

**Fruits**

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange Juice

Orange Peel/Rind

Orange, Blood

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune	Avocado Oil	Hemp Protein (Powder)
Quince	Brazil Nut	Hemp Seed
Raisin (unsulfured, organic)	Canola/Rapeseed Oil	Hydrogenated Oils
Raspberry	Caraway Seed	Macadamia Nut Oil
Star Fruit	Cashew Butter	Macadamia Nuts
Strawberry	Cashew Meal	Olive Leaf Extract
Tamarind	Cashews	Olive Oil, Virgin
Tangelo	Chestnut	Palm Kernel Oil
Tangerine	Chia Seed (1/4 cup, max)	Pecan Flour
Vinegar, Red Wine	Coconut Butter	Pecans
Watermelon	Coconut Oil	Pepitas

Wolfberry

Coconut, shredded (raw, unsweetened)

Pili Nuts

Youngberry

Cola Nut (aka Kola Nut)

Pine Nut

### Nuts, Seeds, Drupes & Oils

Almond	Corn Oil	Pistachios
Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil	Poppy seeds
Almond Flavor (natural, gluten free)	Flax Meal	Psyllium Husk
Almond Flour (gluten free)	Flax Oil	Pumpkin Oil
Almond Meal (gluten free)	Flax Seed	Pumpkin Seed Oil
Almond, Marcona	Grapeseed Oil, Organic	Pumpkin Seeds
Annatto Seed	Hazelnut Flour	Ramon Seeds
	Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)
	Hemp Meal	Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Hydrogenated Oils

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Mustard Greens

Nori

Oat Grass (Not For Gluten Sensitive)

Okra

Olives (without vinegar)

Onion, Green

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Paprika

Parsley

Parsnip

Pea Protein

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pickles, Bubbies® brand only

Pimento

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Prickly Pear

Psyllium Husk

Pumpkin

Squash, Yellow

Watercress

Pumpkin Powder

Sugar Beet

Wheat Grass (Is  
Gluten-contaminated)

Radicchio

Sweet Potato, Red

Yams, Garnett

Radish

Sweet Potatoes, White

Yams, Japanese

Rainbow Chard

Swiss Chard

Yucca

Red Pepper Flake

Tomatillo

Zucchini

Rhubarb

Tomato

Rutabaga

Tomato Paste (gluten &  
Vinegar-free)**Fish & Shellfish**

Sauerkraut (Bubbies® Brand only)

Tomato Sauce (gluten &  
Vinegar-free)

Anchovy

Scallions

Tomato, Cherry

Bass

Sea Vegetables

Tomato, Heirloom

Catfish

Seaweed

Tomato, Orange

Chilean Sea Bass

Shallots

Tomato, Red

Clam

Spinach

Tomato, Roma

Cod/ Cod Liver Oil

Spirulina

Tomato, Sun-dried

Corvina

Squash

Tomato, Yellow

Crab

Squash, Acorn

Tomatoes, Big Beef

Crab, Immitation

Squash, Butternut

Truffle

Crayfish

Squash, Green

Turnip Greens

Flounder

Squash, Spaghetti

Turnips

Haddock

Squash, Summer

Vegetable Oil

Hake

Squash, Winter

Water Chestnut

Halibut

Herring	Whitefish/Turbot	Chicken Broth (Imagine® gf/low sodium)
Lobster		Chicken, free range (organic)
Mackerel	<b>Meat &amp; Poultry</b>	Collagen Protein (Powder)
Mahi Mahi	Applegate® organic andouille sausage	Deer (see also Venison)
Mussel	Applegate® organic bacon	Duck
Octopus	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Orange Roughy	Applegate® organic chicken	Great Lake's® Beef Gelatin
Oyster	Applegate® organic chicken/apple sausage	Lamb
Perch	Applegate® organic ham	Lard (pork)
Red Snapper	Applegate® organic herb roasted turkey	Ostrich
Salmon, wild (fresh)	Applegate® organic hot dogs	Pheasant
Sardines	Applegate® organic red pepper sausage	Pork, (organic)
Scallop	Applegate® organic roast beef	Quail
Shrimp	Applegate® organic sausage sweet italian	Rabbit
Sole	Applegate® organic smoked chicken breast	Turkey (organic)
Squid	Applegate® organic smoked turkey breast	Veal (organic)
Swai	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Swordfish	Applegate® organic turkey	
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	
Trout	Beef, Grass-fed only (organic)	
Tuna	Bison (see also Buffalo)	
Walleye Pike	Buffalo (see also Bison)	

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk(Native Forest or  
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital FarmsÂ® or Pasture  
VerdeÂ®**Egg, Whites, Pasture-raised**

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)**Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg'sÂ®)

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'sÂ®  
Sweet & SpicyBodyPro Almond Mayo Grade A  
Maple SyrupBodyPro Almond Mayo with Yacon  
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut AminosÂ®

Coconut Cream

Coconut Vinegar (Coconut Secret)

**Cream, Raw and Unpasteurized**Dressing, Primal Kitchen Greek  
Avocado OilDressing, Primal Kitchen Honey  
MustardEarth BalanceÂ® Avocado Oil Butter  
Spread

Earth BalanceÂ® Coconut Spread

Harissa

**Horseradish Sauce, Gluten-free  
(Annie'sÂ®)**

Hummus

Ketchup (Organicville)

Liquid Aminos (Bragg'sÂ®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen  
Avocado OilMayonnaise, Primal Kitchen  
Chipotle Avocado Oil**Mustard, Brown (EdenÂ® gf mustard)**

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai KitchenÂ®  
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (BubbiesÂ® 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  
HeartÂ®)**

Vegetable Shortening (SpectrumÂ®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Honey, (Organic)

Sugar Cane

Vinegar, Rice

Honey, Manuka

Sweetleaf® Stevia

Vinegar, White

Honey, Wildflower from Mahava®

Swerve® Sweetener

Vinegar, White Wine

Jerusalem Artichoke Syrup

Tapioca Dextrose

White/Distilled Vinegar

Just Like Sugar®

Xyla (Birchwood Xylitol)

Worcestershire Sauce (The Wizard's® GF)

Lo Han

Xylitol

Maltitol

Yacon Syrup

**Sweeteners**

Agave Nectar

Maltodextrin (Barley-derived)

**Herbs & Spices**

Aspartame

Maltodextrin (Corn-based, non-GMO)

Allspice

BodyPro Almond Mayo Grade A Maple Syrup

Maltodextrin (Tapioca-based)

Almond Flavor (natural, gluten free)

Brown Rice Syrup (contains MSG/Gluten)

Maple Sugar

Anise

Cane Syrup

Maple Syrup (Grade A Dark Amber Organic)

Ashwaganda

Chocolate, Dark

Molasses

Astragalus

Chocolate, Milk

Monk Fruit (Pure)

Basil

Chocolate, White

Monk Fruit Extract

Bay Leaf

Coconut Palm Sugar

Nutrasweet®

Bell Pepper, Red

Coconut Sugar

Rebiana Leaf (Stevia)

Black Cohosh

Date Sugar

Sorbitol

Capsicum

Erythritol (non-GMO)

Splenda

Caramel Coloring

Fructose

Sucanat

Caraway Seed

Fruit Pectin

Sucralose

Cardamom

Sugar Beet



Celery Powder

Garlic Pepper

Mace Spice

Chicory Root

Garlic Powder

Marjoram

Chili Powder

Garlic Salt

Mesquite

Chipotle Seasoning

Ginger

Milk Thistle

Cilantro/Coriander

Ginkgo Biloba

Mint

Cinnamon

Ginseng (All Types)

Mustard (as a Powder)

Cinnamon, Ceylon

Goldenseal

Mustard Seeds (gluten free)

Cloves

Grapefruit Seed Extract

Nutmeg

Cloves, Madagascar

Grapeseed Extract

Olive Leaf Extract

Cloves, Penang

Guarana

Onion

Cramp Bark Extract

Gymnema Silvestre

Onion Powder

Cream of Tartar

Herbs De Provence

Orange Peel/Rind

Cumin

Hickory

Orange Salt

Curcumin

Himalayan Salt

Oregano

Curry (must be GF)

Jamaican Jerk

Paprika

Dandelion Root

Juniper Berry

Paprika (smoked)

Dill

Lavender

Parsley

Dong Quai

Lemon Balm (Melissa Officinalis)

Pepper, Black (see Garlic/Lemon Pepper)

Echinacea

Lemon Pepper

Pepper, Cayenne

Fennel

Lemongrass

Pepper, Red

Garam Masala

Licorice Root

Pepper, Sichuan

Garlic

Maca Root

Pepper, Szechuan

## Pepper/Peppercorns

Peppermint

Pine Bark Extract

Red Chili Paste Thai Kitchen®  
(gluten free)

Red Pepper Flake

Rose Hips

Rosemary

Saffron

Sage

Saw Plametto

Sesame Seeds

Sesame Seeds, Black

Shallots

Spearment

St. John's Wort

Sumac

Taco Seasoning

Tamari (Wheat Free)

Tarragon

Thyme

Tomatillo

Turmeric

Uva Ursi

Valerian

Vanilla (gluten and corn-free)

Vanilla Bean

Vanilla Powder

White Willow Bark Extract

Wintergreen

Wormwood

## 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, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

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)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactoalbumin

Milk Chocolate

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Mozzarella Cheese

Sour Cream, Raw and  
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**Legumes & 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

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

Garbanzo Flour

Hydrogenated Oils

Kidney Bean

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,  
Maranatha®)

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soybean oil(must be organic)

Vanilla Bean

Vanilla Powder

Vegetable Oil

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free &amp; Non-GMO)

Corn Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Konjac Glucomannon Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the blend)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Vegetable Oil

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's® Sweet &amp; Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®®, Sandwich Wrap  
(Carrot)

Chewing Gum (has gluten and corn)

Soy Sauce

Hydrogenated Oils

Coffee, Instant (has gluten)

Spelt

Maltitol

Couscous

Teechino

Maltodextrin (Corn-based,  
non-GMO)

Crab, Immitation

Teriyaki Sauce

Modified Food Starch

Durum Wheat

Triticale

Sriracha Sauce Organicville  
gluten-free

Farro

Vinegar

Swerve® Sweetener

Gluten

Vinegar, Malt

Vegetable Oil

Graham (wheat)

Vinegar, White

Xanthan Gum

Kamut

Wheat (All Types)

Yogurt (See Xanthan Gum)

Liquid Smoke (can have gluten)

Wheat Grass (Is  
Gluten-contaminated)

Malt

**Gluten-Containing Foods**

Barley

Maltitol

Barley Grass (can have gluten)

Maltodextrin (Barley-derived)

Barley Greens (may contain gluten)

Modified Food Starch

Barley Juice (may contain gluten)

Oat Grass (Not For Gluten  
Sensitive)

Beer

Oats

Bran

Oats, GF (not Certified) can have  
gluten

Bread

Orzo

Brown Rice Syrup (contains  
MSG/Gluten)

Panko

Caramel Coloring

Polish Wheat

Cheese, Bleu

Rye

Semolina

**Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk(Native Forest or  
Natural Value)

Coconut Water (low sugar)

Coffee	Rice Protein Powder (gluten free)	Miscellaneous
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee, Instant (has gluten)	Soy Protein (Organic)	Agar Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Antimony
Echinacea Tea	Tea, Black	Arabic Gum
Grapefruit Juice	Tea, Chamomile	Baking Powder
Great Lake's® Beef Gelatin	Tea, Green	Baking Soda (Arm & Hammer®)
Green Tea	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Hemp Protein (Powder)	Tea, Komboucha	Blue Food Dye
Komboucha Tea	Tea, Oolong	Bone Broth, Beef
Lactoalbumin	Tea, Ramon	Carrageenan Gum
Lemon Juice	Tea, Roobios	Chewing Gum (has gluten and corn)
Licorice Tea	Tea, Unflavored	Chewing Gum, Xylitew®
Lime Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Milk, Buffalo	Teechino	Chicory Root
Milk, Cow	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Goat	Water	Collagen Protein (Powder)
Milk, Sheep	Whey	Formaldehyde
Milk, Soy (Organic)	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Pea Protein	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour  
(konjacfoods.com)

Great Lake's® Beef Gelatin

Guar Gum

Hops

Hydrogenated Oils

Inulin

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Julian Bakery Paleo Wraps

Konjac Glucomannon Flour

Lard (pork)

Latex

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Barley-derived)

Modified Food Starch

Modified Food Starch  
(Tapioca-based)

Palm Wax

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)

Tofu (Organic)

Tragacanth Gum

Vegetable broth (Imagine® Low  
Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies