

Fruits

Monk Fruit (Pure)

Kumquat

Persimmons

dummy food

Elderberry

		Hemp Meal
		Hemp Protein (Powder)
		Hemp Seed

Tamarind

Chia Seed (1/4 cup, max)

Pili Nuts

Wolfberry

Cola Nut (aka Kola Nut)

Youngberry

Nuts, Seeds, Drupes & Oils

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Ramon Seeds

Fish & Shellfish

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Vegetables

Chayote

Pepper, Chili

Red Pepper Flake

Pepper, Habanero

Rhubarb

Pepper, Jalapeño

Pepper, Poblano

Pepper, Serrano

Pimento

Paprika

Truffle

Yams, Japanese

Meat & Poultry

Condiments, Spreads & Sauces**Non-Dairy & Eggs**

Carob

Red Bean Paste

Cocoa Butter

Earth Balance® Coconut Spread

Hummus

Vinegar, Distilled

White/Distilled Vinegar

Sweeteners

Just Like Sugar®

Xyla (Birchwood Xylitol)

Herbs & Spices

Ashwaganda

Monk Fruit (Pure)

Monk Fruit Extract

Mesquite

Jamaican Jerk

Paprika

Paprika (smoked)

Pepper, Sichuan

Pepper, Szechuan

Vanilla (gluten and corn-free)

Vanilla Bean

Red Pepper Flake

Vanilla Powder

Milk-Containing Foods

Legumes & Pulses	Garbanzo Bean
Bean, Azuki	Garbanzo Flour
Bean, Black	
Bean, Butter	
Bean, Cannellini	
Bean, Chana Dahl	
Bean, Chili	
	Red Bean Paste
	Vanilla Bean
	Vanilla Powder
Fava Bean	
Fava Bean Flour	

Corn-Derived Foods

Gluten-Containing Foods

Oats (Bob's Red Mill Gluten Free
Version)

Oats (Certified GF)

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Fava Bean Flour

Flax Meal

Garbanzo Flour

Beverages & Protein Powders

Coffee

Coffee Bean, Organic

Hemp Protein (Powder)

Tea, Ramon

Miscellaneous

Acacia Gum

Arabic Gum

Yeast, Brewer's

Yeast, Nutritional

Snacks

Flax Meal

Flax Oil

Flax Seed

qwerty

Guar Gum

Tragacanth Gum

Yeast, Baker's