

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are waiting for you to experiment with. Please enter them in your diet. These are Foods that you can have occasionally. Please consume one choice from the following food list at some point, but based on food reactions. These are the foods that have been removed from your diet.

Fruits	Dragon Fruit (Pitaya)	Lemon Rind/Peel
	Dried Fruit	Lime
	dummy food	Lime Juice
	Elderberry	Litchi (aka Lychee)
	Fig	Loganberry
Acai	Goji Berry	Loquat
alpha	Golden Berry	Mango
Apple (all types)	Gooseberry	Mangosteen
Apricot	Grape	Maqui
Banana	Grape, Green	Melon, Honeydew
Bilberry	Grape, Purple	Monk Fruit (Pure)
Some Definitions	Grape, Red	Mulberry
Blackberry	Grape, White	Nectarines
Blueberry	Grapefruit	Noni
Boysenberry	Grapefruit Juice	Orange
bravo	Guava	Orange, Blood
Cantaloupe	Huckleberry	Orange Juice
charlie	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach
Cranberry Juice	Lemon Juice	Pear
Currant		
Dates		

Pear, Asian	Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil
Persimmons	Almond	Flax Meal
Pineapple	Almond, Marcona	Flax Oil
Plantain	Almond Butter (Artisana®)	Flax Seed
Plum	Almond Flavor (natural, gluten free)	Grapeseed Oil, Organic
Pomegranate	Almond Flour (gluten free)	Hazelnut/Filbert
Pomelo	Almond Meal (gluten free)	Hazelnut Flour
Prune	Annatto Seed	Hemp Meal
Quince	Avocado Oil	Hemp Protein (Powder)
Raisin (unsulfured, organic)	Brazil Nut	Hemp Seed
Raspberry	Canola/Rapeseed Oil	Hydrogenated Oils
Star Fruit	Caraway Seed	Macadamia Nut Oil
Strawberry	Cashew Butter	Macadamia Nuts
Tamarind	Cashew Meal	Olive Leaf Extract
Tangelo	Cashews	Olive Oil, Virgin
Tangerine	Chestnut	Palm Kernel Oil
Vinegar, Red Wine	Chia Seed (1/4 cup, max)	Pecan Flour
Watermelon	Coconut, shredded (raw, unsweetened)	Pecans
Wolfberry	Coconut Butter	Pepitas
Youngberry	Coconut Oil	Pili Nuts
	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios

Poppy seeds	Vegetable Oil	Halibut
Psyllium Husk	Vegetable Shortening (Spectrum®)	Herring
Pumpkin Oil	Walnut Oil	Lobster
Pumpkin Seed Oil	Walnuts	Mackerel
Pumpkin Seeds	Walnuts, Black	Mahi Mahi
Ramon Seeds		Mussel
Rice, Wild (Lundberg® - not the blend)		Octopus
Rice Bran Oil	Fish & Shellfish	Orange Roughy
Sacha Inchi Seeds	Anchovy	Oyster
Safflower/Safflower Seed Oil	Bass	Perch
Sesame Seed Oil	Catfish	Red Snapper
Sesame Seeds	Chilean Sea Bass	Salmon, wild (fresh)
Sesame Seeds, Black	Clam	Sardines
Sunflower Seed Butter	Cod/ Cod Liver Oil	Scallop
Sunflower Seed Lecithin	Corvina	Shrimp
Sunflower Seed Oil	Crab	Sole
Sunflower Seeds	Crab, Imitation	Squid
Tahini	Crayfish	Swai
Tea, Ramon	Flounder	Swordfish
Tiger Nuts	Haddock	Tilapia (Wild, Non-farmed)
Truffle Oil	Hake	Trout
Truffle Oil, Black		Tuna

Walleye Pike	Bell Pepper	Carrot Juice
Whitefish/Turbot	Bell Pepper, Green	Cassava (see Tapioca and Yucca)
	Bell Pepper, Orange	Cauliflower
	Bell Pepper, Red	Cauliflower, Purple
Vegetables	Bell Pepper, Yellow	Celery
Agave Nectar	Bok Choy	Chard
Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Corn (Gluten-free & Non-GMO)
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado	Cabbage, Green	Corn, White
Bamboo Shoot	Cabbage, Purple	Cucumber
Barley Grass (can have gluten)	Cactus (Nopales)	Daikon Radish
Barley Greens (may contain gluten)	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	Carrot, Orange	Eggplant
Beet	Carrot, Purple	Endive
Beet Greens	Carrot, White	Fennel
	Carrot, Yellow	Garlic

Hearts of Palm	Onion, Red	Pimento
Horseradish	Onion, Sweet	Potato, Fingerling
Hydrogenated Oils	Onion, Yellow	Potato, Purple
Jicama	Paprika	Potato, Red
Kale, all types	Parsley	Potato, Russet
Kelp/Dulse	Parsnip	Potato, Sweet
Kohlrabi	Pea, Black-Eyed	Potato, White
Kombu	Pea, Green	Potato, Yukon Gold
Leeks	Pea, Snap	Prickly Pear
Lettuce, all types	Pea, Snow	Psyllium Husk
Mushrooms	Pea, Split	Pumpkin
Mushrooms, Button	Pea Protein	Pumpkin Powder
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Radicchio
Mushrooms, Maitake	Pepper, Cayenne	Radish
Mushrooms, Shiitake	Pepper, Chili	Rainbow Chard
Mustard Greens	Pepper, Green	Red Pepper Flake
Nori	Pepper, Habanero	Rhubarb
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rutabaga
Okra	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Olives (without vinegar)	Pepper, Red	Scallions
Onion, Green	Pepper, Serrano	Sea Vegetables
Onion, Maui	Pickles, Bubbies® brand only	Seaweed

Shallots	Tomato, Sun-dried	Meat & Poultry
Spinach	Tomato, Yellow	Applegate® organic andouille sausage
Spirulina	Tomatoes, Big Beef	Applegate® organic bacon
Squash	Tomato Paste (gluten & Vinegar-free)	Applegate® organic black forest ham
Squash, Acom	Tomato Sauce (gluten & Vinegar-free)	Applegate® organic chicken
Squash, Butternut	Truffle	Applegate® organic chicken/apple sausage
Squash, Green	Turnip Greens	Applegate® organic ham
Squash, Spaghetti	Turnips	Applegate® organic herb roasted turkey
Squash, Summer	Vegetable Oil	Applegate® organic hot dogs
Squash, Winter	Water Chestnut	Applegate® organic red pepper sausage
Squash, Yellow	Watercress	Applegate® organic roast beef
Sugar Beet	Wheat Grass (Is Gluten-contaminated)	Applegate® organic sausage sweet italian
Sweet Potato, Red	Yams, Garnett	Applegate® organic smoked chicken breast
Sweet Potatoes, White	Yams, Japanese	Applegate® organic smoked turkey breast
Swiss Chard	Yucca	Applegate® organic spinach & feta sausage
Tomatillo	Zucchini	Applegate® organic turkey
Tomato		Applegate® organic turkey bacon
Tomato, Cherry		Beef, Grass-fed only (organic)
Tomato, Heirloom		Bison (see also Buffalo)
Tomato, Orange		Buffalo (see also Bison)
Tomato, Red		Chicken, free range (organic)
Tomato, Roma		Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)	Non-Dairy & Eggs	Condiments, Spreads & Sauces
Deer (see also Venison)	Almond Milk, unsweetened (no tapioca)	Apple Cider Vinegar (Bragg's®)
Duck	Almond Yogurt, unsweetened	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Goat, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise	Balsamic Vinegar (with Red Wine Vinegar)
Great Lake's® Beef Gelatin	Cheese, Daiya (Coconut, Tapioca, yeast,)	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Lamb	Cheese, Soy (Organic) (see Soy)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Lard (pork)	Coconut Kefir (No Tapioca, Carageenan)	BodyPro Almond Mayo Grade A Maple Syrup
Ostrich	Coconut Milk (Native Forest or Natural Value)	BodyPro Almond Mayo with Yacon Syrup
Pheasant	Egg, Pasture-raised (from a farmer)	BodyPro Avocado Oil Mayonnaise
Pork, (organic)	Egg, Vital Farms® or Pasture Verde®	Carob
Quail	Egg, Whites, Pasture-raised	Cocoa Butter
Rabbit	Egg, Yolks Pasture-raised	Coconut Aminos®
Turkey (organic)	Milk, Soy (Organic)	Coconut Cream
Veal (organic)	Paleo Cheese (Julianbakery.com or Amazon.com)	Coconut Vinegar (Coconut Secret)
Venison (see also Deer)		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
		Horseradish Sauce, Gluten-free (Annie's®)
		Hummus

