

**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		Perch
Barbeque Sauce, GF Annie's®	Fish & Shellfish	Red Snapper
Cheese, Cream	Anchovy	Salmon, wild (fresh)
Cheese, Daiya	Bass	Sardines
Cheese, Soy (Organic) (see Soy)	Catfish	Scallop
Chewing Gum (has gluten and	Chilean Sea Bass	Shrimp
Corn (Gluten-free & Non-GMO)	Clam	Sole
Corn, Blue	Cod/ Cod Liver Oil	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 &amp; Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy/Ninja

Bean, Pinto/Frijole

Bean, Red (see also Bean, Kidney)

Chickpea (see also Garbanzo)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Lentil(s)

Orange Peel/Rind

Tarragon

Orange Salt

Thyme

Oregano

Tomatillo

Parsley

Turmeric

Pepper, Black (see Garlic/Lemon

Uva Ursi

Pepper, Cayenne

Valerian

Pepper/Peppercorns

Vanilla (gluten and corn-free)

Pepper, Red

Vanilla Bean

Peppermint

Vanilla Powder

Pine Bark Extract

White Willow Bark Extract

Red Chili Paste Thai Kitchen®

Wintergreen

Red Pepper Flake

Rose Hips

Rosemary

Pepper, Sichuan

Saffron

Pepper, Szechuan

Sage

Onion Powder

Saw Plametto

Onion

Sesame Seeds

Shallots

Sesame Seeds, Black

Paprika (smoked)

Spearment

Paprika

St. John's Wort

Taco Seasoning

Tamari (Wheat Free)

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

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

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
Mushrooms, Cremini/Crimini	Pepper, Serrano	Spinach
Mushrooms, Maitake	Pickles, Bubbies® brand only	Spirulina
Mushrooms, Shiitake	Pimento	Squash

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
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange