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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

Alfalfa Grass	Broccoli	Chives
Alfalfa Sprouts	Broccolini	Coconut (raw and unsweetened)
Aloe Vera	Broccoli Rabe	Coconut Concentrate
Artichoke (not pickled)	Broccoli Sprouts	Collard Greens
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Comfrey
Arugula	Burdock	Cucumber
Asparagus	Cabbage, Chinese (see also Bok Choy)	Daikon Radish
Avocado	Cabbage, Green	Dandelion Greens
Bamboo Shoot	Cabbage, Purple	Dandelion Root
Barley Grass (can have gluten)	Cactus (Nopales)	Eggplant
Barley Greens (may contain gluten)	Capers	Endive
Bean, Green	Capsicum	Fennel
Bean Sprout	Carrot, Orange	Garlic
Beet	Carrot, Purple	Ginger
Beet Greens	Carrot, White	Hearts of Palm
Bell Pepper	Carrot, Yellow	Horseradish
Bell Pepper, Green	Carrot Juice	Jicama
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Kale, all types
Bell Pepper, Red	Cauliflower	Kelp/Dulse
Bell Pepper, Yellow	Cauliflower, Purple	Kohlrabi
Bitter Melon	Celery	Kombu
Bok Choy	Chard	Leeks
	Chayote	Lettuce, all types

Mushrooms	Pea Protein	Pumpkin Powder
Mushrooms, Button	Pepper, Anaheim	Radicchio
Mushrooms, Cremini/Crimini	Pepper, Cayenne	Radish
Mushrooms, Maitake	Pepper, Chili	Rainbow Chard
Mushrooms, Shiitake	Pepper, Green	Red Pepper Flake
Mustard Greens	Pepper, Habanero	Rhubarb
Nori	Pepper, Jalapeño	Rutabaga
Oat Grass (Not For Gluten Sensitive)	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Okra	Pepper, Red	Scallions
Olives (without vinegar)	Pepper, Serrano	Sea Vegetables
Onion, Green	Pepper, Tabasco	Seaweed
Onion, Maui	Pickles, Bubbies® brand only	Shallots
Onion, Red	Pimento	Spinach
Onion, Sweet	Potato, Fingerling	Spirulina
Onion, Yellow	Potato, Purple	Squash
Paprika	Potato, Red	Squash, Acorn
Parsley	Potato, Russet	Squash, Butternut
Parsnip	Potato, Sweet	Squash, Green
Pea, Black-Eyed	Potato, White	Squash, Spaghetti
Pea, Green	Potato, Yukon Gold	Squash, Summer
Pea, Snap	Prickly Pear	Squash, Winter
Pea, Snow	Psyllium Husk	Squash, Yellow
Pea, Split	Pumpkin	Sugar Beet

Swede	Watercress	Dates
Sweet Potato, Red	Wheat Grass (Is Gluten-contaminated)	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Yams, Garnett	Dried Fruit
Swiss Chard	Yams, Japanese	Durian Fruit
Tabasco Sauce	Yucca	Elderberry
Taro	Zucchini	Fig
Tomatillo	Fruits	Goji Berry
Tomato	Acai	Golden Berry
Tomato, Cherry	Apple (all types)	Gooseberries
Tomato, Heirloom	Apricot	Grape
Tomato, Orange	Banana	Grape, Green
Tomato, Red	Bilberry	Grape, Purple
Tomato, Roma	Blackberry	Grape, Red
Tomato, Sun-dried	Blueberry	Grape, White
Tomato, Yellow	Boysenberry	Grapefruit
Tomatoes, Big Beef	Cantaloupe	Grapefruit Juice
Tomato Paste (gluten & Vinegar-free)	Cape Gooseberries	Ground Cherries
Tomato Sauce (gluten & Vinegar-free)	Carambola	Guava
Truffle	Cherry	Huckleberry
Turnip Greens	Clementine	Jack fruit
Turnips	Cranberry	Kiwi
Wasabi Root	Cranberry Juice	Kumquat
Water Chestnut	Currant	Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Rambutan

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean	Avocado Oil	Hazelnut Flour
Garbanzo Flour	Borage Seed Oil	Hemp Meal
Kidney Bean	Brazil Nut	Hemp Protein (Powder)
Lentil(s)	Canola/Rapeseed Oil	Hemp Seed
Miso	Canola Oil, Non-GMO	Krill Oil
Pea, Snap	Caraway Seed	Lard/Tallow (pork)
Pea, Snow	Cashew Butter	Macadamia Nut Oil
Pea, Split	Cashew Meal	Macadamia Nuts
Peanut (Organic, Valencia)	Cashews	MCT Oil
Peanut Butter (Organic, Maranatha®)	Chestnut	Olive Leaf Extract
Red Bean Paste	Chia Seed (1/4 cup, max)	Olive Oil, Virgin
Soybean oil(must be organic)	Coconut, shredded (raw, unsweetened)	Palm Kernel Oil
Soy Beans (must be organic)	Coconut Butter	Peanut Oil (Organic)
Vanilla Bean	Coconut Oil	Pecan Flour
Nuts, Seeds, Drupes & Oils		
Almond	Cola Nut (aka Kola Nut)	Pecans
Almond, Marcona	Cottonseed/Cottonseed Oil	Pepitas
Almond Butter (Artisana®)	Duck Fat	Pili Nuts
Almond Flavor (natural, gluten free)	Fenugreek Seed	Pine Nut
Almond Flour (gluten free)	Flax Meal	Pistachios
Almond Meal (gluten free)	Flax Oil	Poppy seeds
Almond Oil	Flax Seed	Psyllium Husk
Annatto Seed	Grapeseed Oil, Organic	Pumpkin Oil
	Hazelnut/Filbert	Pumpkin Seed Oil

Pumpkin Seeds	Herbs & Spices	Cinnamon, Ceylon
Ramon Seeds		Clove Powder
Rice, Wild (Lundberg® - not the blend)	Allspice	Cloves, Madagascar
Rice Bran Oil	Almond Flavor (natural, gluten free)	Cloves, Penang
Sacha Inchi Seeds	Anise	Comfrey
Safflower/Safflower Seed Oil	Ashwaganda	Cramp Bark Extract
Sesame Seed Oil	Astragalus	Cream of Tartar
Sesame Seeds	Basil	Cumin
Sesame Seeds, Black	Bay Leaf	Curcumin
Sunflower Seed Butter	Bell Pepper, Red	Curry (must be GF)
Sunflower Seed Flour	Black Cohosh	Dandelion Root
Sunflower Seed Lecithin	Capsicum	Dill
Sunflower Seed Oil	Caramel Coloring	Dong Quai
Sunflower Seeds	Caraway Seed	Echinacea
Tahini	Cardamom	Fennel
Tea, Ramon	Catnip	Fennel Seed
Tiger Nuts	Celery Powder	Garam Masala
Truffle Oil	Celery Seed	Garlic
Truffle Oil, Black	Chaparral	Garlic Pepper
Vegetable Shortening (Spectrum®)	Chervil	Garlic Powder
Walnut Oil	Chili Powder	Garlic Salt
Walnuts	Chipotle Seasoning	Ginger Powder
Walnuts, Black	Cilantro/Coriander	Ginkgo Biloba
	Cinnamon	

