk
Nutmeg		Sesame Seeds	Chocolate, White
Olive Leaf Extract		Sesame Seeds, Black	
Orange Salt		Spearmint	Legumes & Pulses
Oregano		St. John's Wort	Bean, Azuki
Paprika		Sumac	Bean, Black
Paprika (smoked)		Taco Seasoning	Bean, Butter
			5 0 111 1
Parsley	ш	Tamari (Wheat Free)	Bean, Cannellini
Parsley Pepper, Black (see Garlic/Lemon Pepper)		Tamari (Wheat Free) Tarragon	Bean, Cannellini Bean, Chana Dahl
Pepper, Black (see			
Pepper, Black (see Garlic/Lemon Pepper)		Tarragon	Bean, Chana Dahl
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne		Tarragon Thyme	Bean, Chana Dahl Bean, Chili
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red		Tarragon Thyme Tomatillo	Bean, Chana Dahl Bean, Chili Bean, Green
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan		Tarragon Thyme Tomatillo Turmeric	Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan		Tarragon Thyme Tomatillo Turmeric Uva Ursi	Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian Bean, Kidney
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns		Tarragon Thyme Tomatillo Turmeric Uva Ursi Valerian	Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian Bean, Kidney Bean, Lima
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint		Tarragon Thyme Tomatillo Turmeric Uva Ursi Valerian Vanilla (gluten and com-free)	Bean, Chana Dahl Bean, Chili Bean, Green Bean, Italian Bean, Kidney Bean, Lima Bean, Mung

Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannon Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Miso	Coconut Meal (gluten free)	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)

Paulette Wohnoutka

Rice, Red (gluten free)	Caramel Coloring	Wheat (All Types)
Rice, White (gluten free)	Chewing Gum (has gluten and corn)	Wheat Grass (Is Gluten-contaminated)
Simple Mills - Everything Sprouted Seed Cracker	Coffee, Instant (has gluten)	
Simple Mills Ground Sea Salt Almond Crackers	Couscous	Corn-Derived Foods
Simple Mills Rosemary & Sea Salt Crackers	Crab, Immitation	Barbeque Sauce, GF Annie's® Sweet & Spicy
Simple Mills Tomato & Basil Almond Crackers	Durum Wheat	Cheese, Daiya (Coconut,Tapioca,yeast,Â)
Sorghum	Farro	Cheese, Soy (Organic) (see Soy)
Tapioca	Gluten	Chewing Gum (has gluten and corn)
Tapioca Flour (gluten free)	Graham (wheat)	Corn (Gluten-free & Non-GMO)
Tapioca Starch (gluten free)	Kamut	Corn Gluten
Teff	Liquid Smoke (can have gluten)	Corn Meal (gluten free)
Tolerant Green Lentil & Pea Pasta	Maltodextrin (Barley-derived)	Corn Oil
Tolerant Red or Green Lentil Pasta	Oats	Corn Starch (gluten free)
Tortilla, Siete Almond	Oats, GF (not Certified) can have gluten	Corn, Blue
Tortilla, Siete Cassava & Coconut	Orzo	Corn, White
Tortilla, Siete Chia & Cassava	Panko	Erythritol (non-GMO)
	Polish Wheat	Fructose
Gluten-Containing Foods	Rye	GemWraps®, Sandwich Wrap (Carrot)
Barley	Semolina	Maltodextrin (Corn-based, non-GMO)
Barley Greens (may contain gluten)	Spelt	Sriracha Sauce Organicville gluten-free
Barley Juice (may contain gluten)	Teechino	Swerve® Sweetener
Bran	Triticale	Vegetable Oil

Xanthan Gum	Rice Protein Powder (gluten free)	Miscellaneous
	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Beverages & Protein Powders	Soy Protein (Organic)	Agar Gum
Almond Milk, unsweetened (no tapioca)	Sparkling Water, unflavored	Antimony
Bone Broth Protein, Beef	Tea, Black	Apricot
Carrot Juice	Tea, Chamomile	Arabic Gum
Coconut Kefir (No Tapioca, Carageenan)	Tea, Green	Baking Powder
Coconut Milk(Native Forest or Natural Value)	Tea, Hibiscus	Baking Soda (Arm & Hammer®)
Coconut Water (low sugar)	Tea, Oolong	Banana
Coffee	Tea, Ramon	Beef broth (ImagineÄ® low sodium/GF)
Coffee Bean, Organic	Tea, Roobios	Bone Broth, Beef
Coffee, Instant (has gluten)	Tea, Unflavored	Chewing Gum (has gluten and corn)
Collagen Protein (Powder)	Tea, White	Chewing Gum, Xylichew®
Echinacea Tea	Teechino	Chicken Broth (ImagineÄ® gf/low sodium)
Green Tea	Water	Chicory Root
Hemp Protein (Powder)	Yerba Matte Tea (Organic/Pure)	Cocoa Butter
Lemon Juice	Zevia Drinks	Cocoa/Cacao (raw, pure, & unsweetened)
Licorice Tea		Coconut Aminos®
Lime Juice		Coconut Cream
Milk, Soy (Organic)		Collagen Protein (Powder)
Mineral Water		Formaldehyde
Pea Protein		Garam Masala

GemWraps®, Sandwich Wrap (Carrot)	Red Tomato Paste (gluten free)
GemWraps®, Sandwich Wrap (Kale-Apple)	Rice Starch (if certified gluten free)
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Silver
GemWrapsĀ®, Sandwich Wrap (Tomato)	Skinny CrispsÅ® (Plain Jane)
Glucomannon Flour (konjacfoods.com)	Tamari (Wheat Free)
Great Lake's® Beef Gelatin	Tofu (Organic)
Guar Gum	Tomato Paste (gluten & Vinegar-free)
Hops	Tomato Sauce (gluten & Vinegar-free)
Inulin	Tragacanth Gum
Julian Bakery Paleo Wraps	Vegetable broth (ImagineÅ® Low Sodium)
Konjac Glucomannon Flour	Vegetable Oil
Lard (pork)	Vegetable Shortening (Spectrum®)
Latex	Xanthan Gum
Latex Liquid Aminos (BraggsÅ®)(has Soy)	Xanthan Gum
Liquid Aminos (BraggsÄ®)(has	Xanthan Gum Snacks
Liquid Aminos (BraggsĀ®)(has Soy)	
Liquid Aminos (BraggsĀ®)(has Soy) Locust Bean Gum	Snacks
Liquid Aminos (Braggs®)(has Soy) Locust Bean Gum Lycopene	Snacks Dates Simple Mills Chocolate Chip
Liquid Aminos (BraggsÅ®)(has Soy) Locust Bean Gum Lycopene Maltodextrin (Barley-derived)	Snacks Dates Simple Mills Chocolate Chip
Liquid Aminos (Braggs®)(has Soy) Locust Bean Gum Lycopene Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch	Snacks Dates Simple Mills Chocolate Chip
Liquid Aminos (BraggsÄ®)(has Soy) Locust Bean Gum Lycopene Maltodextrin (Barley-derived) Modified Food Starch Modified Food Starch (Tapioca-based)	Snacks Dates Simple Mills Chocolate Chip