

Beverages & Protein Powders

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lemon Juice

Licorice Tea

Lime Juice

Milk, Cow

Milk, Goat

Milk, Sheep

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice	Corn, White	Corvina
Vinegar, White	Corn Gluten	Crab
Vinegar, White Wine	Corn Meal (gluten free)	Crayfish
Worcestershire Sauce (The	Corn Oil	Flounder
Sriracha Sauce Organicville	Corn Starch (gluten free)	Haddock
Tabasco Sauce	Erythritol (non-GMO)	Hake
Dressing, Primal Kitchen Greek	Fructose	Halibut
Dressing, Primal Kitchen Honey	GemWraps®®, Sandwich Wrap	Herring
Mayonnaise, Primal Kitchen	Maltodextrin (Corn-based,	Lobster
Mayonnaise, Primal Kitchen	Swerve® Xylitol	Mackerel
BodyPro Almond Mayo Grade B	Vegetable Oil	Mahi Mahi
BodyPro Almond Mayo with Yacon	Xanthan Gum	Mussel
BodyPro Avocado Oil Mayonnaise	Yogurt (See Xanthan Gum)	Orange Roughy
	Sriracha Sauce Organicville	Oyster

Corn-Derived Foods

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free & Non-GMO)

Corn, Blue

Fish & Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
Fruits	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach

Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for	Polish Wheat
Pomegranate	Barley Juice (Not for	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, organic)	Brown Rice Syrup (contains	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Bleu	Triticale
Strawberry	Chewing Gum (has gluten and	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is
Wolfberry	Gluten	Crab, Immitation
Youngberry	Graham (wheat)	
Banana	Kamut	
Apricot	Liquid Smoke (can have gluten)	

Gluten-Free Grains

Almond Flour (gluten free)	Millet	Simple Mills Tomato & Basil
Amaranth	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 Meal (gluten free)	Quinoa (gluten free)	Teff
Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, White	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn Starch (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Ener-G Brown Rice Yeast-Free	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Fava Bean Flour	Rice, Japonica (gluten free)	Simple Mills
Flax Meal	Rice, Purple (gluten free)	Corn Meal (gluten free)
Garbanzo Flour	Rice, Red (gluten free)	Coconut Flour (gluten free)
Glucomannon Flour	Rice, White (gluten free)	Arrowroot Flour/powder
Hazelnut Flour	Rice, Wild (Lundberg® - not the	
Hemp Meal	Rice Bran	
Hemp Protein (Powder)	Rice Flour (gluten free)	
Hemp Seed	Rice Protein Powder (gluten free)	
Konjac Glucomannon Flour	Simple Mills Grnd Sea Salt Almond	
	Simple Mills Rosemary & Sea Salt	

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

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

		Legumes & Pulses
Orange Peel/Rind	Tarragon	
Orange Salt	Thyme	Bean, Azuki
Oregano	Tomatillo	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see Garlic/Lemon	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark Extract	Bean, Kidney
Red Chili Paste Thai Kitchen®	Wintergreen	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo
Sesame Seeds	Shallots	Edamame (must be organic)
Sesame Seeds, Black	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic roast beef	Pork, (organic)
Pea, Snap	Applegate® organic andouille	Quail
Pea, Snow	Applegate® organic chicken/apple	Rabbit
Pea, Split	Applegate® organic red pepper	Turkey (organic)
Peanut (Organic, Valencia)	Applegate® organic spinach & feta	Veal (organic)
Peanut Butter (Organic,	Applegate® organic sausage sweet	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic smoked	
Red Bean Paste	Applegate® organic smoked turkey	Milk-Containing Foods
Soy Beans (must be organic)	Applegate® organic turkey	Applegate® organic spinach & feta
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only (organic)	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also Bison)	Cheese, American
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low	Cheese, Asiago
	Chicken, free range (organic)	Cheese, Bleu
Meat & Poultry	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Lamb (organic)	Cheese, Cream
Applegate® organic ham	Lard (pork)	Cheese, Goat
Applegate® organic herb roasted	Ostrich	Cheese, Gorgonzola
Applegate® organic hot dogs	Pheasant	Cheese, Gouda

Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap
Cheese, Parmesan	Sour Cream, Raw and	GemWraps®, Sandwich Wrap
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	Miscellaneous	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine® low	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylite®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low	Lycopene
Kefir, Raw	Chicory Root	Malt
Lactoalbumin	Cocoa/Cacao (raw, pure, &	Maltodextrin (Can be

Palm Wax	Formaldehyde	BodyPro Avocado Oil Mayonnaise
Pycnogenol	Acacia Gum	
Red Chili Paste Thai Kitchen®	Tragacanth Gum	Nuts, Seeds, Drupes & Oils
Red Tomato Paste (gluten free)	Blue Food Dye	Almond
Resveratrol	Skinny Crisps®(Plain Jane)	Almond Butter (Artisana®)
Sherry Vinegar	Red Food Dye	Almond Flavor natural, gluten free)
Silver	Cocoa Butter	Almond Flour (gluten free)
Tamari (Wheat Free)	Agar Gum	Almond Meal (gluten free)
Tofu (Organic)		Almond, Marcona
Tomato Paste (gluten &	Non-Dairy & Eggs	Annatto Seed
Tomato Sauce (gluten &	Almond Milk, unsweetened (no	Brazil Nut
Vegetable broth (Imagine® Low	Almond Yogurt, unsweetened	Canola/Rapeseed Oil
Vegetable Oil	Cheese, Daiya	Caraway Seed
Vegetable Shortening (Spectrum®)	Cheese, Soy (Organic) (see Soy)	Cashews
Vinegar, Red Wine	Coconut Kefir (No Tapioca,	Cashew Butter
Vinegar, Rice	Coconut Milk(Native Forest or	Cashew Meal
Vinegar, White Wine	Egg, Pasture-raised (from a farmer)	Chestnut
Xanthan Gum	Egg, Vital Farms® or Pasture	Chia Seed (1/4 cup, max)
Yeast, Baker's	Egg, Whites, Pasture-raised	Coconut Butter
Yeast, Brewer's	Egg, Yolks Pasture-raised	Coconut Oil
Yeast, Nutritional	Milk, Soy (Organic)	Coconut, shredded (raw,
Latex	Egg	Cola Nut (aka Kola Nut)

Corn Oil	Pistachios	Walnut (few)
Cottonseed/Cottonseed Oil	Poppy seeds	Walnut Oil
Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Snacks
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	Sweeteners
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, Manuka

Honey, Wildflower from Mahava®	Agave Nectar	Brussels Sprout
Just Like Sugar®	Coconut Sugar	Burdock
Lo Han		Cabbage, Chinese (see also Bok
Maltodextrin (Can be	Vegetables	Cabbage, Green
Maltodextrin (Corn-based,	Aloe Vera	Cabbage, Purple
Maple Sugar	Artichoke (not pickled)	Cactus (Nopales)
Maple Syrup (Grade A Dark Amber	Arugula	Capers
Molasses	Asparagus	Capsicum
Monk Fruit	Avocado	Carrot Juice
Nutrasweet®	Avocado Oil	Carrot, Orange
Rebiana Leaf (Stevia)	Bamboo Shoot	Carrot, Purple
Sorbitol	Bean, Green	Carrot, White
Splenda	Bean Sprout	Carrot, Yellow
Sucanat	Beet	Cassava (see Tapioca and Yucca)
Sugar Beet	Beet Greens	Cauliflower
Sugar Cane	Bell Pepper, Green	Cauliflower, Purple
Sweetleaf® Stevia	Bell Pepper, Red	Celery
Swerve® Xylitol	Bok Choy	Chard
Xyla (Birchwood Xylitol/non-corn	Broccoli	Chayote
Yacon Syrup	Broccoli Rabe	Coconut (raw and unsweetened)
BodyPro Almond Mayo Grade B	Broccoli Sprouts	Coconut Concentrate
Sucralose	Broccolini	Collard Greens

Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini	Pepper, Serrano
Corn, Blue	Mushrooms, Maitake	Pickles, Bubbies® brand only
Corn, White	Mushrooms, Shiitake	Pimento
Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed

Spinach	Tomato, Red	Bell Pepper
Spirulina	Tomato, Roma	Bell Pepper, Yellow
Squash	Tomato, Sun-dried	Bell Pepper, Orange
Squash, Acorn	Tomato, Yellow	
Squash, Butternut	Truffle	
Squash, Green	Turnip Greens	
Squash, Spaghetti	Turnips	
Squash, Summer	Water Chestnut	
Squash, Winter	Watercress	
Squash, Yellow	Yams, Garnett	
Sugar Beet	Yams, Japanese	
Sweet Potato, Red	Yucca	
Sweet Potatoes, White	Zucchini	
Swiss Chard	Alfalfa Sprouts	
Tomatillo	Psyllium Husk	
Tomato Paste (gluten &	Onion, Green	
Tomato Sauce (gluten &	Onion, Maui	
Tomato	Onion, Red	
Tomatoes, Big Beef	Onion, Sweet	
Tomato, Cherry	Onion, Yellow	
Tomato, Heirloom	Chives	
Tomato, Orange	Shallots	