

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

|                                      |                              |                                  |
|--------------------------------------|------------------------------|----------------------------------|
| Leeks                                | Pea, Snap                    | Pumpkin                          |
| Lettuce, all types                   | Pea, Snow                    | Pumpkin Powder                   |
| Mushrooms                            | Pea, Split                   | Radicchio                        |
| Mushrooms, Button                    | Pepper, Anaheim              | Radish                           |
| Mushrooms, Cremini/Crimini           | Pepper, Chili                | Rainbow Chard                    |
| Mushrooms, Maitake                   | Pepper, Green                | Rhubarb                          |
| Mushrooms, Shiitake                  | Pepper, Habanero             | Rutabaga                         |
| Mustard Greens                       | Pepper, Jalapeño             | Sauerkraut (Bubbies® Brand only) |
| Nori                                 | Pepper, Poblano              | Scallions                        |
| Oat Grass (Not For Gluten Sensitive) | Pepper, Red                  | Sea Vegetables                   |
| Okra                                 | Pepper, Serrano              | Seaweed                          |
| Olives (without vinegar)             | Pickles, Bubbies® brand only | Shallots                         |
| Onion, Green                         | Pimento                      | Spinach                          |
| Onion, Maui                          | Potato, Fingerling           | Spirulina                        |
| Onion, Red                           | Potato, Purple               | Squash                           |
| Onion, Sweet                         | Potato, Red                  | Squash, Acorn                    |
| Onion, Yellow                        | Potato, Russet               | Squash, Butternut                |
| Parsley                              | Potato, Sweet                | Squash, Green                    |
| Parsnip                              | Potato, White                | Squash, Spaghetti                |
| Pea Protein                          | Potato, Yukon Gold           | Squash, Summer                   |
| Pea, Black-Eyed                      | Prickly Pear                 | Squash, Winter                   |
| Pea, Green                           | Psyllium Husk                | Squash, Yellow                   |

|                                      |                   |                       |
|--------------------------------------|-------------------|-----------------------|
| Sugar Beet                           | Yams, Japanese    | Dates                 |
| Sweet Potato, Red                    | Yucca             | Dragon Fruit (Pitaya) |
| Sweet Potatoes, White                | Zucchini          | Dried Fruit           |
| Swiss Chard                          |                   | Elderberry            |
| Tomatillo                            | Fruits            | Fig                   |
| Tomato                               | Acai              | Goji Berry            |
| Tomato Paste (gluten & Vinegar-free) | Apple (all types) | Golden Berry          |
| Tomato Sauce (gluten & Vinegar-free) | Apple Cider       | Gooseberry            |
| Tomato, Cherry                       | Apple Juice       | Grape                 |
| Tomato, Heirloom                     | Apple Sauce       | Grape, Green          |
| Tomato, Orange                       | Apricot           | Grape, Purple         |
| Tomato, Red                          | Banana            | Grape, Red            |
| Tomato, Roma                         | Bilberry          | Grape, White          |
| Tomato, Sun-dried                    | Blackberry        | Grapefruit            |
| Tomato, Yellow                       | Blueberry         | Grapefruit Juice      |
| Tomatoes, Big Beef                   | Boysenberry       | Guava                 |
| Truffle                              | Cantaloupe        | Huckleberry           |
| Turnip Greens                        | Cherry            | Jack fruit            |
| Turnips                              | Clementine        | Kiwi                  |
| Water Chestnut                       | Cranberry         | Kumquat               |
| Watercress                           | Cranberry Juice   | Lemon                 |
| Yams, Garnett                        | Currant           | Lemon Juice           |

|                     |                              |                                       |
|---------------------|------------------------------|---------------------------------------|
| Lemon Rind/Peel     | Pear, Asian                  | <b>Nuts, Seeds, Drupes &amp; Oils</b> |
| Lime                | Persimmons                   | Almond                                |
| Lime Juice          | Pineapple                    | Almond Butter (Artisana®)             |
| Litchi (aka Lychee) | Plantain                     | Almond Flavor (natural, gluten free)  |
| Loganberry          | Plum                         | Almond Flour (gluten free)            |
| Loquat              | Pomegranate                  | Almond Meal (gluten free)             |
| Mango               | Pomelo                       | Almond, Marcona                       |
| Mangosteen          | Prune                        | Annatto Seed                          |
| Maqui               | Quince                       | Brazil Nut                            |
| Melon, Honeydew     | Raisin (unsulfured, organic) | Canola/Rapeseed Oil                   |
| Monk Fruit (Pure)   | Raspberry                    | Caraway Seed                          |
| Mulberry            | Star Fruit                   | Cashew Butter                         |
| Nectarines          | Strawberry                   | Cashew Meal                           |
| Noni                | Tamarind                     | Cashews                               |
| Orange              | Tangelo                      | Chestnut                              |
| Orange Juice        | Tangerine                    | Chia Seed (1/4 cup, max)              |
| Orange Peel/Rind    | Watermelon                   | Coconut Butter                        |
| Orange, Blood       | Wolfberry                    | Coconut Oil                           |
| Papaya              | Youngberry                   | Coconut, shredded (raw, unsweetened)  |
| Passion Fruit       |                              | Cola Nut (aka Kola Nut)               |
| Peach               |                              | Corn Oil                              |
| Pear                |                              | Cottonseed/Cottonseed Oil             |

|                        |  |                             |
|------------------------|--|-----------------------------|
| Flax Meal              | Psyllium Husk                          | Walnuts, Black              |
| Flax Oil               | Pumpkin Oil                            |                             |
| Flax Seed              | Pumpkin Seed Oil                       | <b>Fish &amp; Shellfish</b> |
| Grapeseed Oil, Organic | Pumpkin Seeds                          | <b>Anchovy</b>              |
| Hazelnut Flour         | Ramon Seeds                            | <b>Bass</b>                 |
| Hazelnut/Filbert       | Rice, Wild (Lundberg® - not the blend) | Catfish                     |
| Hemp Meal              | Sacha Inchi Seeds                      | Chilean Sea Bass            |
| Hemp Protein (Powder)  | Safflower/Safflower Seed Oil           | Clam                        |
| Hemp Seed              | Sesame Seed Oil                        | <b>Cod/ Cod Liver Oil</b>   |
| Hydrogenated Oils      | Sesame Seeds                           | Corvina                     |
| Macadamia Nut Oil      | Sesame Seeds, Black                    | <b>Crab</b>                 |
| Macadamia Nuts         | Sunflower Seed Butter                  | <b>Crab, Immitation</b>     |
| Olive Leaf Extract     | Sunflower Seed Lecithin                | Crayfish                    |
| Olive Oil, Virgin      | Sunflower Seed Oil                     | Flounder                    |
| Palm Kernel Oil        | Sunflower Seeds                        | <b>Haddock</b>              |
| Pecan Flour            | Tahini                                 | Hake                        |
| Pecans                 | Tea, Ramon                             | <b>Halibut</b>              |
| Pepitas                | Tiger Nuts                             | Herring                     |
| Pili Nuts              | <b>Vegetable Oil</b>                   | <b>Lobster</b>              |
| Pine Nut               | Vegetable Shortening (Spectrum®)       | <b>Mackerel</b>             |
| Pistachios             | Walnut Oil                             | Mahi Mahi                   |
| Poppy seeds            | Walnuts                                | <b>Mussel</b>               |

|                            |   |  |
|----------------------------|---|--|
| Octopus                    | Applegate® organic andouille sausage      | Duck   |
| Orange Roughy              | Applegate® organic bacon                  | Goat, Grass-fed only (organic)                 |
| Oyster                     | Applegate® organic black forest ham       | Lamb   |
| Perch                      | Applegate® organic chicken                | Lard (pork)                                    |
| Red Snapper                | Applegate® organic chicken/apple sausage  | Ostrich  |
| Salmon, wild (fresh)       | Applegate® organic ham                    | Pheasant                                       |
| Sardines                   | Applegate® organic herb roasted turkey    | Pork, (organic)                                |
| Scallop                    | Applegate® organic hot dogs               | Quail  |
| Shrimp                     | Applegate® organic red pepper sausage     | Rabbit   |
| Sole                       | Applegate® organic roast beef             | Turkey (organic)                               |
| Squid                      | Applegate® organic sausage sweet italian  | Veal (organic)                                 |
| Swai                       | Applegate® organic smoked chicken breast  | Venison (see also Deer)                        |
| Swordfish                  | Applegate® organic smoked turkey breast   |  |
| Tilapia (Wild, Non-farmed) | Applegate® organic spinach & feta sausage | Non-Dairy & Eggs                               |
| Trout                      | Applegate® organic turkey                 | Almond Milk, unsweetened (no tapioca)          |
| Tuna                       | Applegate® organic turkey bacon           | Almond Yogurt, unsweetened                     |
| Walleye Pike               | Beef, Grass-fed only (organic)            | BodyPro Avocado Oil Mayonnaise                 |
| Whitefish/Turbot           | Bison (see also Buffalo)                  | Cheese, Daiya (Coconut, Tapioca, yeast, Å....) |
|                            | Buffalo (see also Bison)                  | Cheese, Soy (Organic) (see Soy)                |
|                            | Chicken Broth (Imagine® g/low sodium)     | Coconut Kefir (No Tapioca, Carageenan)         |
|                            | Chicken, free range (organic)             | Coconut Milk (Native Forest or Natural Value)  |
|                            | Deer (see also Venison)                   | Egg, Pasture-raised (from a farmer)            |

## Meat &amp; Poultry

Egg, Vital Farms® or Pasture Verde®

**Egg, Whites, Pasture-raised**

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

**Modified Food Starch**

Paleo Cheese (Julianbakery.com or Amazon.com)

**Condiments**

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 &amp; Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

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)

**Liquid Smoke (can have gluten)****Liquid Smoke gluten free (natural)**

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

**Mustard, Brown (Eden® gf mustard)****Sauerkraut (Bubbies® Brand only)****Sriracha Sauce Organicville gluten-free**

Tabasco Sauce

Ume Plum Vinegar

**Veganise Soy-free (Follow Your Heart®)****Vinegar**

Vinegar, Beet

Vinegar, Distilled

**Vinegar, Malt**

Vinegar, Red Wine

**Vinegar, Rice****Vinegar, White**

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

**Brown Rice Syrup (contains MSG/Gluten)**

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

**Erythritol (non-GMO)****Fructose**

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

|  |                                      |                     |
|--|--------------------------------------|---------------------|
| Just Like Sugar®                         | Xyla (Birchwood Xylitol)             | Cinnamon, Ceylon    |
| Lo Han                                   | Xylitol                              | Cloves              |
| Maltitol                                 | Yacon Syrup                          | Cloves, Madagascar  |
| Maltodextrin (Barley-derived)            |                                      | Cloves, Penang      |
| Maltodextrin (Corn-based, non-GMO)       | Herbs & Spices                       | Cramp Bark Extract  |
| Maltodextrin (Tapioca-based)             | Allspice                             | Cream of Tartar     |
| Maple Sugar                              | Almond Flavor (natural, gluten free) | Cumin               |
| Maple Syrup (Grade A Dark Amber Organic) | Anise                                | Curcumin            |
| Molasses                                 | Ashwaganda                           | Curry (must be GF)  |
| Monk Fruit (Pure)                        | Astragalus                           | Dandelion Root      |
| Monk Fruit Extract                       | Basil                                | Dill                |
| Nutrasweet®                              | Bay Leaf                             | Dong Quai           |
| Rebiana Leaf (Stevia)                    | Black Cohosh                         | Echinacea           |
| Sorbitol                                 | Caramel Coloring                     | Fennel              |
| Splenda                                  | Caraway Seed                         | Garlic              |
| Sucanat                                  | Cardamom                             | Garlic Pepper       |
| Sucralose                                | Celery Powder                        | Garlic Powder       |
| Sugar Beet                               | Chicory Root                         | Garlic Salt         |
| Sugar Cane                               | Chili Powder                         | Ginger              |
| Sweetleaf® Stevia                        | Chipotle Seasoning                   | Ginkgo Biloba       |
| Swerve® Sweetener                        | Cilantro/Coriander                   | Ginseng (All Types) |
| Tapioca Dextrose                         | Cinnamon                             | Goldenseal          |



|                                  |   |                                |
|----------------------------------|---|--------------------------------|
| Grapefruit Seed Extract          | Nutmeg                                      | Saffron                        |
| Grapeseed Extract                | Olive Leaf Extract                          | Sage                           |
| Guarana                          | Onion                                       | Saw Plametto                   |
| Gymnema Silvestre                | Onion Powder                                | Sesame Seeds                   |
| Herbs De Provence                | Orange Peel/Rind                            | Sesame Seeds, Black            |
| Hickory                          | Orange Salt                                 | Shallots                       |
| Himalayan Salt                   | 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)            |
| Lemon Pepper                     | Pepper, Cayenne                             | Tarragon                       |
| Lemongrass                       | 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, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and Unpasteurized

## Milk-Containing Foods

Cheese, Pecorino

Whey

Applegate® organic spinach &amp; feta sausage

Cheese, Provolone

Yogurt (See Xanthan Gum)

Butter, Raw and Pasture-raised

Cheese, Raw and Pasture-raised

Buttermilk

Cheese, Ricotta

## Legumes &amp; Pulses

Casein

Cheese, Romano

Bean, Azuki

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Bleu

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chana Dahl

Cheese, Cheddar (Raw)

Chocolate, White

Bean, Chili

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Bean, Italian

Cheese, Feta

Goat Cheese

Bean, Kidney

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactoalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Cheese, Machego

Milk, Cow

Bean, Pinto/Frijole

Cheese, Mascapone

Milk, Goat

Bean, Red

Cheese, Mozzarella (Raw)

Milk, Sheep

Bean, White

|                                     |                                     |   |
|-------------------------------------|-------------------------------------|---|
| Chickpea (see also Garbanzo Bean)   | Almond Flour (gluten free)          | Hemp Seed                                 |
| Coffee Bean, Organic                | Amaranth                            | Konjac Glucomannon Flour                  |
| Edamame (must be organic)           | Arrowroot Flour/powder              | Millet                                    |
| Fava Bean                           | Basmati Rice (gluten free)          | Oats (Bob's Red Mill Gluten Free Version) |
| Fava Bean Flour                     | Buckwheat                           | Oats (Certified GF)                       |
| Garbanzo Bean                       | Buckwheat Flour                     | Potato Flour (gluten free)                |
| Garbanzo Flour                      | 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)              |
| Soy Beans 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)                 |
|                                     | Hemp Protein (Powder)               | Rice, Wild (Lundberg® - not the blend)    |

|   |  |   |
|---|--|---|
| Simple Mills - Everything Sprouted Seed Cracker | Bread                                    | Semolina                                    |
| Simple Mills Ground Sea Salt Almond Crackers    | Brown Rice Syrup (contains MSG/Gluten)   | Soy Sauce                                   |
| Simple Mills Rosemary & Sea Salt Crackers       | Caramel Coloring                         | Spelt                                       |
| Simple Mills Tomato & Basil Almond Crackers     | Cheese, Bleu                             | Teechino                                    |
| Sorghum   | Chewing Gum (has gluten and corn)        | Teriyaki Sauce                              |
| Sweet Potato Flour (gluten free)                | Coffee, Instant (has gluten)             | Triticale                                   |
| Tapioca   | Couscous                                 | Vinegar                                     |
| Tapioca Flour (gluten free)                     | Crab, Imitation                          | Vinegar, Malt                               |
| Tapioca Starch (gluten free)                    | Durum Wheat                              | Vinegar, White                              |
| Teff  | Farro                                    | Wheat (All Types)                           |
| Tolerant Green Lentil & Pea Pasta               | Gluten                                   | Wheat Grass (Is Gluten-contaminated)        |
| Tolerant Red or Green Lentil Pasta              | Graham (wheat)                           |   |
| Tortilla, Siete Almond                          | Kamut                                    | Corn-Derived Foods                          |
| Tortilla, Siete Cassava & Coconut               | Liquid Smoke (can have gluten)           | Barbeque Sauce, GF Annie's® Sweet & Spicy   |
| Tortilla, Siete Chia & Cassava                  | Malt                                     | Cheese, Cream                               |
|   | Maltodextrin (Barley-derived)            | Cheese, Daiya (Coconut,Tapioca,yeast,Â....) |
| Gluten-Containing Foods                         | Oats                                     | Cheese, Soy (Organic) (see Soy)             |
| Barley  | Oats, GF (not Certified) can have gluten | Chewing Gum (has gluten and corn)           |
| Barley Greens (may contain gluten)              | Orzo                                     | Corn (Gluten-free & Non-GMO)                |
| Barley Juice (may contain gluten)               | Panko                                    | Corn Gluten                                 |
| Beer  | Polish Wheat                             | Corn Meal (gluten free)                     |
| Bran  | Rye                                      | Corn Oil                                    |

