

## 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,Â....)
	Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)
	Chicken Broth (Imagine® gf/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

## Milk-Containing Foods

Cheese, Parmesan

Sour Cream, Raw and Unpasteurized

Applegate® organic spinach &amp; feta sausage

Cheese, Pecorino

Whey

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,Ä....)
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)	

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, XylicheW®®	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