Ketchup (Organicville)	Ume Plum Vinegar	Chocolate, Dark
Liquid Aminos (Braggs®)(has Soy)	Veganise Soy-free (Follow Your Heart®)	Chocolate, Milk
Liquid Smoke (can have gluten)	Vegetable Shortening (Spectrum®)	Chocolate, White
Liquid Smoke gluten free (natural)	Vinegar	Coconut Palm Sugar
Mayonnaise	Vinegar, Beet	Coconut Sugar
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Distilled	Date Sugar
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Malt	Erythritol (non-GMO)
Mustard, Brown (Eden® gf mustard)	Vinegar, Red Wine	Fructose
Olives (without vinegar)	Vinegar, Rice	Fruit Pectin
Red Bean Paste	Vinegar, White	Honey, (Organic)
Red Chili Paste Thai Kitchen® (gluten free)	Vinegar, White Wine	Honey, Manuka
Red Tomato Paste (gluten free)	White/Distilled Vinegar	Honey, Wildflower from Mahava®
Sauerkraut (Bubbies® Brand only)	Worcestershire Sauce (The Wizard's® GF)	Jerusalem Artichoke Syrup
Sherry Vinegar		Just Like Sugar®
Sour Cream, Raw and Unpasteurized		Lo Han
Soy Sauce	Sweeteners	Maltitol
Sriracha Sauce Organicville gluten-free	Agave Nectar	Maltodextrin (Barley-derived)
Tabasco Sauce	Aspartame	Maltodextrin (Corn-based, non-GMO)
Tamari (Wheat Free)	BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)
Teriyaki Sauce	Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar
Tomato Paste (gluten & Vinegar-free)	Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)
Tomato Sauce (gluten & Vinegar-free)		Molasses

Monk Fruit (Pure)	Herbs & Spices	Cloves, Madagascar
Monk Fruit Extract	Allspice	Cloves, Penang
Nutrasweet®	Almond Flavor (natural, gluten free)	Cramp Bark Extract
Rebiana Leaf (Stevia)	Anise	Cream of Tartar
Sorbitol	Ashwaganda	Cumin
Splenda	Astragalus	Curcumin
Sucanat	Basil	Curry (must be GF)
Sucralose	Bay Leaf	Dandelion Root
Sugar Beet	Bell Pepper, Red	Dill
Sugar Cane	Black Cohosh	Dong Quai
Sweetleaf® Stevia	Capsicum	Echinacea
Swerve® Sweetener	Caramel Coloring	Fennel
Tapioca Dextrose	Caraway Seed	Garam Masala
Xyla (Birchwood Xylitol)	Cardamom	Garlic
Xylitol	Celery Powder	Garlic Pepper
Yacon Syrup	Chicory Root	Garlic Powder
	Chili Powder	Garlic Salt
	Chipotle Seasoning	Ginger
	Cilantro/Coriander	Ginkgo Biloba
	Cinnamon	Ginseng (All Types)
	Cinnamon, Ceylon	Goldenseal
	Cloves	Grapefruit Seed Extract

Grapeseed Extract	Nutmeg	Saffron
Guarana	Olive Leaf Extract	Sage
Gymnema Silvestre	Onion	Saw Plametto
Herbs De Provence	Onion Powder	Sesame Seeds
Hickory	Orange Peel/Rind	Sesame Seeds, Black
Himalayan Salt	Orange Salt	Shallots
Hydrogenated Oils	Oregano	Spearmint
Jamaican Jerk	Paprika	St. John's Wort
Juniper Berry	Paprika (smoked)	Sumac
Lavender	Parsley	Taco Seasoning
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemongrass	Pepper, Cayenne	Tarragon
Lemon Pepper	Pepper, Red	Thyme
Licorice Root	Pepper, Sichuan	Tomatillo
Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen

Wormwood

Cheese, Marscapone

Milk, Goat

Cheese, Mozzarella (Raw)

Milk, Sheep

Cheese, Muenster

Milk Chocolate

Cheese, Parmesan

Mozzarella Cheese

Milk-Containing Foods

Applegate® organic spinach & feta
sausage

Cheese, Pecorino

Sour Cream, Raw and
Unpasteurized

Butter, Raw and Pasture-raised

Cheese, Provolone

Whey

Buttermilk

Cheese, Raw and Pasture-raised

Yogurt (See Xanthan Gum)

Casein

Cheese, Ricotta

Cheese, American

Cheese, Romano

Cheese, Asiago

Cheese, Sheep

Legumes & Pulses

Cheese, Bleu

Cheese, String (Mozzarella)

Bean, Azuki

Cheese, Brie

Cheese, Swiss

Bean, Black

Cheese, Cheddar (Raw)

Chocolate, Milk

Bean, Butter

Cheese, Cottage

Chocolate, White

Bean, Cannellini

Cheese, Cream

Cream, Raw and Unpasteurized

Bean, Chana Dahl

Cheese, Feta

Ghee (Pasture-Raised, Organic)