|  |                                   |                                |
|--|-----------------------------------|--------------------------------|
| Corn Starch (gluten free)                    | Coffee                            | Sparkling Water, unflavored    |
| Corn, Blue                                   | Coffee Bean, Organic              | Tea, Black                     |
| Corn, White                                  | Coffee, Instant (has gluten)      | Tea, Chamomile                 |
| Erythritol (non-GMO)                         | Collagen Protein (Powder)         | Tea, Green                     |
| Fructose                                     | Echinacea Tea                     | Tea, Hibiscus                  |
| GemWraps®, Sandwich Wrap (Carrot)            | Grapefruit Juice                  | Tea, Komboucha                 |
| Maltodextrin (Corn-based, non-GMO)           | Green Tea                         | Tea, Oolong                    |
| Sriracha Sauce Organicville gluten-free      | Hemp Protein (Powder)             | Tea, Ramon                     |
| Swerve® Sweetener                            | Komboucha Tea                     | Tea, Roobios                   |
| Vegetable Oil                                | Lemon Juice                       | Tea, Unflavored                |
| Xanthan Gum                                  | Licorice Tea                      | Tea, White                     |
| Yogurt (See Xanthan Gum)                     | Lime Juice                        | Teechino                       |
|  | Milk, Cow                         | Water                          |
| <b>Beverages &amp; Protein Powders</b>       | Milk, Goat                        | Wine, Red                      |
| Almond Milk, unsweetened (no tapioca)        | Milk, Sheep                       | Wine, White (Champagne)        |
| Apple Juice                                  | Milk, Soy (Organic)               | Yerba Matte Tea (Organic/Pure) |
| Beer   | Mineral Water                     | Zevia Drinks                   |
| Bone Broth Protein, Beef                     | Orange Juice                      |                                |
| Carrot Juice                                 | Pea Protein                       |                                |
| Coconut Kefir (No Tapioca, Carageenan)       | Rice Protein Powder (gluten free) |                                |
| Coconut Milk(Native Forest or Natural Value) | Soy Milk/Soy Cheese (Organic)     |                                |
| Coconut Water (low sugar)                    | Soy Protein (Organic)             |                                |

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| Miscellaneous                           | GemWraps®®, Sandwich Wrap (Carrot)         | Palm Wax                                     |
| Acacia Gum                              | GemWraps®®, Sandwich Wrap (Kale-Apple)     | Pycnogenol                                   |
| Agar Gum                                | GemWraps®®, Sandwich Wrap (Mango/Chipotle) | Red Chili Paste Thai Kitchen®® (gluten free) |
| Antimony                                | GemWraps®®, Sandwich Wrap (Tomato)         | Red Food Dye                                 |
| Arabic Gum                              | Glucomannon Flour (konjacfoods.com)        | Red Tomato Paste (gluten free)               |
| Baking Powder                           | Great Lake's®® Beef Gelatin                | Resveratrol                                  |
| Baking Soda (Arm & Hammer®®)            | Guar Gum                                   | Rice Starch (if certified gluten free)       |
| Beef broth (Imagine®® low sodium/GF)    | Hops                                       | Sherry Vinegar                               |
| Blue Food Dye                           | Inulin                                     | Silver                                       |
| Bone Broth, Beef                        | Julian Bakery Almond Bread                 | Skinny Crisps®® (Plain Jane)                 |
| Carrageenan Gum                         | Julian Bakery Coconut Bread                | Tamari (Wheat Free)                          |
| Chewing Gum (has gluten and corn)       | Julian Bakery Paleo Wraps                  | Tofu (Organic)                               |
| Chewing Gum, Xylite®®                   | Konjac Glucomannon Flour                   | Tomato Paste (gluten & Vinegar-free)         |
| Chicken Broth (Imagine®® gf/low sodium) | Lard (pork)                                | Tomato Sauce (gluten & Vinegar-free)         |
| Chicory Root                            | Latex                                      | Tragacanth Gum                               |
| Cocoa Butter                            | Liquid Aminos (Braggs®®)(has Soy)          | Vegetable broth (Imagine®® Low Sodium)       |
| Cocoa/Cacao (raw, pure, & unsweetened)  | Locust Bean Gum                            | Vegetable Oil                                |
| Coconut Aminos®®                        | Lycopene                                   | Vegetable Shortening (Spectrum®®)            |
| Coconut Cream                           | Malt                                       | Vinegar, Red Wine                            |
| Collagen Protein (Powder)               | Maltodextrin (Barley-derived)              | Vinegar, Rice                                |
| Formaldehyde                            | Modified Food Starch                       | Vinegar, White Wine                          |
| Garam Masala                            | Modified Food Starch (Tapioca-based)       | Xanthan Gum                                  |

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies