

Fruits		
Banana	Broccoli	Great Lake's® Beef Gelatin
Plantain	Broccolini	Veal (organic)
Nuts, Seeds, Drupes & Oils		Non-Dairy & Eggs
Corn Oil	Broccoli Rabe	Cheese, Soy (Organic) (see Soy)
Hydrogenated Oils	Sweeteners	Condiments, Spreads & Sauces
Pepitas	Broccoli Sprouts	Mayonnaise
Pumpkin Oil	Herbs & Spices	Red Bean Paste
Pumpkin Seed Oil	Capsicum	Tabasco Sauce
Pumpkin Seeds	Meat & Poultry	Veganise Soy-free (Follow Your Heart®)
Rice Bran Oil	Carrot, Yellow	Vinegar
Vegetable Oil	Carrot Juice	Vinegar, Malt
Fish & Shellfish		Vinegar, Rice
Squid	Celery	Vinegar, White
Trout	Corn (Gluten-free & Non-GMO)	Sweeteners
Walleye Pike	Corn, Blue	Brown Rice Syrup (contains MSG/Gluten)
Vegetables		Erythritol (non-GMO)
Barley Grass (can have gluten)	Corn, White	Fructose
Barley Greens (may contain gluten)	Gluten-Containing Foods	Maltodextrin (Corn-based, non-GMO)
Bell Pepper, Green	Hydrogenated Oils	Swerve® Sweetener
Bell Pepper, Orange	Gluten-Free Grains	Xylitol
Bell Pepper, Red	Pepper, Green	
Bell Pepper, Yellow	Pepper, Red	
	Pumpkin	
	Pumpkin Powder	
	Vegetable Oil	
	Meat & Poultry	
	Applegate® organic bacon	
	Applegate® organic black forest ham	
	Applegate® organic ham	
	Applegate® organic roast beef	
	Collagen Protein (Powder)	

Herbs & Spices	Corn-Derived Foods	Gluten-Containing Foods
Bell Pepper, Red	Cheese, Cream	Barley Grass (can have gluten)
Capsicum	Cheese, Soy (Organic) (see Soy)	Barley Greens (may contain gluten)
Celery Powder	Chewing Gum (has gluten and corn)	Barley Juice (may contain gluten)
Chili Powder	Corn (Gluten-free & Non-GMO)	Brown Rice Syrup (contains MSG/Gluten)
Chipotle Seasoning	Corn, Blue	Chewing Gum (has gluten and corn)
Hydrogenated Oils	Corn, White	Vinegar
Pepper, Red	Corn Gluten	Vinegar, Malt
Milk-Containing Foods	Corn Meal (gluten free)	Vinegar, White
	Corn Oil	Gluten-Free Grains
Cheese, Cream	Corn Starch (gluten free)	
Legumes & Pulses	Erythritol (non-GMO)	Basmati Rice (gluten free)
	Fructose	Corn (Gluten-free & Non-GMO)
Bean, Chili	GemWraps®, Sandwich Wrap (Carrot)	Corn, Blue
Bean, Kidney	Hydrogenated Oils	Corn, White
Bean, Red	Maltodextrin (Corn-based, non-GMO)	Corn Meal (gluten free)
Hydrogenated Oils	Swerve® Sweetener	Corn Starch (gluten free)
Kidney Bean	Vegetable Oil	Hydrogenated Oils
Red Bean Paste	Xanthan Gum	Quinoa (gluten free)
Vegetable Oil		Quinoa, Black (gluten free)
		Quinoa, Red (gluten free)
		Rice, Basmati (gluten free)
		Rice, Black (gluten free)
		Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice Starch (if certified gluten free)

Rice, Purple (gluten free)

Vegetable Oil

Rice, Red (gluten free)

Xanthan Gum

Rice, White (gluten free)

Snacks

Rice Bran

AB

Rice Flour (gluten free)

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Rice Protein Powder (gluten free)

Vegetable Oil

**Beverages & Protein Powders**

Bone Broth Protein, Beef

Carrot Juice

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Rice Protein Powder (gluten free)

**Miscellaneous**

Baking Powder

Bone Broth, Beef

Chewing Gum (has gluten and corn)

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap  
(Carrot)GemWraps®, Sandwich Wrap  
(Mango/Chipotle)

Great Lake's® Beef Gelatin

Hydrogenated Oils