

**Vegetables**

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

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

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

Lettuce, all types

Mushrooms

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremini/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
Onion, Green	Pimento	Spirulina
Onion, Maui	Potato, Fingerling	Squash
Onion, Red	Potato, Purple	Squash, Acorn
Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo

Tomato Paste (gluten &	<b>Fruits</b>	Elderberry
Tomato Sauce (gluten &	Acai	Fig
Tomato	Agar Gum	Goji Berry
Tomatoes, Big Beef	Apple (all types)	Golden Berry
Tomato, Cherry	Apple Cider	Gooseberry
Tomato, Heirloom	Apple Juice	Grape
Tomato, Orange	Apple Sauce	Grape, Green
Tomato, Red	Apricot	Grape, Purple
Tomato, Roma	Banana	Grape, Red
Tomato, Sun-dried	Bilberry	Grape, White
Tomato, Yellow	Blackberry	Grapefruit
Truffle	Blueberry	Grapefruit Juice
Turnip Greens	Boysenberry	Guava
Turnips	Cantaloupe	Huckleberry
Water Chestnut	Cherry	Jack fruit
Watercress	Clementine	Kiwi
Yams, Garnett	Cranberry	Kumquat
Yams, Japanese	Cranberry Juice	Lemon
Yucca	Currant	Lemon Juice
Zucchini	Date(s)	Lemon Rind/Peel
Alfalfa Sprouts	Dragon Fruit (Pitaya)	Lime
Psyllium Husk	Dried Fruit	Lime Juice

Litchi (aka Lychee)

Plantain

Almond, Marcona

Loganberry

Plum

Annatto Seed

Loquat

Pomegranate

Arrowroot Flour/powder

Mango

Pomelo

Brazil Nut

Mangosteen

Prune

Canola/Rapeseed Oil

Maqui

Quince

Caraway Seed

Melon, Honeydew

Raisin (unsulfured, organic)

Cashews

Monk Fruit

Raspberry

Cashew Butter

Mulberry

Star Fruit

Cashew Meal

Nectarines

Strawberry

Chestnut

Noni

Tamarind

Chia Seed (1/4 cup, max)

Orange

Tangelo

Coconut Butter

Orange, Blood

Tangerine

Coconut Oil

Orange Juice

Watermelon

Coconut, shredded (raw,

Orange Peel/Rind

Wolfberry

Cola Nut (aka Kola Nut)

Papaya

Youngberry

Corn Oil

Passion Fruit

Cottonseed/Cottonseed Oil

Peach

**Nuts, Seeds, & Oils**

Flax Meal

Pear

Almond Butter (Artisana®)

Flax Oil

Pear, Asian

Almond Flavor natural, gluten free)

Flax Seed

Persimmons

Almond Flour (gluten free)

Grapeseed Oil, Organic

Pineapple

Almond Meal (gluten free)

Hazelnut Flour

Hazelnut/Filbert	Safflower/Safflower Seed Oil	Bean, Black
Hemp Meal	Sacha Inchi Seeds	Bean, Butter
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Cannellini
Hemp Seed	Sesame Seeds	Bean, Chana Dahl
Hydrogenated Oils	Sesame Seeds, Black	Bean, Chili
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Green
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Italian
Olive Leaf Extract	Sunflower Seed Oil	Bean, Kidney
Olive Oil, Virgin	Sunflower Seeds	Bean, Lima
Palm Kernel Oil	Tahini	Bean, Mung
Pecan	Tea, Ramon	Bean, Navy/Ninja
Pecan Flour	Tiger Nuts	Bean, Pinto/Frijole
Pepitas	Vegetable Oil	Bean, Red (see also Bean, Kidney)
Pili Nuts	Vegetable Shortening (Spectrum®)	Chickpea (see also Garbanzo)
Pine Nut	Walnut (few)	Edamame (must be organic)
Pistachios	Walnut Oil	Fava Bean
Poppy seeds	Walnut, Black (few)	Fava Bean Flour
Pumpkin Oil	Almond	Garbanzo Bean
Pumpkin Seed Oil	Psyllium Husk	Garbanzo Flour
Pumpkin Seeds		Lentil(s)
Ramon Seeds	<b>Legumes &amp; Pulses</b>	Miso
Rice, Wild (Lundberg® - not the	Bean, Azuki	Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach &amp; feta

Applegate® organic sausage sweet

Applegate® organic smoked

Applegate® organic smoked turkey

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Sriracha Sauce Organicville

Egg

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

**Sweeteners**

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar



Cumin	Himalayan Salt	Orange Peel/Rind
Curcumin	Jamaican Jerk	Orange Salt
Curry (must be GF)	Juniper Berry	Oregano
Dandelion Root	Lavender	Paprika
Dill	Lemon Balm (Melissa Officinalis)	Paprika (smoked)
Dong Quai	Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see Garlic/Lemon
Fennel	Licorice Root	Pepper, Cayenne
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds
Herbs De Provence	Onion	Sesame Seeds, Black
Hickory	Onion Powder	Shallots

Spearmint	Cheese, American	Cheese, String (Mozzarella)
St. John's Wort	Cheese, Asiago	Cheese, Swiss
Taco Seasoning	Cheese, Bleu	Chocolate, Milk
Tamari (Wheat Free)	Cheese, Brie	Chocolate, White
Tarragon	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Thyme	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Tomatillo	Cheese, Cream	Goat Cheese
Turmeric	Cheese, Goat	Goat Kefir
Uva Ursi	Cheese, Gorgonzola	Kefir, Raw
Valerian	Cheese, Gouda	Lactoalbumin
Vanilla (gluten and corn-free)	Cheese, Havarti	Milk Chocolate
Vanilla Bean	Cheese, Machego	Milk, Cow
Vanilla Powder	Cheese, Mascapone	Milk, Goat
White Willow Bark Extract	Cheese, Mozzarella (Raw)	Milk, Sheep
Wintergreen	Cheese, Muenster	Mozzarella Cheese
Rose Hips	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey
<b>Milk-Containing Foods</b>	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta	Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised	Cheese, Romano	
Buttermilk	Cheese, Provolone	<b>Gluten-Free Grains</b>
Casein	Cheese, Sheep	Almond Flour (gluten free)

Amaranth	Millet	Simple Mills Tomato & Basil Almond
Arrowroot Flour/powder	Oats	Sorghum
Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)
Buckwheat	Oat Grass (Not For Gluten	Tapioca
Buckwheat Flour	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Chicory Root	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Coconut Flour (gluten free)	Quinoa (gluten free)	Teff
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Ener-G Brown Rice Yeast-Free	Rice, Japonica (gluten free)	Simple Mills
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	
Garbanzo Flour	Rice, White (gluten free)	<b>Gluten-Containing Foods</b>
Glucomannon Flour	Rice, Wild (Lundberg® - not the	Barley
Hazelnut Flour	Rice Bran	Barley Greens (Not for
Hemp Meal	Rice Flour (gluten free)	Barley Juice (Not for
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	Beer
Hemp Seed	Simple Mills Grnd Sea Salt Almond	Bran
Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt	Bread

Brown Rice Syrup (contains	Teechino	Corn Starch (gluten free)
Caramel Coloring	Teriyaki Sauce	Erythritol (non-GMO)
Cheese, Bleu	Triticale	Fructose
Chewing Gum (has gluten and	Vinegar	GemWraps®, Sandwich Wrap
Coffee, Instant (has gluten)	Vinegar, Malt	Maltodextrin (Corn-based,
Couscous	Vinegar, White	Sriracha Sauce Organicville
Durum Wheat	Wheat (All Types)	Swerve® Xylitol
Farro	Wheat Grass (Is	Vegetable Oil
Gluten	Crab, Immitation	Xanthan Gum
Graham (wheat)		Yogurt (See Xanthan Gum)
Kamut	<b>Corn-Derived Foods</b>	
Liquid Smoke (can have gluten)	Barbeque Sauce, GF Annie's®	<b>Beverages &amp; Protein Powders</b>
Malt	Cheese, Cream	Almond Milk, unsweetened (no
Maltodextrin (Can be	Cheese, Daiya	Apple Juice
Oats	Cheese, Soy (Organic) (see Soy)	Beer
Orzo	Chewing Gum (has gluten and	Carrot Juice
Panko	Corn (Gluten-free & Non-GMO)	Coconut Kefir (No Tapioca,
Polish Wheat	Corn, Blue	Coconut Milk(Native Forest or
Rye	Corn, White	Coconut Water (low sugar)
Semolina	Corn Gluten	Coffee Bean, Organic
Soy Sauce	Corn Meal (gluten free)	Coffee
Spelt	Corn Oil	Coffee, Instant (has gluten)

Collagen Protein (Powder)	Tea, Green	Chicken Broth (Imagine® gf/low)
Echinacea Tea	Tea, Oolong	Chicory Root
Grapefruit Juice	Tea, Ramon	Cocoa/Cacao (raw, pure, &
Green Tea	Tea, Roobios	Coconut Aminos®
Hemp Protein (Powder)	Tea, unflavored/caffeine-free only	Coconut Cream
Komboucha Tea	Tea, White	Collagen Protein (Powder)
Lemon Juice	Teechino	Garam Masala
Licorice Tea	Water	GemWraps®, Sandwich Wrap
Lime Juice	Wine, Red	GemWraps®, Sandwich Wrap
Milk, Cow	Wine, White (Champagne)	GemWraps®, Sandwich Wrap
Milk, Goat	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap
Milk, Sheep		Glucomannon Flour
Milk, Soy (Organic)	Miscellaneous	Great Lake's® Beef Gelatin
Mineral Water	Agar Gum	Guar Gum
Orange Juice	Antimony	Hops
Pea Protein	Arabic Gum	Julian Bakery Paleo Wraps
Rice Protein Powder (gluten free)	Baking Powder	Julian Bakery Almond Bread
Soy Milk/Soy Cheese (Organic)	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Soy Protein (Organic)	Beef broth (Imagine® low	Konjac Glucomannon Flour
Sparkling Water, unflavored	Carrageenan Gum	Lard (pork)
Tea, Black	Chewing Gum (has gluten and	Liquid Aminos (Braggs®)(has Soy)
Tea, Chamomile	Chewing Gum, Xylitew®	Locust Bean Gum

Lycopene

Malt

Maltodextrin (Can be

Palm Wax

Pycnogenol

Red Chili Paste Thai Kitchen®

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

Silver

Skinny Crisps®(Plain Jane)

Tagacanth Gum

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &amp;

Tomato Sauce (gluten &amp;

Tagacanth Gum

Vegetable broth (Imagine® Low

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Latex

Formaldehyde

Red Dye

Ispaghula/Psyllium

Acacia Gum