

**Fruits**

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange Juice

Orange Peel/Rind

Orange, Blood

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

## Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Vinegar, Red Wine

Watermelon

Wolfberry

Youngberry

## Nuts, Seeds, Drupes &amp; Oils

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

Chia Seed (1/4 cup, max)

Coconut Butter

Coconut Oil

Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hazelnut Flour

Hazelnut/Filbert

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

## Palm Kernel Oil

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice Bran Oil

Rice, Wild (Lundberg® - not the blend)

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

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

|                                      |                               |                                      |
|--------------------------------------|-------------------------------|--------------------------------------|
| Bell Pepper, Yellow                  | Chard                         | Kohlrabi                             |
| Bok Choy                             | Chayote                       | Kombu                                |
| Broccoli                             | Chives                        | Leeks                                |
| Broccoli Rabe                        | Coconut (raw and unsweetened) | Lettuce, all types                   |
| Broccoli Sprouts                     | Coconut Concentrate           | Mushrooms                            |
| Broccolini                           | Collard Greens                | Mushrooms, Button                    |
| Brussels Sprout                      | Corn (Gluten-free & Non-GMO)  | Mushrooms, Cremini/Crimini           |
| Burdock                              | Corn, Blue                    | Mushrooms, Maitake                   |
| Cabbage, Chinese (see also Bok Choy) | Corn, White                   | Mushrooms, Shiitake                  |
| Cabbage, Green                       | Cucumber                      | Mustard Greens                       |
| Cabbage, Purple                      | Daikon Radish                 | Nori                                 |
| Cactus (Nopales)                     | Dandelion Greens              | Oat Grass (Not For Gluten Sensitive) |
| Capers                               | Dandelion Root                | Okra                                 |
| Capsicum                             | Eggplant                      | Olives (without vinegar)             |
| Carrot Juice                         | Endive                        | Onion, Green                         |
| Carrot, Orange                       | Fennel                        | Onion, Maui                          |
| Carrot, Purple                       | Garlic                        | Onion, Red                           |
| Carrot, White                        | Hearts of Palm                | Onion, Sweet                         |
| Carrot, Yellow                       | Horseradish                   | Onion, Yellow                        |
| Cassava (see Tapioca and Yucca)      | Hydrogenated Oils             | Paprika                              |
| Cauliflower                          | Jicama                        | Parsley                              |
| Cauliflower, Purple                  | Kale, all types               | Parsnip                              |
| Celery                               | Kelp/Dulse                    | Pea Protein                          |

|                              |                                  |                                      |
|------------------------------|----------------------------------|--------------------------------------|
| Pea, Black-Eyed              | Prickly Pear                     | Squash, Winter                       |
| Pea, Green                   | Psyllium Husk                    | Squash, Yellow                       |
| Pea, Snap                    | Pumpkin                          | Sugar Beet                           |
| Pea, Snow                    | Pumpkin Powder                   | Sweet Potato, Red                    |
| Pea, Split                   | Radicchio                        | Sweet Potatoes, White                |
| Pepper, Anaheim              | Radish                           | Swiss Chard                          |
| Pepper, Cayenne              | Rainbow Chard                    | Tomatillo                            |
| Pepper, Chili                | Red Pepper Flake                 | Tomato                               |
| Pepper, Green                | Rhubarb                          | Tomato Paste (gluten & Vinegar-free) |
| Pepper, Habanero             | Rutabaga                         | Tomato Sauce (gluten & Vinegar-free) |
| Pepper, Jalapeño             | Sauerkraut (Bubbies® Brand only) | Tomato, Cherry                       |
| Pepper, Poblano              | Scallions                        | Tomato, Heirloom                     |
| Pepper, Red                  | Sea Vegetables                   | Tomato, Orange                       |
| Pepper, Serrano              | Seaweed                          | Tomato, Red                          |
| Pickles, Bubbies® brand only | Shallots                         | Tomato, Roma                         |
| Pimento                      | Spinach                          | Tomato, Sun-dried                    |
| Potato, Fingerling           | Spirulina                        | Tomato, Yellow                       |
| Potato, Purple               | Squash                           | Tomatoes, Big Beef                   |
| Potato, Red                  | Squash, Acorn                    | Truffle                              |
| Potato, Russet               | Squash, Butternut                | Turnip Greens                        |
| Potato, Sweet                | Squash, Green                    | Turnips                              |
| Potato, White                | Squash, Spaghetti                | Vegetable Oil                        |
| Potato, Yukon Gold           | Squash, Summer                   | Water Chestnut                       |

## Watercress

Wheat Grass (Is  
Gluten-contaminated)

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

## Meat &amp; 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  
italianApplegate® organic smoked  
chicken breastApplegate® organic smoked turkey  
breastApplegate® 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 &amp; 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 &amp; 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 & SpicyBodyPro Almond Mayo Grade A  
Maple SyrupBodyPro Almond Mayo with Yacon  
Syrup

BodyPro Avocado Oil Mayonnaise

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

## Herbs &amp; Spices

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,  
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

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

**Milk-Containing Foods**

Applegate® organic spinach &amp; feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**Legumes & Pulses**

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

|                                     |   |   |
|-------------------------------------|---|---|
| Hydrogenated Oils                   | Chicory Root                              | Potato Starch (gluten free)                     |
| Kidney Bean                         | Coconut Flour (gluten free)               | ProGranola (Julian Bakery)                      |
| Lentil(s)                           | Coconut Meal (gluten free)                | Quinoa (gluten free)                            |
| Miso                                | Corn (Gluten-free & Non-GMO)              | Quinoa, Black (gluten free)                     |
| Pea, Snap                           | Corn Meal (gluten free)                   | Quinoa, Red (gluten free)                       |
| Pea, Snow                           | Corn Starch (gluten free)                 | Rice Bran                                       |
| Pea, Split                          | Corn, Blue                                | Rice Flour (gluten free)                        |
| Peanut (Organic, Valencia)          | Corn, White                               | Rice Protein Powder (gluten free)               |
| Peanut Butter (Organic, Maranatha®) | Ener-G Brown Rice Yeast-Free Bread        | Rice, Basmati (gluten free)                     |
| Peanut Oil (Organic)                | Fava Bean Flour                           | Rice, Black (gluten free)                       |
| Red Bean Paste                      | Flax Meal                                 | Rice, Brown (gluten free)                       |
| Soy Beans (must be organic)         | Garbanzo Flour                            | Rice, Japonica (gluten free)                    |
| Soybean oil(must be organic)        | Glucomannon Flour (konjacfoods.com)       | Rice, Purple (gluten free)                      |
| Vanilla Bean                        | Hazelnut Flour                            | Rice, Red (gluten free)                         |
| Vanilla Powder                      | Hemp Meal                                 | Rice, White (gluten free)                       |
| Vegetable Oil                       | Hemp Protein (Powder)                     | Rice, Wild (Lundberg® - not the blend)          |
| <b>Gluten-Free Grains</b>           | Hemp Seed                                 | Simple Mills - Everything Sprouted Seed Cracker |
| Almond Flour (gluten free)          | Hydrogenated Oils                         | Simple Mills Ground Sea Salt Almond Crackers    |
| Amaranth                            | Konjac Glucomannon Flour                  | Simple Mills Rosemary & Sea Salt Crackers       |
| Arrowroot Flour/powder              | Millet                                    | Simple Mills Tomato & Basil Almond Crackers     |
| Basmati Rice (gluten free)          | Oats (Bob's Red Mill Gluten Free Version) | Sorghum   |
| Buckwheat                           | Oats (Certified GF)                       | Sweet Potato Flour (gluten free)                |
| Buckwheat Flour                     | Potato Flour (gluten free)                | Tapioca   |

|   |   |  |
|---|---|--|
| Tapioca Flour (gluten free)               | Fructose                                | Coffee, Instant (has gluten)             |
| Tapioca Starch (gluten free)              | GemWraps®, Sandwich Wrap (Carrot)       | Couscous                                 |
| Teff                                      | Hydrogenated Oils                       | Crab, Immitation                         |
| Tolerant Green Lentil & Pea Pasta         | Maltitol                                | Durum Wheat                              |
| Tolerant Red or Green Lentil Pasta        | Maltodextrin (Corn-based, non-GMO)      | Farro                                    |
| Tortilla, Siete Almond                    | Modified Food Starch                    | Gluten                                   |
| Tortilla, Siete Cassava & Coconut         | Sriracha Sauce Organicville gluten-free | Graham (wheat)                           |
| Tortilla, Siete Chia & Cassava            | Swerve® Sweetener                       | Kamut                                    |
| Vegetable Oil                             | Vegetable Oil                           | Liquid Smoke (can have gluten)           |
| <b>Corn-Derived Foods</b>                 | Xanthan Gum                             | Malt                                     |
|   | Yogurt (See Xanthan Gum)                | Maltitol                                 |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | <b>Gluten-Containing Foods</b>          | Maltodextrin (Barley-derived)            |
| Cheese, Cream                             |   | Modified Food Starch                     |
| Cheese, Daiya (Coconut,Tapioca,yeast,...) | Barley                                  | Oat Grass (Not For Gluten Sensitive)     |
| Cheese, Soy (Organic) (see Soy)           | Barley Grass (can have gluten)          | Oats                                     |
| Chewing Gum (has gluten and corn)         | Barley Greens (may contain gluten)      | Oats, GF (not Certified) can have gluten |
| Corn (Gluten-free & Non-GMO)              | Barley Juice (may contain gluten)       | Orzo                                     |
| Corn Gluten                               | Beer                                    | Panko                                    |
| Corn Meal (gluten free)                   | Bran                                    | Polish Wheat                             |
| 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                                     | Echinacea Tea                     | Tea, Chamomile                 |
| Teriyaki Sauce                               | Grapefruit Juice                  | Tea, Green                     |
| Triticale                                    | Great Lake's® Beef Gelatin        | Tea, Hibiscus                  |
| Vinegar                                      | Green Tea                         | Tea, Komboucha                 |
| Vinegar, Malt                                | Hemp Protein (Powder)             | Tea, Oolong                    |
| Vinegar, White                               | Komboucha Tea                     | Tea, Ramon                     |
| Wheat (All Types)                            | Lactoalbumin                      | Tea, Roobios                   |
| Wheat Grass (Is Gluten-contaminated)         | Lemon Juice                       | Tea, Unflavored                |
| <b>Beverages &amp; Protein Powders</b>       | Licorice Tea                      | Tea, White                     |
| Almond Milk, unsweetened (no tapioca)        | Lime Juice                        | Teechino                       |
| Apple Cider                                  | Milk, Buffalo                     | Vinegar, Red Wine              |
| Apple Juice                                  | Milk, Cow                         | Water                          |
| Beer   | Milk, Goat                        | Whey                           |
| Bone Broth Protein, Beef                     | Milk, Sheep                       | Wine, Red                      |
| Carrot Juice                                 | Milk, Soy (Organic)               | Wine, White (Champagne)        |
| Casein                                       | Mineral Water                     | Yerba Matte Tea (Organic/Pure) |
| Coconut Kefir (No Tapioca, Carageenan)       | Orange Juice                      | Zevia Drinks                   |
| Coconut Milk(Native Forest or Natural Value) | Pea Protein                       |                                |
| Coconut Water (low sugar)                    | Rice Protein Powder (gluten free) |                                |
| Coffee                                       | Soy Milk/Soy Cheese (Organic)     |                                |
| Coffee Bean, Organic                         | Soy Protein (Organic)             |                                |
| Coffee, Instant (has gluten)                 | Sparkling Water, unflavored       |                                |
| Collagen Protein (Powder)                    | Tea, Black                        |                                |

**Miscellaneous**

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low sodium/GF)

Blue Food Dye

Bone Broth, Beef

Carrageenan Gum

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Chicken Broth (Imagine® gf/low sodium)

Chicory Root

Cocoa/Cacao (raw, pure, &amp; unsweetened)

Collagen Protein (Powder)

Formaldehyde

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Glucomannan Flour (konjacfoods.com)

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