Vegetables	Celery	Mushrooms
Aloe Vera	Chard	Mushrooms, Button
Artichoke (not pickled)	Chayote	Mushrooms, Cremeni/Crimini
Arugula	Chives	Mushrooms, Maitake
Asparagus	Coconut (raw and unsweetened)	Mushrooms, Shiitake
Avocado	Coconut Concentrate	Mustard Greens
Avocado Oil	Collard Greens	Nori
Bamboo Shoot	Cucumber	Okra
Bean, Green	Daikon Radish	Olives (without vinegar)
Bean Sprout	Dandelion Greens	Onion, Green
Beet	Dandelion Root	Onion, Maui
Beet Greens	Eggplant	Onion, Red
Bell Pepper	Endive	Onion, Sweet
Bell Pepper, Green	Fennel	Onion, Yellow
Bell Pepper, Orange	Garlic	Parsley
Bell Pepper, Red	Hearts of Palm	Parsnip
Bell Pepper, Yellow	Horseradish	Pea, Black-Eyed
Burdock	Jicama	Pea, Green
Cactus (Nopales)	Kelp/Dulse	Pea, Snap
Capers	Kombu	Pea, Snow
Capsicum	Leeks	Pea, Split
Cassava (see Tapioca and Yucca)	Lettuce, all types	Pea Protein

	Pepper, Anaheim	Rhubarb	Tomatoes, Big Beef
	Pepper, Chili	Scallions	Tomato, Cherry
	Pepper, Green	Sea Vegetables	Tomato, Heirloom
	Pepper, Habanero	Seaweed	Tomato, Orange
	Pepper, Jalapeño	Shallots	Tomato, Red
	Pepper, Poblano	Spirulina	Tomato, Roma
	Pepper, Red	Squash	Tomato, Sun-dried
	Pepper, Serrano	Squash, Acorn	Tomato, Yellow
	Pickles, Bubbies® brand only	Squash, Butternut	Truffle
	Pimento	Squash, Green	Turnip Greens
	Potato, Fingerling	Squash, Spaghetti	Water Chestnut
	Potato, Purple	Squash, Summer	Watercress
	Potato, Red	Squash, Winter	Yams, Garnett
	Potato, Russet	Squash, Yellow	Yams, Japanese
	Potato, Sweet	Sugar Beet	Yucca
	Potato, White	Sweet Potato, Red	Zucchini
	Potato, Yukon Gold	Sweet Potatoes, White	Alfalfa Sprouts
	Prickly Pear	Swiss Chard	Psyllium Husk
	Pumpkin	Tomatillo	
	Pumpkin Powder	Tomato Paste (gluten &	
	Radicchio	Tomato Sauce (gluten &	
П	Rainbow Chard	Tomato	

Fruits	Elderberry	Litchi (aka Lychee)
Acai	Fig	Loganberry
Agar Gum	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apple Cider	Gooseberry	Mangosteen
Apple Juice	Grape	Maqui
Apple Sauce	Grape, Green	Melon, Honeydew
Apricot	Grape, Purple	Monk Fruit
Banana	Grape, Red	Mulberry
Bilberry	Grape, White	Nectarines
Blackberry	Grapefruit	Noni
Blueberry	Grapefruit Juice	Papaya
Boysenberry	Guava	Passion Fruit
Cantaloupe	Huckleberry	Persimmons
Cherry	Jack fruit	Pineapple
Clementine	Kiwi	Plantain
Cranberry	Kumquat	Plum
Cranberry Juice	Lemon	Pomegranate
Currant	Lemon Juice	Pomelo
Date(s)	Lemon Rind/Peel	Prune
Dragon Fruit (Pitaya)	Lime	Quince
Dried Fruit	Lime Juice	Raisin (unsulfured, organic)

Raspberry	Coconut Butter	Pepitas
Star Fruit	Coconut Oil	Pili Nuts
Tamarind	Coconut, shredded (raw,	Pine Nut
Tangerine	Cola Nut (aka Kola Nut)	Pistachios
Watermelon	Cottonseed/Cottonseed Oil	Poppy seeds
Wolfberry	Flax Meal	Pumpkin Oil
Youngberry	Flax Oil	Pumpkin Seed Oil
	Flax Seed	Pumpkin Seeds
Nuts, Seeds, & Oils	Grapeseed Oil, Organic	Ramon Seeds
Almond Butter (Artisana®)	Hazelnut Flour	Rice, Wild (Lundberg® - not the
Almond Flavor natural, gluten free)	Hazelnut/Filbert	Safflower/Safflower Seed Oil
Almond Flour (gluten free)	Hemp Meal	Sacha Inchi Seeds
Almond Meal (gluten free)	Hemp Protein (Powder)	Sesame Seed Oil
Almond, Marcona	Hemp Seed	Sesame Seeds
Annatto Seed	Hydrogenated Oils	Sesame Seeds, Black
Arrowroot Flour/powder	Macadamia Nut Oil	Sunflower Seed Butter
Brazil Nut	Macadamia Nuts	Sunflower Seed Lecithin
Caraway Seed	Olive Leaf Extract	Sunflower Seed Oil
Cashews	Olive Oil, Virgin	Sunflower Seeds
Cashew Butter	Palm Kernel Oil	Tahini
Cashew Meal	Pecan	Tea, Ramon
Chestnut	Pecan Flour	Tiger Nuts

Vegetable Shortening (Spectrum®)	Chickpea (see also Garbanzo Bean)		Fish & Shellfish
Walnut (few)	Edamame (must be organic)		Anchovy
Walnut Oil	Fava Bean		Bass
Walnut, Black (few)	Fava Bean Flour		Catfish
Almond	Garbanzo Bean		Chilean Sea Bass
Psyllium Husk	Garbanzo Flour		Clam
	Lentil(s)		Cod/ Cod Liver Oil
Legumes & Pulses	Miso		Corvina
Bean, Azuki	Pea, Snap		Crab
Bean, Black	Pea, Snow		Crayfish
Bean, Butter	Pea, Split		Flounder
Bean, Cannellini	Red Bean Paste		Haddock
Bean, Chana Dahl	Soy Beans (must be organic)		Hake
Bean, Chili	Soy Beans Oil (must be organic)		Halibut
Bean, Green	Vanilla Bean		Herring
Bean, Italian	Vanilla Powder		Lobster
Bean, Kidney	White Beans		Mackerel
Bean, Lima			Mahi Mahi
Bean, Mung			Mussel
Bean, Navy/Ninja			Orange Roughy
Bean, Pinto/Frijole			Oyster
Bean, Red (see also Bean, Kidney)		П	Perch

Red Snapper	Applegate® organic roast beef	Turkey (organic)
Salmon, wild (fresh)	Applegate® organic andouille	Veal (organic)
Sardines	Applegate® organic chicken/apple	Venison (see also Deer)
Scallop	Applegate® organic red pepper	
Shrimp	Applegate® organic sausage sweet	Non-Dairy & Eggs
Sole	Applegate® organic smoked	Almond Milk, unsweetened (no
Squid	Applegate® organic smoked turkey	Almond Yogurt, unsweetened
Swai	Applegate® organic turkey	Coconut Kefir (No Tapioca,
Swordfish	Applegate® organic turkey bacon	Coconut Milk(Native Forest or
Tilapia (Non-farmed)	Beef, Grass-fed only (organic)	Egg, Pasture-raised (from a farmer)
Trout	Bison (see also Buffalo)	Egg, Vital Farms® or Pasture
Tuna	Buffalo (see also Bison)	Egg, Whites, Pasture-raised
Walleye Pike	Chicken, free range (organic)	Egg, Yolks Pasture-raised
Whitefish/Turbot	Deer (see also Venison)	Milk, Soy (Organic)
	Duck	Egg
Meat & Poultry	Goat, Grass-fed only (organic)	
Applegate® organic bacon	Lard (pork)	Condiments
Applegate® organic black forest	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic chicken	Pheasant	Balsamic Vinegar MiaBella
Applegate® organic ham	Pork, (organic)	BodyPro Almond Mayo Grade B
Applegate® organic herb roasted	Quail	BodyPro Almond Mayo with Yacon
Applegate® organic hot dogs	Rabbit	Carob

Coconut Vinegar (Coconut Secret)	Molasses		Black Cohosh
Earth Balance® Coconut Spread	Monk Fruit		Caraway Seed
Earth Balance® Avocado Oil Butter	Nutrasweet®		Cardamom
Hummus	Rebiana Leaf (Stevia)		Celery Powder
Mayonnaise, Primal Kitchen	Sorbitol		Chicory Root
Mayonnaise, Primal Kitchen	Splenda		Chili Powder
	Sucanat		Chipotle Seasoning
Sweeteners	Sugar Beet		Cilantro/Coriander
Agave Nectar	Sugar Cane		Cinnamon
Aspartame/Nutrasweet	Sweetleaf® Stevia		Cinnamon, Ceylon
BodyPro Almond Mayo Grade B	Swerve® Xylitol		Cloves
BodyPro Almond Mayo with Yacon	Xyla (Birchwood Xylitol/non-corn		Cloves, Madagascar
Coconut Palm Sugar	Yacon Syrup		Cloves, Penang
Date Sugar			Cramp Bark Extract
Fruit Pectin	Herbs & Spices		Cream of Tartar
Honey, (Organic)	Allspice		Cumin
Honey, Manuka	Almond Flavor natural, gluten free)		Curcumin
Honey, Wildflower from Mahava®	Anise		Curry (must be GF)
Just Like Sugar®	Ashwaganda		Dandelion Root
Lo Han	Astragalus		Dill
Maple Sugar	Basil		Dong Quai
Maple Syrup (Grade A Dark Amber	Bay Leaf	П	Echinacea

Fennel	Licorice Root	Peppermint
Garlic	Liquid Smoke gluten free (natural)	Pine Bark Extract
Garlic Pepper	Maca Root	Red Pepper Flake
Garlic Powder	Mace Spice	Rosemary
Garlic Salt	Marjoram	Saffron
Ginger	Mesquite	Sage
Ginkgo Biloba	Milk Thistle	Saw Plametto
Ginseng (All Types)	Mint	Sesame Seeds
Goldenseal	Nutmeg	Sesame Seeds, Black
Grapefruit Seed Extract	Olive Leaf Extract	Shallots
Grapeseed Extract	Onion	Spearmint
Guarana	Onion Powder	St. John's Wort
Gymnema Silvestre	Orange Salt	Taco Seasoning
Herbs De Provence	Oregano	Tamari (Wheat Free)
Hickory	Paprika	Tarragon
Himalayan Salt	Paprika (smoked)	Thyme
Jamaican Jerk	Parsley	Tomatillo
Juniper Berry	Pepper, Black (see Garlic/Lemon	Turmeric
Lavender	Pepper, Cayenne	Uva Ursi
Lemon Balm (Melissa Officinalis)	Pepper/Peppercorns	Valerian
Lemon Pepper	Pepper/Peppercorns, Szechuan	Vanilla (gluten and corn-free)
Lemongrass	Pepper, Red	Vanilla Bean

Vanilla Powder	Hemp Protein (Powder)	Gluten-Containing Foods
White Willow Bark Extract	Hemp Seed	
Wintergreen	Konjac Glucomannon Flour	Corn-Derived Foods
Rose Hips	Oats (Bob's Red Mill Gluten Free	Swerve® Xylitol
	Potato Flour (gluten free)	
Milk-Containing Foods	Potato Starch (gluten free)	Beverages & Protein Powders
	Quinoa (gluten free)	Almond Milk, unsweetened (no
Gluten-Free Grains	Quinoa, Black (gluten free)	Apple Juice
Almond Flour (gluten free)	Quinoa, Red (gluten free)	Coconut Kefir (No Tapioca,
Amaranth	Rice, Wild (Lundberg® - not the	Coconut Milk(Native Forest or
Arrowroot Flour/powder	Simple Mills Grnd Sea Salt Almond	Coconut Water (low sugar)
Buckwheat	Simple Mills Rosemary & Sea Salt	Coffee Bean, Organic
Buckwheat Flour	Simple Mills Tomato & Basil Almond	Coffee
Chicory Root	Sorghum	Collagen Protein (Powder)
Coconut Flour (gluten free)	Sweet Potato Flour (gluten free)	Echinacea Tea
Coconut Meal (gluten free)	Tapioca	Grapefruit Juice
Fava Bean Flour	Tapioca Flour (gluten free)	Green Tea
Flax Meal	Tapioca Starch (gluten free)	Hemp Protein (Powder)
Garbanzo Flour	Teff	Lemon Juice
Glucomannon Flour	Tolerant Green Lentil & Pea Pasta	Licorice Tea
Hazelnut Flour	Tolerant Red or Green Lentil Pasta	Lime Juice
Hemp Meal	Simple Mills	Milk Soy (Organic)

Mineral Water	Chewing Gum, Xylichew®	Silver
Pea Protein	Chicory Root	Skinny Crisps®(Plain Jane)
Soy Milk/Soy Cheese (Organic)	Coconut Aminos®	Tagacanth Gum
Soy Protein (Organic)	Coconut Cream	Tamari (Wheat Free)
Sparkling Water, unflavored	Collagen Protein (Powder)	Tofu (Organic)
Tea, Black	Garam Masala	Tomato Paste (gluten &
Tea, Chamomile	GemWraps®, Sandwich Wrap	Tomato Sauce (gluten &
Tea, Green	Glucomannon Flour	Tagacanth Gum
Tea, Oolong	Great Lake's® Beef Gelatin	Vegetable Shortening (Spectrum®)
Tea, Ramon	Guar Gum	Latex
Tea, Roobios	Hops	Formaldehyde
Tea, unflavored/caffeine-free only	Julian Bakery Almond Bread	Red Dye
Tea, White	Julian Bakery Coconut Bread	Ispaghula/Psyllium
Water	Konjac Glucomannon Flour	Acacia Gum
Yerba Matte Tea (Organic/Pure)	Lard (pork)	
	Liquid Aminos (Braggs®)(has Soy)	
Miscellaneous	Locust Bean Gum	
Agar Gum	Lycopene	
Antimony	Palm Wax	
Arabic Gum	Pycnogenol	
Baking Soda (Arm & Hammer®)	Red Tomato Paste (gluten free)	
Carrageenan Gum	Resveratrol	