

Fruits	Non-Dairy & Eggs	qwerty
Acai	Condiments, Spreads & Sauces	
alpha	Sweeteners	
bravo	Herbs & Spices	
charlie	Maca Root	
Nuts, Seeds, Drupes & Oils	Sumac	
Fish & Shellfish	Milk-Containing Foods	
Chilean Sea Bass	Legumes & Pulses	
Corvina	Corn-Derived Foods	
Mahi Mahi	Gluten-Containing Foods	
Octopus	Gluten-Free Grains	
Sardines	Beverages & Protein Powders	
Swai	Miscellaneous	
Tilapia (Wild, Non-farmed)	Latex	
Whitefish/Turbot	Snacks	
Vegetables	AB	
Meat & Poultry		
Bison (see also Buffalo)		
Goat, Grass-fed only (organic)		
Ostrich		
Pheasant		
Rabbit		

Fruits	Nuts, Seeds, Drupes & Oils	
Bilberry	Almond	Capers
Boysenberry	Annatto Seed	Chard
Golden Berry	Brazil Nut	Coconut (raw and unsweetened)
Gooseberry	Caraway Seed	Coconut Concentrate
Grapefruit	Cashew Butter	Collard Greens
Huckleberry	Cashew Meal	Daikon Radish
Lemon	Cashews	Dandelion Greens
Lemon Juice	Chestnut	Dandelion Root
Lemon Rind/Peel	Chia Seed (1/4 cup, max)	Endive
Lime	Coconut Butter	Fennel
Lime Juice	Fish & Shellfish	Hearts of Palm
Litchi (aka Lychee)	Hake	Horseradish
Loganberry	Vegetables	Jicama
Loquat	Alfalfa Grass	Kohlrabi
Maqui	Alfalfa Sprouts	Leeks
Mulberry	Aloe Vera	Mustard Greens
Nectarines	Arugula	Parsley
Noni	Bamboo Shoot	Prickly Pear
Passion Fruit	Bean Sprout	Radicchio
Peach	Beet Greens	Rainbow Chard
Pear	Burdock	Rutabaga
	Cactus (Nopales)	Swiss Chard
		Truffle
		Turnip Greens

Water Chestnut	Cardamom	Gymnema Silvestre
Watercress	Chicory Root	Herbs De Provence
Meat & Poultry	Cilantro/Coriander	Hickory
Quail	Cinnamon	Himalayan Salt
Non-Dairy & Eggs	Cinnamon, Ceylon	Juniper Berry
Almond Milk, unsweetened (no tapioca)	Cloves	Lavender
Coconut Kefir (No Tapioca, Carageenan)	Cloves, Madagascar	Lemon Balm (Melissa Officinalis)
Coconut Milk(Native Forest or Natural Value)	Cloves, Penang	Lemongrass
Condiments, Spreads & Sauces	Cramp Bark Extract	Lemon Pepper
Coconut Aminos®	Cream of Tartar	Licorice Root
Coconut Cream	Cumin	Mace Spice
Liquid Smoke gluten free (natural)	Curcumin	Marjoram
Sweeteners	Curry (must be GF)	Milk Thistle
Rebiana Leaf (Stevia)	Dandelion Root	Mint
Sweetleaf® Stevia	Dill	Mustard (as a Powder)
Herbs & Spices	Dong Quai	Mustard Seeds (gluten free)
Allspice	Echinacea	Nutmeg
Anise	Fennel	Oregano
Astragalus	Garam Masala	Parsley
Basil	Ginger	Pepper, Black (see Garlic/Lemon Pepper)
Bay Leaf	Ginkgo Biloba	Pepper/Peppercorns
Black Cohosh	Ginseng (All Types)	Peppermint
Caraway Seed	Goldenseal	Pine Bark Extract
	Grapefruit Seed Extract	Rose Hips

Rosemary	Gluten-Free Grains	Tea, Roobios
Saffron	Chicory Root	Tea, White
Sage	Coconut Flour (gluten free)	Water
Saw Plametto	Coconut Meal (gluten free)	Yerba Matte Tea (Organic/Pure)
Spearmint	Glucomannon Flour (konjacfoods.com)	Zevia Drinks
St. John's Wort	Konjac Glucomannon Flour	Miscellaneous
Tarragon	Beverages & Protein Powders	Antimony
Thyme	Almond Milk, unsweetened (no tapioca)	Baking Soda (Arm & Hammer®)
Turmeric	Coconut Kefir (No Tapioca, Carageenan)	Chicory Root
Uva Ursi	Coconut Milk(Native Forest or Natural Value)	Cocoa/Cacao (raw, pure, & unsweetened)
Valerian	Coconut Water (low sugar)	Formaldehyde
White Willow Bark Extract	Echinacea Tea	Glucomannon Flour (konjacfoods.com)
Wintergreen	Green Tea	Konjac Glucomannon Flour
Wormwood	Lemon Juice	Lycopene
Milk-Containing Foods	Licorice Tea	Palm Wax
Legumes & Pulses	Lime Juice	Red Food Dye
Corn-Derived Foods	Mineral Water	Silver
	Sparkling Water, unflavored	
	Tea, Black	
	Tea, Chamomile	
	Tea, Green	
Gluten-Containing Foods	Tea, Hibiscus	
	Tea, Oolong	

Snacks

AB

qwerty

Fruits	Beverages & Protein Powders
Nuts, Seeds, Drupes & Oils	Miscellaneous
Walnut Oil	Snacks
Fish & Shellfish	AB
Vegetables	qwerty
Zucchini	Zucchini
Meat & Poultry	
Non-Dairy & Eggs	
Condiments, Spreads & Sauces	
Sweeteners	
Herbs & Spices	
Milk-Containing Foods	
Legumes & Pulses	
Corn-Derived Foods	
Gluten-Containing Foods	
Gluten-Free Grains	

Fruits

Apple (all types)

Apricot

Nuts, Seeds, Drupes & Oils

Avocado Oil

Fish & Shellfish

Haddock

Halibut

Mackerel

Perch

Red Snapper

Salmon, wild (fresh)

Swordfish

Vegetables

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Asparagus

Avocado

Beet

Bok Choy

Brussels Sprout

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Radish

Sauerkraut (Bubbies® Brand only)

Spinach

Turnips

Meat & Poultry

Beef, Grass-fed only (organic)

Buffalo (see also Bison)

Chicken, free range (organic)

Duck

Lamb

Lard (pork)

Pork, (organic)

Turkey (organic)

Venison (see also Deer)

Non-Dairy & Eggs

Egg, Whites, Pasture-raised

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Herbs & Spices

Milk-Containing Foods

Legumes & Pulses

Corn-Derived Foods

Gluten-Containing Foods

Gluten-Free Grains

Beverages & Protein Powders

Miscellaneous

Inulin

Lard (pork)

Snacks

AB

qwerty