Bean, Chili

Cheese, Goat

Goat Cheese

Bean, Green

Cheese, Gorgonzola

Goat Kefir

Bean, Italian

Cheese, Gouda

Kefir, Raw

Bean, Kidney

Cheese, Havarti

Lactoalbumin

Bean, Lima

Cheese, Machego

Milk, Buffalo

Bean, Mung

Milk, Cow

Bean, Navy	Red Bean Paste	Erythritol (non-GMO)
Bean, Ninja	Soybean oil(must be organic)	Fructose
Bean, Pinto/Frijole	Soy Beans (must be organic)	GemWraps®, Sandwich Wrap (Carrot)
Bean, Red	Vanilla Bean	Hydrogenated Oils
Bean, White	Vanilla Powder	Maltitol
Chickpea (see also Garbanzo Bean)	Vegetable Oil	Maltodextrin (Corn-based, non-GMO)
Coffee Bean, Organic		Modified Food Starch
Edamame (must be organic)		Sriracha Sauce Organicville gluten-free
Fava Bean	Corn-Derived Foods	Swerve® Sweetener
Fava Bean Flour	Barbeque Sauce, GF Annie's® Sweet & Spicy	Vegetable Oil
Garbanzo Bean	Cheese, Cream	Xanthan Gum
Garbanzo Flour	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Yogurt (See Xanthan Gum)
Hydrogenated Oils	Cheese, Soy (Organic) (see Soy)	
Kidney Bean	Chewing Gum (has gluten and corn)	
Lentil(s)	Corn (Gluten-free & Non-GMO)	Gluten-Containing Foods
Miso	Corn, Blue	Barley
Pea, Snap	Corn, White	Barley Grass (can have gluten)
Pea, Snow	Corn Gluten	Barley Greens (may contain gluten)
Pea, Split	Corn Meal (gluten free)	Barley Juice (may contain gluten)
Peanut (Organic, Valencia)	Corn Oil	Beer
Peanut Butter (Organic, Maranatha®)	Corn Starch (gluten free)	Bran
Peanut Oil (Organic)		

Bread	Panko	Gluten-Free Grains
Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat	Almond Flour (gluten free)
Caramel Coloring	Rye	Amaranth
Cheese, Bleu	Semolina	Arrowroot Flour/powder
Chewing Gum (has gluten and corn)	Soy Sauce	Basmati Rice (gluten free)
Coffee, Instant (has gluten)	Spelt	Buckwheat
Couscous	Teechino	Buckwheat Flour
Crab, Immitation	Teriyaki Sauce	Chicory Root
Durum Wheat	Triticale	Coconut Flour (gluten free)
Farro	Vinegar	Coconut Meal (gluten free)
Gluten	Vinegar, Malt	Corn (Gluten-free & Non-GMO)
Graham (wheat)	Vinegar, White	Corn, Blue
Kamut	Wheat (All Types)	Corn, White
Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)	Corn Meal (gluten free)
Malt		Corn Starch (gluten free)
Maltitol		Ener-G Brown Rice Yeast-Free Bread
Maltodextrin (Barley-derived)		Fava Bean Flour
Modified Food Starch		Flax Meal
Oat Grass (Not For Gluten Sensitive)		Garbanzo Flour
Oats		Glucomannon Flour (konjacfoods.com)
Oats, GF (not Certified) can have gluten		Hazelnut Flour
Orzo		Hemp Meal

Hemp Protein (Powder)	Rice Flour (gluten free)	Beverages & Protein Powders
Hemp Seed	Rice Protein Powder (gluten free)	Almond Milk, unsweetened (no tapioca)
Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker	Apple Cider
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	Apple Juice
Millet	Simple Mills Rosemary & Sea Salt Crackers	Beer
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	Bone Broth Protein, Beef
Oats (Certified GF)	Sorghum	Carrot Juice
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Casein
Potato Starch (gluten free)	Tapioca	Coconut Kefir (No Tapioca, Carageenan)
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Coconut Milk(Native Forest or Natural Value)
Quinoa (gluten free)	Tapioca Starch (gluten free)	Coconut Water (low sugar)
Quinoa, Black (gluten free)	Teff	Coffee
Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta	Coffee, Instant (has gluten)
Rice, Basmati (gluten free)	Tolerant Red or Green Lentil Pasta	Coffee Bean, Organic
Rice, Black (gluten free)	Tortilla, Siete Almond	Collagen Protein (Powder)
Rice, Brown (gluten free)	Tortilla, Siete Cassava & Coconut	Echinacea Tea
Rice, Japonica (gluten free)	Tortilla, Siete Chia & Cassava	Grapefruit Juice
Rice, Purple (gluten free)	Vegetable Oil	Great Lake's® Beef Gelatin
Rice, Red (gluten free)		Green Tea
Rice, White (gluten free)		Hemp Protein (Powder)
Rice, Wild (Lundberg® - not the blend)		Komboucha Tea
Rice Bran		Lactoalbumin

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

Julian Bakery Paleo Wraps

Konjac Glucomannon 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

AB

Flax Meal

Flax Oil

Flax Seed

Flounder

qwerty

Yucca

Zucchini