Ginseng (All Types)	Mustard Seeds (gluten free)	Rose Hips
Goldenseal	Nutmeg	Rosemary
Grapefruit Seed Extract	Olive Leaf Extract	Saffron
Grapeseed Extract	Onion	Sage
Guarana	Onion Powder	Sassafras
Gymnema Silvestre	Orange Peel/Rind	Savory
Herbs De Provence	Orange Salt	Saw Plametto
Hickory	Oregano	Sesame Seeds
Himalayan Salt	Paprika	Sesame Seeds, Black
Jamaican Jerk	Paprika (smoked)	Shallots
Juniper Berry	Parsley	Spearmint
Lavender	Pau D'arco	St. John's Wort
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Sumac
Lemongrass	Pepper, Cayenne	Tabasco Sauce
Lemon Pepper	Pepper, Red	Taco Seasoning
Licorice Root	Pepper, Sichuan	Tamari (Wheat Free)
Maca Root	Pepper, Szechuan	Tarragon
Mace Spice	Pepper/Peppercorns	Thyme
Marjoram	Peppermint	Tomatillo
Mesquite	Pine Bark Extract	Turmeric
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Uva Ursi
Mint	Red Clover	Valerian
Mustard (as a Powder)	Red Pepper Flake	Vanilla (gluten and corn-free)

Vanilla Bean

Lox

Vanilla Powder

Mackerel

White Willow Bark Extract

Mahi Mahi

Wintergreen

Mussel

Wormwood

Octopus

Fish & Shellfish

Orange Roughy

Anchovy

Oyster

Bass

Perch

Catfish

Red Snapper

Chilean Sea Bass

Salmon, wild (fresh)

Clam

Sardines

Cod/ Cod Liver Oil

Scallop

Corvina

Shrimp

Crab

Sole

Crab, Immitation

Squid

Crayfish

Swai

Flounder

Swordfish

Haddock

Tilapia (Wild, Non-farmed)

Hake

Trout

Halibut

Tuna

Herring

Walleye Pike

Krill

Whitefish/Turbot

Lobster

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

Deer (see also Venison)	Cheese, Cottage	Goat Cheese
Duck	Cheese, Feta	Goat Kefir
Goat, Grass-fed only (organic)	Cheese, Goat	Kefir, Raw
Great Lake's® Beef Gelatin	Cheese, Gorgonzola	Lactic Acid (milk-derived)
Lamb	Cheese, Gouda	Lactoalbumin
Ostrich	Cheese, Havarti	Milk, Buffalo
Pheasant	Cheese, Machego	Milk, Cow
Pork, (organic)	Cheese, Marscapone	Milk, Goat
Quail	Cheese, Mozzarella (Raw)	Milk, Sheep
Rabbit	Cheese, Muenster	Milk Chocolate
Turkey (organic)	Cheese, Parmesan	Mozzarella Cheese
Veal (organic)	Cheese, Pecorino	Sour Cream, Raw and Unpasteurized
Venison (see also Deer)	Cheese, Provolone	Whey

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Julian Bakery Coconut Bread

Rice Flour (gluten free)

Paleo Cheese (Julianbakery.com or Amazon.com)

Konjac Glucomannon Flour

Rice Protein Powder (gluten free)

Gluten-Free Grains

Mikey's Original English Muffin

Simple Mills - Everything Sprouted Seed Cracker

Almond Flour (gluten free)

Mikey's Pizza crust

Simple Mills Cracked Black Pepper Almond Crackers

Amaranth

Mikey's Sliced Bread Loaf

Simple Mills Ground Sea Salt Almond Crackers

Arrowroot Flour/powder

Millet

Simple Mills Rosemary & Sea Salt Crackers

Avenin (Gluten-free)

Oats (Bob's Red Mill Gluten Free Version)

Simple Mills Tomato & Basil Almond Crackers

Basmati Rice (gluten free)

Oats (Certified GF)

Sorghum

Brown Rice Flour

Potato Flour (gluten free)

Sunflower Seed Flour

Buckwheat

Potato Starch (gluten free)

Sweet Potato Flour (gluten free)

Buckwheat Flour

ProGranola (Julian Bakery)

Tapioca

Coconut Flour (gluten free)

Quinoa (gluten free)

Tapioca Flour (gluten free)

Coconut Meal (gluten free)

Quinoa, Black (gluten free)

Tapioca Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Quinoa, Red (gluten free)

Teff

Fava Bean Flour

Rice, Basmati (gluten free)

Teff Flour

Flax Meal

Rice, Black (gluten free)

Tolerant Green Lentil & Pea Pasta

Garbanzo Flour

Rice, Brown (gluten free)

Tolerant Red or Green Lentil Pasta

Glucomannon Flour (konjacfoods.com)

Rice, Japonica (gluten free)

Tortilla, Siete Chia & Cassava

Hazelnut Flour

Rice, Purple (gluten free)

Hemp Meal

Rice, Red (gluten free)

Hemp Protein (Powder)

Rice, White (gluten free)

Hemp Seed

Rice, Wild (Lundberg® - not the blend)

Julian Bakery Almond Bread

Rice Bran

Gluten-Containing Foods

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Barley-derived)

Miso

Oats

Oats, GF (not Certified) can have gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is Gluten-contaminated)

Corn-Derived Foods

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's®
Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)	Tomato Sauce (gluten & Vinegar-free)	Coconut Sugar
Hummus	Ume Plum Vinegar	Date Sugar
Ketchup (Organicville)	Veganise Soy-free (Follow Your Heart®)	Fruit Pectin
Kosher Salt	Vegetable Shortening (Spectrum®)	Honey, (Organic)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Honey, Manuka
Liquid Smoke (can have gluten)	Vinegar, Beet	Honey, Wildflower from Mahava®
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Jerusalem Artichoke Syrup
Mayonnaise	Vinegar, Malt	Just Like Sugar®
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Lo Han
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Malt
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Maltodextrin (Barley-derived)
Olives (without vinegar)	Vinegar, White Wine	Maltodextrin (Tapioca-based)
Red Bean Paste	Sweeteners	Maple Sugar
Red Chili Paste Thai Kitchen® (gluten free)		Maple Syrup (Grade A Dark Amber Organic)
Red Tomato Paste (gluten free)		Molasses
Sauerkraut (Bubbies® Brand only)		Monk Fruit (Pure)
Sherry Vinegar		Monk Fruit Extract
Sour Cream, Raw and Unpasteurized		Nutrasweet®
Soy Sauce		Rebiana Leaf (Stevia)
Tabasco Sauce		Sorbitol
Tamari (Wheat Free)		Splenda
Teriyaki Sauce		Sucanat
Tomato Paste (gluten & Vinegar-free)		Sucralose

Sugar Beet	Echinacea Tea	Tea, Black
Sugar Cane	Grapefruit Juice	Tea, Chamomile
Sweetleaf® Stevia	Great Lake's® Beef Gelatin	Tea, Chicory Root
Tapioca Dextrose	Green Tea	Tea, Green
Tapioca Syrup	Hemp Protein (Powder)	Tea, Hibiscus
Xyla (Birchwood Xylitol)	Komboucha Tea	Tea, Komboucha
Yacon Syrup	Lactoalbumin	Tea, Oolong
Beverages & Protein Powders		
Almond Milk, unsweetened (no tapioca)	Lemon Juice	Tea, Ramon
Apple Cider	Licorice Tea	Tea, Roobios
Apple Juice	Lime Juice	Tea, Unflavored
Beer	Milk, Buffalo	Tea, White
Bone Broth Protein, Beef	Milk, Cow	Teechino
Carrot Juice	Milk, Goat	Vodka, Potato
Casein	Milk, Rice	Vodka, Rye or Grain
Cocoa	Milk, Sheep	Water
Coconut Kefir (No Tapioca, Carageenan)	Milk, Soy (Organic)	Whey
Coconut Milk (Native Forest or Natural Value)	Mineral Water	Wine, Red
Coconut Water (low sugar)	Orange Juice	Wine, White (Champagne)
Coffee (Brewed and Not Instant)	Pea Protein	Yerba Matte Tea (Organic/Pure)
Coffee, Instant (has gluten)	Rice Protein Powder (gluten free)	Zevia Drinks
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	
Collagen Protein (Powder)	Soy Protein (Organic)	
	Sparkling Water, unflavored	

Miscellaneous

Antimony

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Great Lake's® Beef Gelatin

Hops

Julian Bakery Paleo Wraps

Latex

Lycopene

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Manny Woo

11/18/2017

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Cheese, Cream

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Cheese, Daiya
(Coconut,Tapioca,yeast,....)

Cheese, Soy (Organic) (see Soy)

Gluten-Free Grains

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Chewing Gum (has gluten and corn)

Maltitol

Modified Food Starch

Corn-Derived Foods

Cheese, Cream

Cheese, Daiya
(Coconut,Tapioca,yeast,....)

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap
(Carrot)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

Condiments, Spreads & Sauces

Daiya - Medium Cheddar Block

Sriracha Sauce Organicville
gluten-free

Worcestershire Sauce (The
Wizard's® GF)

Sweeteners

Corn Syrup

Erythritol (non-GMO)

Fructose

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Swerve® Sweetener

Xylitol

Beverages & Protein Powders

Vodka, Corn

Miscellaneous

Baking Powder

GemWraps®, Sandwich Wrap
(Carrot)

Modified Food Starch

Snacks

Chewing Gum (has gluten and corn)

Food Additives

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Xanthan Gum

These are the foods that have been removed from your diet

Food Additives

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Complete Comprehensive List

Vegetables

Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Comfrey
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn (Gluten-free & Non-GMO)
Avocado	Cabbage, Green	Corn, Blue
Bamboo Shoot	Cabbage, Purple	Corn, White
Barley Grass (can have gluten)	Cactus (Nopales)	Cucumber
Barley Greens (may contain gluten)	Capers	Daikon Radish
Bean, Green	Capsicum	Dandelion Greens
Bean Sprout	Carrot, Orange	Dandelion Root
Beet	Carrot, Purple	Eggplant
Beet Greens	Carrot, White	Endive
Bell Pepper	Carrot, Yellow	Fennel
Bell Pepper, Green	Carrot Juice	Garlic
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Ginger
Bell Pepper, Red	Cauliflower	Hearts of Palm
Bell Pepper, Yellow	Cauliflower, Purple	Horseradish
Bitter Melon	Celery	Jicama
Bok Choy	Chard	Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blueberry
Squash, Butternut	Tomatoes, Big Beef	Boysenberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Cantaloupe
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries
Squash, Summer	Truffle	Carambola
Squash, Winter	Turnip Greens	Cherry
Squash, Yellow	Turnips	Clementine
Sugar Beet	Wasabi Root	Cranberry
Swede	Water Chestnut	Cranberry Juice
Sweet Potato, Red	Watercress	Currant
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Dates
Swiss Chard	Yams, Garnett	Dragon Fruit (Pitaya)
Tabasco Sauce	Yams, Japanese	Dried Fruit
Taro	Yucca	Durian Fruit
Tomatillo	Zucchini	Elderberry
Tomato	Fruits	Fig
Tomato, Cherry	Acai	Goji Berry
Tomato, Heirloom	Apple (all types)	Golden Berry
Tomato, Orange	Apricot	Gooseberries
Tomato, Red	Banana	Grape
Tomato, Roma	Bilberry	Grape, Green
Tomato, Sun-dried	Blackberry	Grape, Purple

Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	Legumes, Pods, & Pulses
Lime	Pear	Bean, Azuki
Lime Juice	Pear, Asian	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	Plum	Bean, Chili
Mango	Pomegranate	Bean, Green
Mangosteen	Pomelo	Bean, Haricot
Maqui	Prune	Bean, Italian

Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)
Pea, Snow	Caraway Seed	Hemp Seed
Pea, Split	Cashew Butter	Hydrogenated Oils
Peanut (Organic, Valencia)	Cashew Meal	Krill Oil

Herbs & Spices

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan
Garlic Powder	Marjoram	Pepper/Peppercorns
Garlic Salt	Mesquite	Peppermint
Ginger Powder	Milk Thistle	Pine Bark Extract

Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid
Thyme	Flounder	Swai
Tomatillo	Haddock	Swordfish

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Cheese, Provolone

Sour Cream, Raw and
Unpasteurized

Cheese, Raw and Pasture-raised

Whey

Cheese, Ricotta

Yogurt (See Xanthan Gum)

Cheese, Romano

Non-Dairy & Eggs

Cheese, Sheep

Almond Milk, unsweetened (no
tapioca)

Cheese, String (Mozzarella)

Almond Yogurt, unsweetened

Cheese, Swiss

BodyPro Avocado Oil Mayonnaise

Chocolate, Milk

Cheese, Daiya
(Coconut,Tapioca,yeast,...)

Chocolate, White

Cheese, Soy (Organic) (see Soy)

Cream, Raw and Unpasteurized

Coconut Kefir (No Tapioca,
Carageenan)

Ghee (Pasture-Raised, Organic)

Coconut Milk (Native Forest or
Natural Value)

Goat Cheese

Egg, Pasture-raised (from a farmer)

Goat Kefir

Egg, Vital Farms® or Pasture
Verde®

Kefir, Raw

Egg Whites, Pasture-raised

Lactic Acid (milk-derived)

Egg Yolks, Pasture-raised

Lactoalbumin

Milk, Soy (Organic)

Milk, Buffalo

Paleo Cheese (Julianbakery.com or
Amazon.com)

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	
Millet	Simple Mills Ground Sea Salt Almond Crackers	
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	
Potato Flour (gluten free)	Sorghum	
Potato Starch (gluten free)	Sunflower Seed Flour	
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	
Quinoa (gluten free)	Tapioca	
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	
Rice, Basmati (gluten free)	Teff	
Rice, Black (gluten free)	Teff Flour	
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	
Rice, Purple (gluten free)	Tortilla, Siete Almond	
		Allulose
		Avenin
		Barley
		Barley Grass (can have gluten)
		Barley Greens (may contain gluten)
		Barley Juice (may contain gluten)
		Beer
		Bran
		Bread
		Brown Rice Syrup (contains MSG/Gluten)
		Caramel Coloring
		Cheese, Bleu
		Chewing Gum (has gluten and corn)
		Coffee, Instant (has gluten)
		Couscous
		Crab, Immitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut, Tapioca, yeast,)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's®
Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Beverages & Protein Powders

Chocolate, Milk	Molasses	Almond Milk, unsweetened (no tapioca)
Chocolate, White	Monk Fruit (Pure)	Apple Cider
Coconut Palm Sugar	Monk Fruit Extract	Apple Juice
Coconut Sugar	Nutrasweet®	Beer
Corn Syrup	Rebiana Leaf (Stevia)	Bone Broth Protein, Beef
Date Sugar	Sorbitol	Carrot Juice
Erythritol (non-GMO)	Splenda	Casein
Fructose	Sucanat	Cocoa
Fruit Pectin	Sucralose	Coconut Kefir (No Tapioca, Carageenan)
Honey, (Organic)	Sugar Beet	Coconut Milk (Native Forest or Natural Value)
Honey, Manuka	Sugar Cane	Coconut Water (low sugar)
Honey, Wildflower from Mahava®	Sweetleaf® Stevia	Coffee (Brewed and Not Instant)
Jerusalem Artichoke Syrup	Swerve® Sweetener	Coffee, Instant (has gluten)
Just Like Sugar®	Tapioca Dextrose	Coffee Bean, Organic
Lo Han	Tapioca Syrup	Collagen Protein (Powder)
Malt	Xyla (Birchwood Xylitol)	Echinacea Tea
Maltitol	Xylitol	Grapefruit Juice
Maltodextrin (Barley-derived)	Yacon Syrup	Great Lake's® Beef Gelatin
Maltodextrin (Corn-based, non-GMO)		Green Tea
Maltodextrin (Tapioca-based)		Hemp Protein (Powder)
Maple Sugar		Komboucha Tea
Maple Syrup (Grade A Dark Amber Organic)		Lactoalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Guar Gum

Yeast, Brewer's

Inulin

Yeast, Nutritional

Lactic Acid (beet-derived)

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

Pea Starch

Food Additives

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde