

Vegetables

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

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

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| Tomato Paste (gluten & | Fruits | Elderberry |
| Tomato Sauce (gluten & | Acai | Fig |
| Tomato | Agar Gum | Goji Berry |
| Tomatoes, Big Beef | Apple (all types) | Golden Berry |
| Tomato, Cherry | Apple Cider | Gooseberry |
| Tomato, Heirloom | Apple Juice | Grape |
| Tomato, Orange | Apple Sauce | Grape, Green |
| Tomato, Red | Apricot | Grape, Purple |
| Tomato, Roma | Banana | Grape, Red |
| Tomato, Sun-dried | Bilberry | Grape, White |
| Tomato, Yellow | Blackberry | Grapefruit |
| Truffle | Blueberry | Grapefruit Juice |
| Turnip Greens | Boysenberry | Guava |
| Turnips | Cantaloupe | Huckleberry |
| Water Chestnut | Cherry | Jack fruit |
| Watercress | Clementine | Kiwi |
| Yams, Garnett | Cranberry | Kumquat |
| Yams, Japanese | Cranberry Juice | Lemon |
| Yucca | Currant | Lemon Juice |
| Zucchini | Date(s) | Lemon Rind/Peel |
| Alfalfa Sprouts | Dragon Fruit (Pitaya) | Lime |
| Psyllium Husk | Dried Fruit | Lime Juice |

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| 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 | Cola Nut (aka Kola Nut) |
| Papaya | Youngberry | Corn Oil |
| Passion Fruit | | Cottonseed/Cottonseed Oil |
| Peach | Nuts, Seeds, & Oils | |
| Pear | Almond Butter (Artisana®) | Flax Meal |
| Pear, Asian | Almond Flavor natural, gluten free) | Flax Oil |
| Persimmons | Almond Flour (gluten free) | Flax Seed |
| Pineapple | Almond Meal (gluten free) | Grapeseed Oil, Organic |
| | | Hazelnut Flour |

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

Pea, Snow

Flounder

Trout

Pea, Split

Haddock

Tuna

Peanut (Organic, Valencia)

Hake

Walleye Pike

Peanut Butter (Organic,

Halibut

Whitefish/Turbot

Peanut Oil (Organic)

Herring

Crab, Immitation

Red Bean Paste

Lobster

Soy Beans (must be organic)

Mackerel

Meat & Poultry

Soy Beans Oil (must be organic)

Mahi Mahi

Applegate® organic bacon

Vanilla Bean

Mussel

Applegate® organic black forest

Vanilla Powder

Orange Roughy

Applegate® organic chicken

White Beans

Oyster

Applegate® organic ham

Perch

Applegate® organic herb roasted

Fish & Shellfish

Red Snapper

Applegate® organic hot dogs

Anchovy

Salmon, wild (fresh)

Applegate® organic roast beef

Bass

Sardines

Applegate® organic andouille

Catfish

Scallop

Applegate® organic chicken/apple

Chilean Sea Bass

Shrimp

Applegate® organic red pepper

Clam

Sole

Applegate® organic spinach & feta

Cod/ Cod Liver Oil

Squid

Applegate® organic sausage sweet

Corvina

Swai

Applegate® organic smoked

Crab

Swordfish

Applegate® organic smoked turkey

Crayfish

Tilapia (Non-farmed)

Applegate® organic turkey

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|---------------------------------|-------------------------------------|-----------------------------------|
| Applegate® organic turkey bacon | Almond Yogurt, unsweetened | BodyPro Avocado Oil Mayonnaise |
| Beef, Grass-fed only (organic) | BodyPro Avocado Oil Mayonnaise | Carob |
| Bison (see also Buffalo) | Cheese, Daiya | Coconut Vinegar (Coconut Secret) |
| Buffalo (see also Bison) | Cheese, Soy (Organic) (see Soy) | Dressing, Primal Kitchen Greek |
| Chicken Broth (Imagine® gf/low | Coconut Kefir (No Tapioca, | Dressing, Primal Kitchen Honey |
| Chicken, free range (organic) | Coconut Milk(Native Forest or | Earth Balance® Coconut Spread |
| Deer (see also Venison) | Egg, Pasture-raised (from a farmer) | Earth Balance® Avocado Oil Butter |
| Duck | Egg, Vital Farms® or Pasture | Horseradish Sauce, Gluten-free |
| Goat, Grass-fed only (organic) | Egg, Whites, Pasture-raised | Hummus |
| Lamb (organic) | Egg, Yolks Pasture-raised | Ketchup (Organicville) |
| Lard (pork) | Milk, Soy (Organic) | Mayonnaise |
| Ostrich | Sriracha Sauce Organicville | Mayonnaise, Primal Kitchen |
| Pheasant | Egg | Mayonnaise, Primal Kitchen |
| Pork, (organic) | | Mustard, Brown (Eden® gf |
| Quail | | Sauerkraut (Bubbies® Brand only) |
| Rabbit | Apple Cider Vinegar (Bragg's®) | Sriracha Sauce Organicville |
| Turkey (organic) | Balsamic Vinegar MiaBella | Ume Plum Vinegar |
| Veal (organic) | Balsamic Vinegar (with Red Wine | Veganaise Soy-free (Follow Your |
| Venison (see also Deer) | Balsamic Vinegar (Caramel/Red W. | Vinegar |
| | Barbeque Sauce, GF Annie's® | Vinegar, Distilled |
| | BodyPro Almond Mayo Grade B | Vinegar, Malt |
| | BodyPro Almond Mayo with Yacon | Vinegar, Red Wine |

Non-Dairy & Eggs

Condiments

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

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

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|--------------------------------|--------------------------|--------------------------------|
| Spearmint | Cheese, American | Cheese, String (Mozzarella) |
| St. John's Wort | Cheese, Asiago | Cheese, Swiss |
| Taco Seasoning | Cheese, Bleu | Chocolate, Milk |
| Tamari (Wheat Free) | Cheese, Brie | Chocolate, White |
| Tarragon | Cheese, Cheddar (Raw) | Cream, Raw and Unpasteurized |
| Thyme | Cheese, Cottage | Ghee (Pasture-Raised, Organic) |
| Tomatillo | Cheese, Cream | Goat Cheese |
| Turmeric | Cheese, Goat | Goat Kefir |
| Uva Ursi | Cheese, Gorgonzola | Kefir, Raw |
| Valerian | Cheese, Gouda | Lactoalbumin |
| Vanilla (gluten and corn-free) | Cheese, Havarti | Milk Chocolate |
| Vanilla Bean | Cheese, Machego | Milk, Cow |
| Vanilla Powder | Cheese, Mascapone | Milk, Goat |
| White Willow Bark Extract | Cheese, Mozzarella (Raw) | Milk, Sheep |
| Wintergreen | Cheese, Muenster | Mozzarella Cheese |
| Rose Hips | Cheese, Parmesan | Sour Cream, Raw and |

Milk-Containing Foods

Applegate® organic spinach & feta

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Provolone

Cheese, Sheep

Yogurt (See Xanthan Gum)

Cheese, Feta

Gluten-Free Grains

Almond Flour (gluten free)

| | | |
|------------------------------|-----------------------------------|------------------------------------|
| Amaranth | Millet | Simple Mills Tomato & Basil |
| Arrowroot Flour/powder | 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 Flour (gluten free) | Quinoa (gluten free) | Teff |
| Coconut Meal (gluten free) | 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 & Cassava |
| Ener-G Brown Rice Yeast-Free | Rice, Japonica (gluten free) | Simple Mills |
| Fava Bean Flour | Rice, Purple (gluten free) | Corn Meal (gluten free) |
| Flax Meal | Rice, Red (gluten free) | Gluten-Containing Foods |
| Garbanzo Flour | Rice, White (gluten free) | |
| Glucomannon Flour | Rice, Wild (Lundberg® - not the | |
| Hazelnut Flour | Rice Bran | |
| Hemp Meal | Rice Flour (gluten free) | |
| Hemp Protein (Powder) | Rice Protein Powder (gluten free) | |
| Hemp Seed | Simple Mills Grnd Sea Salt Almond | |
| Konjac Glucomannon Flour | Simple Mills Rosemary & Sea Salt | |
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| | | |
| | | Barley |
| | | Barley Greens (Not for |
| | | Barley Juice (Not for |
| | | Beer |
| | | Bran |
| | | Bread |

Corn-Derived Foods

| | | |
|-----------------------------------|------------------------------------|-----------------------------------|
| Collagen Protein (Powder) | Tea, Green | Chicken Broth (ImagineÂ® gf/low |
| Echinacea Tea | Tea, Oolong | Chicory Root |
| Grapefruit Juice | Tea, Ramon | Cocoa/Cacao (raw, pure, & |
| Green Tea | Tea, Roobios | Coconut AminosÂ® |
| Hemp Protein (Powder) | Tea, unflavored/caffeine-free only | Coconut Cream |
| Komboucha Tea | Tea, White | Collagen Protein (Powder) |
| Lemon Juice | Teechino | Garam Masala |
| Licorice Tea | Water | GemWrapsÂ®, Sandwich Wrap |
| Lime Juice | Wine, Red | GemWrapsÂ®, Sandwich Wrap |
| Milk, Cow | Wine, White (Champagne) | GemWrapsÂ®, Sandwich Wrap |
| Milk, Goat | Yerba Matte Tea (Organic/Pure) | GemWrapsÂ®, Sandwich Wrap |
| Milk, Sheep | | Glucomannon Flour |
| Milk, Soy (Organic) | Miscellaneous | Great Lake'sÂ® Beef Gelatin |
| Mineral Water | Agar Gum | Guar Gum |
| Orange Juice | Antimony | Hops |
| Pea Protein | Arabic Gum | Julian Bakery Paleo Wraps |
| Rice Protein Powder (gluten free) | Baking Powder | Julian Bakery Almond Bread |
| Soy Milk/Soy Cheese (Organic) | Baking Soda (Arm & HammerÂ®) | Julian Bakery Coconut Bread |
| Soy Protein (Organic) | Beef broth (ImagineÂ® low | Konjac Glucomannon Flour |
| Sparkling Water, unflavored | Carrageenan Gum | Lard (pork) |
| Tea, Black | Chewing Gum (has gluten and | Liquid Aminos (BraggsÂ®)(has Soy) |
| Tea, Chamomile | Chewing Gum, XylitchewÂ® | Locust Bean Gum |

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|----------------------------------|---------------------|
| Lycopene | Vinegar, White Wine |
| Malt | Xanthan Gum |
| Maltodextrin (Can be | Yeast, Baker's |
| Palm Wax | Yeast, Brewer's |
| Pycnogenol | Yeast, Nutritional |
| Red Chili Paste Thai Kitchen® | Latex |
| Red Tomato Paste (gluten free) | Formaldehyde |
| Resveratrol | Red Dye |
| Sherry Vinegar | Ispaghula/Psyllium |
| Silver | Acacia Gum |
| Skinny Crisps®(Plain Jane) | |
| Tagacanth Gum | |
| Tamari (Wheat Free) | |
| Tofu (Organic) | |
| Tomato Paste (gluten & | |
| Tomato Sauce (gluten & | |
| Tagacanth Gum | |
| Vegetable broth (Imagine® Low | |
| Vegetable Oil | |
| Vegetable Shortening (Spectrum®) | |
| Vinegar, Red Wine | |
| Vinegar, Rice | |