	Brussels Sprout	Collard Greens
Aloe Vera	Burdock	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)	Cabbage, Chinese (see also Bok Chov)	Corn, Blue
Arugula	Cabbage, Green	Corn, White
Asparagus	Cabbage, Purple	Cucumber
Avocado	Cactus (Nopales)	Daikon Radish
Avocado Oil	Capers	Dandelion Greens
Bamboo Shoot	Capsicum	Dandelion Root
Bean, Green	Carrot Juice	Eggplant
Bean Sprout	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Beet Greens Bell Pepper	Carrot, White Carrot, Yellow	Garlic Hearts of Palm
	Carrot, Yellow Cassava (see Tapioca and	
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper Bell Pepper, Green	Carrot, Yellow Cassava (see Tapioca and Yucca)	Hearts of Palm Horseradish
Bell Pepper, Green Bell Pepper, Orange	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower	Hearts of Palm Horseradish Jicama
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple	Hearts of Palm Horseradish Jicama Kale, all types
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bok Choy	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery Chard	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi
Bell Pepper Bell Pepper, Green Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bok Choy Broccoli	Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower Cauliflower, Purple Celery Chard Chayote	Hearts of Palm Horseradish Jicama Kale, all types Kelp/Dulse Kohlrabi Kombu

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

Tomatillo		Carrot	Cranberry Juice
Tomato Paste (gluten & Vinegar-free)		Green Bean	Currant
Tomato Sauce (gluten & Vinegar-free)		Olive, Green	Date(s)
Tomato		Potato	Dragon Fruit (Pitaya)
Tomatoes, Big Beef		Alfalfa Sprouts	Dried Fruit
Tomato, Cherry			Elderberry
Tomato, Heirloom		Acai	Fig
Tomato, Orange		Agar Gum	Goji Berry
Tomato, Red		Apple (all types)	Golden Berry
Tomato, Roma		Apple Cider	Gooseberry
Tomato, Sun-dried		Apple Juice	Grape
Tomato, Yellow		Apple Sauce	Grape, Green
Truffle		Apricot	Grape, Purple
Turnip Greens		Banana	Grape, Red
Turnips		Bilberry	Grape, White
Water Chestnut		Blackberry	Grapefruit
Watercress		Blueberry	Grapefruit Juice
Yams, Garnett		Boysenberry	Guava
Yams, Japanese		Cantaloupe	Huckleberry
Yucca		Cherry	Jack fruit
Zucchini		Clementine	Kiwi
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Lemon	Peach	
Lemon Juice	Pear	Almond Butter (ArtisanaÂ
Lemon Rind/Peel	Pear, Asian	Almond Flavor natural,
Lime	Persimmons	aluten free) Almond Flour (gluten free
Lime Juice	Pineapple	Almond Meal (gluten free
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	unsweetened) Cola Nut (aka Kola Nut)
Papaya	Youngberry	Corn Oil
Passion Fruit		Cottonseed/Cottonseed Oil

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

Fava Bean Flour	Clam	Sole
Garbanzo Bean	Cod/ Cod Liver Oil	Squid
Garbanzo Flour	Corvina	Swai
Lentil(s)	Crab	Swordfish
Miso	Crayfish	Tilapia (Non-farmed)
Pea, Snap	Flounder	Trout
Pea, Snow	Haddock	Tuna
Pea, Split	Hake	Walleye Pike
Peanut (Organic, Valencia)	Halibut	Whitefish/Turbot
Peanut Butter (Organic, Maranatha®)	Herring	Codfish
Peanut Oil (Organic)	Lobster	Crab, Immitation
Red Bean Paste	Mackerel	
Soy Beans (must be	Mackerel Mahi Mahi	Applegate® organic bacc
Soy Beans (must be organic) Soy Beans Oil (must be		Applegate® organic black
Soy Beans (must be organic)	Mahi Mahi	Applegate® organic black forest ham Applegate® organic
Soy Beans (must be organic) Soy Beans Oil (must be organic)	Mahi Mahi Mussel	Applegate® organic blac
Soy Beans (must be organic) Soy Beans Oil (must be organic) Vanilla Bean	Mahi Mahi Mussel Orange Roughy	Applegate® organic black forest ham Applegate® organic chicken Applegate® organic ham Applegate® organic herb
Soy Beans (must be organic) Soy Beans Oil (must be organic) Vanilla Bean Vanilla Powder	Mahi Mahi Mussel Orange Roughy Oyster	Applegate® organic black forest ham Applegate® organic chicken Applegate® organic ham Applegate® organic herb roasted turkev
Soy Beans (must be organic) Soy Beans Oil (must be organic) Vanilla Bean Vanilla Powder	Mahi Mahi Mussel Orange Roughy Oyster Perch	Applegate® organic black forest ham Applegate® organic chicken Applegate® organic ham Applegate® organic herb roasted turkev Applegate® organic hot doas Applegate® organic roas Applegate® organic roas
Soy Beans (must be organic) Soy Beans Oil (must be organic) Vanilla Bean Vanilla Powder White Beans	Mahi Mahi Mussel Orange Roughy Oyster Perch Red Snapper	Applegate® organic black forest ham Applegate® organic chicken Applegate® organic ham Applegate® organic herb roasted turkev Applegate® organic hot doas Applegate® organic roas beef Applegate® organic
Soy Beans (must be organic) Soy Beans Oil (must be organic) Vanilla Bean Vanilla Powder White Beans Anchovy	Mahi Mahi Mussel Orange Roughy Oyster Perch Red Snapper Salmon, wild (fresh)	Applegate® organic black forest ham Applegate® organic chicken Applegate® organic ham Applegate® organic herb roasted turkev Applegate® organic hot doas Applegate® organic roas beef

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Applegate® organic spinach & feta sausage		Veal (organic)		Balsamic Vinegar - (Caramel/Red W:-Vinegar
Applegate® organic sausage sweet italian		Venison (see also Deer)		Barbeque Sauce, GF - Annie's® Sweet & Spicy
Applegate® organic smoked chicken breast		Beef		BodyPro Almond Mayo Grade B Maple Syrup
Applegate® organic - smoked turkey-breast				BodyPro Almond Mayo with Yacon Syrup
Applegate® organic turk	ey]	Almond Milk, unsweetened (no tapioca)		BodyPro Avocado Oil
Applegate® organic turk	еу	Almond Yogurt, -unsweetened		Carob
Beef, Grass-fed only (organic)		BodyPro Avocado Oil		Coconut Vinegar (Coconu - Secret)
Bison (see also Buffalo)		Cheese, Daiya (Coconut, Tapioca, veast. Â)		Dressing, Primal Kitchen Greek-Avocade-Oil
Buffalo (see also Bison)		Cheese, Soy (Organic) (see Sov)		Dressing, Primal Kitchen - Honev Mustard
Chicken Broth (ImagineÂo	₿	Coconut Kefir (No Tapioca. Carageenan)		Earth Balance® Coconu
Chicken, free range (organic)		Coconut Milk(Native Forest or Natural Value)		Earth Balance® Avocad - Oil-Butter-Spread
Deer (see also Venison)		Egg, Pasture-raised (from a farmer)		Horseradish Sauce, Gluten-free (Annie's®)
Duck		Egg, Vital Farms® or Pasture Verde®		Hummus
Goat, Grass-fed only (organic)		Egg, Whites, Pasture-raised		Ketchup (Organicville)
Lamb (organic)		Egg, Yolks Pasture-raised		Mayonnaise
Lard (pork)		Milk, Soy (Organic)		Mayonnaise, Primal - Kitehen Avocado Oil
Ostrich		Sriracha Sauce Organicville gluten-free		Mayonnaise, Primal - Kitchen Chipotle Avecado
Pheasant		Egg		Mustard, Brown (Eden® mustard)
Pork, (organic)				Sauerkraut (Bubbies® Brand only)
Quail		Apple Cider Vinegar (Bragg's®)		Sriracha Sauce Organicville gluten-free
Rabbit		Balsamic Vinegar MiaBella		Ume Plum Vinegar
Turkey (organic)		Balsamic Vinegar (with Red Wine Vinegar)		Veganaise Soy-free (Follow Your Heart®)

Vinegar	Honey, (Organic)	
Vinegar, Distilled	Honey, Manuka	Allspice
Vinegar, Malt	Honey, Wildflower from Mahava®	Almond Flavor natural, aluten free)
Vinegar, Red Wine	Just Like Sugar®	Anise
Vinegar, Rice	Lo Han	Ashwaganda
Vinegar, White	Maltodextrin (Can be	Astragalus
Vinegar, White Wine	Maltodextrin (Corn-based, non-GMO)	Basil
Worcestershire Sauce (The Wizard's® GF)	Maple Sugar	Bay Leaf
(The Wizard of Cor)	Maple Syrup (Grade A Dark Amber Organic)	Black Cohosh
Agave Nectar	Molasses	Caramel Coloring
Aspartame/Nutrasweet	Monk Fruit	Caraway Seed
BodyPro Almond Mayo Grade B Maple Syrup	Nutrasweet®	Cardamom
BodyPro Almond Mayo with Yacon Syrup	Rebiana Leaf (Stevia)	Celery Powder
Brown Rice Syrup (contains MSG/Gluten)	Sorbitol	Chicory Root
Chocolate, Dark	Splenda	Chili Powder
Chocolate, Milk	Sucanat	Chipotle Seasoning
Chocolate, White	Sugar Beet	Cilantro/Coriander
Coconut Palm Sugar	Sugar Cane	Cinnamon
Date Sugar	Sweetleaf® Stevia	Cinnamon, Ceylon
Erythritol (non-GMO)	Swerve® Xylitol	Cloves
Fructose	Xyla (Birchwood	Cloves, Madagascar
Fruit Pectin	Xvlitol/non-corn source) Yacon Syrup	Cloves, Penang

Cramp Bark Extract	Herbs De Provence	Onion
Cream of Tartar	Hickory	Onion Powder
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	Paprika (smoked)
Dong Quai	Officinalis) Lemon Pepper	Parsley
Echinacea	Lemongrass	Pepper, Black (see
Fennel	Licorice Root	Garlic/Lemon Pepper) Pepper, Cayenne
Garlic	Liquid Smoke (can have	Pepper/Peppercorns
Garlic Pepper	aluten) Liquid Smoke gluten free	Pepper/Peppercorns,
Garlic Powder	(natural) Maca Root	Szechuan Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai
Ginseng (All Types)	Milk Thistle	Kitchen® (aluten free) Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten	Sage
Guarana	free) Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds

Sesame Seeds, Black		Casein	Cheese, Sheep
Shallots		Cheese, American	Cheese, String
Spearmint		Cheese, Asiago	(Mozzarella) Cheese, Swiss
St. John's Wort		Cheese, Bleu	Chocolate, Milk
Taco Seasoning		Cheese, Brie	Chocolate, White
Tamari (Wheat Free)		Cheese, Cheddar (Raw)	Cream, Raw and
Tarragon		Cheese, Cottage	Unpasteurized Ghee (Pasture-Raised
Thyme		Cheese, Cream	Organic) Goat Cheese
Tomatillo		Cheese, Goat	Goat Kefir
Turmeric		Cheese, Gorgonzola	Kefir, Raw
Uva Ursi		Cheese, Gouda	Lactoalbumin
Valerian		Cheese, Havarti	Milk Chocolate
Vanilla (gluten and		Cheese, Machego	Milk, Cow
corn-free) Vanilla Bean		Cheese, Marscapone	Milk, Goat
Vanilla Powder		Cheese, Mozzarella (Raw)	Milk, Sheep
White Willow Bark Extrac	t 🗌	Cheese, Muenster	Mozzarella Cheese
Wintergreen		Cheese, Parmesan	Sour Cream, Raw and
Rose Hips		Cheese, Pecorino	Unpasteurized Whey
		Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta sausage		Cheese, Ricotta	Cheese, Feta
Butter, Raw and Pasture-raised		Cheese, Romano	
Pasture-raised Buttermilk		Cheese, Provolone	

		Hemp Seed	Simple Mills Grnd Sea Salt Almond Crackers
Almond Flour (gluten free)	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea-Salt Crackers
Amaranth		Millet	Simple Mills Tomato &
Arrowroot Flour/powder		Oats	Basil-Almond Grackers Sorghum
Basmati Rice (gluten free) 🗆	Oats (Bob's Red Mill	Sweet Potato Flour (glute
Buckwheat		Gluten Free Version) Oat Grass (Not For Gluten Sensitive)	free) 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	e) <u> </u>	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 &
Ener-G Brown Rice Yeast-Free Bread		Rice, Japonica (gluten	Simple Mills EverythingSpoutedSeedCracker
Fava Bean Flour		free) Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal		Rice, Red (gluten free)	Rice
Garbanzo Flour		Rice, White (gluten free)	
Glucomannon Flour (konjacfoods.com)		Rice, Wild (Lundberg® - not the blend)	
Hazelnut Flour		Rice Bran	
Hemp Meal		Rice Flour (gluten free)	
Hemp Protein (Powder)		Rice Protein Powder (gluten free)	

		Orzo	Corn (Gluten-free & Non-GMO)
Barley		Panko	Corn, Blue
Barley Greens (Not for		Polish Wheat	Corn, White
Gluten-Sensitive) Barley Juice (Not for Gluten-Sensitive)		Rye	Corn Gluten
Beer		Semolina	Corn Meal (gluten free)
Bran		Soy Sauce	Corn Oil
Bread		Spelt	Corn Starch (gluten free)
Brown Rice Syrup (contains MSG/Gluten)		Teechino	Erythritol (non-GMO)
Caramel Coloring		Teriyaki Sauce	Fructose
Cheese, Bleu		Triticale	GemWraps®, Sandwich Wrap (Carrot)
Chewing Gum (has gluter and corn)	∩∐	Vinegar	Maltodextrin (Corn-based, non-GMO)
Coffee, Instant (has gluten)		Vinegar, Malt	Sriracha Sauce Organicville gluten-free
Couscous		Vinegar, White	Swerve® Xylitol
Durum Wheat		Wheat (All Types)	Vegetable Oil
Farro		Wheat Grass (Is Gluten-contaminated)	Xanthan Gum
Gluten		Crab, Immitation	Yogurt (See Xanthan
Graham (wheat)			Gum)
Kamut		Barbeque Sauce, GF -Ann i e's® Sweet & Spicv	Almond Milk,
Liquid Smoke (can have		Cheese, Cream	unsweetened (no tabioca) Apple Juice
Malt		Cheese, Daiya (Coconut, T	Beer
Maltodextrin (Can be		Cheese, Soy (Organic) (see Soy)	Carrot Juice
Oats		Chewing Gum (has gluten and corn)	Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)		Soy Milk/Soy Cheese (Organic)	Beef broth (Imagine® lov sodium/GF)
Coconut Water (low sugar)		Soy Protein (Organic)	Carrageenan Gum
Coffee Bean, Organic		Sparkling Water, unflavored	Chewing Gum (has gluten and corn)
Coffee		Tea, Black	Chewing Gum, XylichewÂ
Coffee, Instant (has gluten)		Tea, Chamomile	Chicken Broth (ImagineÂ@
Collagen Protein (Powde	r)	Tea, Green	Chicory Root
Echinacea Tea		Tea, Oolong	Cocoa/Cacao (raw, pure, & unsweetened)
Grapefruit Juice		Tea, Ramon	Coconut Aminos®
Green Tea		Tea, Roobios	Coconut Cream
Hemp Protein (Powder)		Tea, unflavored/caffeine-free	Collagen Protein (Powder)
Komboucha Tea		Tea, White	Garam Masala
Lemon Juice		Teechino	GemWraps®, Sandwich Wrap (Carrot)
Licorice Tea		Water	GemWraps®, Sandwich Wrap (Kale-Apple)
Lime Juice		Wine, Red	GemWraps®, Sandwich Wrap (Mango/Chi.)
Milk, Cow		Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Tomato)
Milk, Goat		Yerba Matte Tea (Organic/Pure)	Glucomannon Flour (koniacfoods.com)
Milk, Sheep		(Organic/Pure)	Great Lake's® Beef
Milk, Soy (Organic)		Agar Gum	Gelatin Guar Gum
Mineral Water		Antimony	Hops
Orange Juice		Arabic Gum	Julian Bakery Paleo
Pea Protein		Baking Powder	- Wraps Julian Bakery Almond - Bread
Rice Protein Powder (gluten free)		Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread

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Konjac Glucomannon Flour		Vegetable Oil			
Lard (pork)		Vegetable Shortening (Spectrum®)			
Liquid Aminos (Braggs®)(has Sov)		Vinegar, Red Wine			
Locust Bean Gum		Vinegar, Rice			
Lycopene		Vinegar, White Wine			
Malt		Xanthan Gum			
Maltodextrin (Can be		Yeast, Baker's			
		Yeast, Brewer's			
Pycnogenol		Yeast, Nutritional			
Red Chili Paste Thai		Latex			
Kitchen® (aluten free) Red Tomato Paste (glute free)	Ispaghula/Psyllium				
Resveratrol		Formaldehyde			
Sherry Vinegar		Acacia Gum			
Silver		Red Dye			
Skinny Crisps®(Plain					
Jane) Tagacanth Gum					
Tamari (Wheat Free)					
Tofu (Organic)					
Tomato Paste (gluten &					
Vinegar-free) Tomato Sauce (gluten &					
Vinegar-free) Tragacanth Gum					
Vegetable broth (Imagine Low Sodium)	e®				