

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

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

Bone Broth Protein, Beef

Tea, Hibiscus

Zevia Drinks

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella  
NoCaramel/WineVinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter Spread

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganaise Soy-free (Follow Your Heart®)

Vinegar	Corn-Derived Foods	Fish & Shellfish
Vinegar, Distilled	Barbeque Sauce, GF Annie's® Sweet & Spicy	Anchovy
Vinegar, Malt	Cheese, Cream	Bass
Vinegar, Red Wine	Cheese, Daiya (Coconut, Tapioca, yeast, &....)	Catfish
Vinegar, Rice	Cheese, Soy (Organic) (see Soy)	Chilean Sea Bass
Vinegar, White	Chewing Gum (has gluten and corn)	Clam
Vinegar, White Wine	Corn (Gluten-free & Non-GMO)	Cod/ Cod Liver Oil
Worcestershire Sauce (The Wizard's® GF)	Corn, Blue	Corvina
Sriracha Sauce Organicville gluten-free	Corn, White	Crab
Tabasco Sauce	Corn Gluten	Crayfish
Dressing, Primal Kitchen Greek Avocado Oil	Corn Meal (gluten free)	Flounder
Dressing, Primal Kitchen Honey Mustard	Corn Oil	Haddock
Mayonnaise, Primal Kitchen Avocado Oil	Corn Starch (gluten free)	Hake
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Erythritol (non-GMO)	Halibut
BodyPro Almond Mayo Grade B Maple Syrup	Fructose	Herring
BodyPro Almond Mayo with Yacon Syrup	GemWraps®, Sandwich Wrap (Carrot)	Lobster
BodyPro Avocado Oil Mayonnaise	Maltodextrin (Corn-based, non-GMO)	Mackerel
Harissa	Swerve® Xylitol	Mahi Mahi
	Vegetable Oil	Mussel
	Xanthan Gum	Orange Roughy
	Yogurt (See Xanthan Gum)	Oyster
	Sriracha Sauce Organicville gluten-free	Perch

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

Orange	Tangelo	Coffee, Instant (has gluten)
Orange, Blood	Tangerine	Couscous
Orange Juice	Watermelon	Durum Wheat
Orange Peel/Rind	Wolfberry	Farro
Papaya	Youngberry	Gluten
Passion Fruit	Banana	Graham (wheat)
Peach	Apricot	Kamut
Pear	Goji Berry	Liquid Smoke (can have gluten)
Pear, Asian	Apple Sauce	Malt
Persimmons	Monk Fruit (Pure)	Oats
Pineapple		Orzo
Plantain	Gluten-Containing Foods	Panko
Plum	Barley	Polish Wheat
Pomegranate	Barley Greens (Not for Gluten-Sensitive)	Rye
Pomelo	Barley Juice (Not for Gluten-Sensitive)	Semolina
Prune	Beer	Soy Sauce
Quince	Bran	Spelt
Raisin (unsulfured, organic)	Bread	Teechino
Raspberry	Brown Rice Syrup (contains MSG/Gluten)	Teriyaki Sauce
Star Fruit	Caramel Coloring	Triticale
Strawberry	Cheese, Bleu	Vinegar
Tamarind	Chewing Gum (has gluten and corn)	Vinegar, Malt

Vinegar, White	Glucomannon Flour (konjacfoods.com)	Rice, Wild (Lundberg® - not the blend)
Wheat (All Types)	Hazelnut Flour	Rice Bran
Wheat Grass (Is Gluten-contaminated)	Hemp Meal	Rice Flour (gluten free)
Crab, Imitation	Hemp Protein (Powder)	Rice Protein Powder (gluten free)
Maltodextrin (Can be Wheat-derived)	Hemp Seed	Simple Mills Grnd Sea Salt Almond Crackers
	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt Crackers
<b>Gluten-Free Grains</b>	Millet	Simple Mills Tomato & Basil Almond Crackers
Almond Flour (gluten free)	Oats	Sorghum
Amaranth	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oat Grass (Not For Gluten Sensitive)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	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 Bread	Rice, Japonica (gluten free)	Corn Meal (gluten free)
Fava Bean Flour	Rice, Purple (gluten free)	Coconut Flour (gluten free)
Flax Meal	Rice, Red (gluten free)	Arrowroot Flour/powder
Garbanzo Flour	Rice, White (gluten free)	ProGranola (Julian Bakery)

Simple Mills - Everything Sprouted  
Seed Cracker

Cloves, Madagascar

Gymnema Silvestre

Cloves, Penang

Herbs De Provence

## Herbs &amp; Spices

Cramp Bark Extract

Hickory

Allspice

Cream of Tartar

Himalayan Salt

Almond Flavor natural, gluten free)

Cumin

Jamaican Jerk

Anise

Curcumin

Juniper Berry

Ashwaganda

Curry (must be GF)

Lavender

Astragalus

Dandelion Root

Lemon Balm (Melissa Officinalis)

Basil

Dill

Lemon Pepper

Bay Leaf

Dong Quai

Lemongrass

Black Cohosh

Echinacea

Licorice Root

Caramel Coloring

Fennel

Liquid Smoke (can have gluten)

Caraway Seed

Garlic

Liquid Smoke gluten free (natural)

Cardamom

Garlic Pepper

Maca Root

Celery Powder

Garlic Powder

Mace Spice

Chicory Root

Garlic Salt

Marjoram

Chili Powder

Ginger

Mesquite

Chipotle Seasoning

Ginkgo Biloba

Mint

Cilantro/Coriander

Ginseng (All Types)

Mustard (as a Powder)

Cinnamon

Grapefruit Seed Extract

Mustard Seeds (gluten free)

Cinnamon, Ceylon

Grapeseed Extract

Nutmeg

Cloves

Guarana

Olive Leaf Extract

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

Garbanzo Flour
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)
Soy Beans Oil (must be organic)
Vanilla Bean
Vanilla Powder
White Beans
Coffee Bean, Organic

**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille sausage

Applegate® organic chicken/apple sausage

Applegate® organic red pepper sausage

Applegate® organic spinach &amp; feta sausage

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low sodium)

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Milk-Containing Foods**

Applegate® organic spinach &amp; 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, Goat



Cheese, Gorgonzola	Kefir, Raw	Chicory Root
Cheese, Gouda	Lactalbumin	Cocoa/Cacao (raw, pure, & unsweetened)
Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	<b>Garam Masala</b>
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chl.)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	<b>Miscellaneous</b>	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	<b>Julian Bakery Paleo Wraps</b>
Cheese, Swiss	Baking Powder	<b>Julian Bakery Almond Bread</b>
Chocolate, Milk	Baking Soda (Arm & Hammer®)	<b>Julian Bakery Coconut Bread</b>
Chocolate, White	Beef broth (Imagine® low sodium/GF)	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylitew®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low sodium)	Lycopene

Malt	Latex	Coconut Milk(Native Forest or Natural Value)
Palm Wax	Formaldehyde	Egg, Pasture-raised (from a farmer)
Pycnogenol	Acacia Gum	Egg, Vital Farms® or Pasture Verde®
Red Chili Paste Thai Kitchen® (gluten free)	Tragacanth Gum	Egg, Whites, Pasture-raised
Red Tomato Paste (gluten free)	Blue Food Dye	Egg, Yolks Pasture-raised
Resveratrol	Skinny Crisps®(Plain Jane)	Milk, Soy (Organic)
Sherry Vinegar	Red Food Dye	BodyPro Avocado Oil Mayonnaise
Silver	Cocoa Butter	Modified Food Starch
Tamari (Wheat Free)	Agar Gum	Paleo Cheese (Julianbakery.com or Amazon.com)
Tofu (Organic)	Rice Starch (if certified gluten free)	
Tomato Paste (gluten & Vinegar-free)	Bone Broth, Beef	Nuts, Seeds, Drupes & Oils
Tomato Sauce (gluten & Vinegar-free)	Modified Food Starch	Almond
Vegetable broth (Imagine® Low Sodium)	Modified Food Starch (Tapioca-based)	Almond Butter (Artisana®)
Vegetable Oil	Maltodextrin (Can be Wheat-derived)	Almond Flavor natural, gluten free)
Vegetable Shortening (Spectrum®)	Inulin	Almond Flour (gluten free)
Vinegar, Red Wine		Almond Meal (gluten free)
Vinegar, Rice	Non-Dairy & Eggs	Almond, Marcona
Vinegar, White Wine	Almond Milk, unsweetened (no tapioca)	Annatto Seed
Xanthan Gum	Almond Yogurt, unsweetened	Brazil Nut
Yeast, Baker's	Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	Canola/Rapeseed Oil
Yeast, Brewer's	Cheese, Soy (Organic) (see Soy)	Caraway Seed
Yeast, Nutritional	Coconut Kefir (No Tapioca, Carageenan)	Cashews

Cashew Butter	Olive Leaf Extract	Sunflower Seed Lecithin
Cashew Meal	Olive Oil, Virgin	Sunflower Seed Oil
Chestnut	Palm Kernel Oil	Sunflower Seeds
Chia Seed (1/4 cup, max)	Pecan	Tahini
Coconut Butter	Pecan Flour	Tea, Ramon
Coconut Oil	Pepitas	Tiger Nuts
Coconut, shredded (raw, unsweetened)	Pili Nuts	Vegetable Oil
Cola Nut (aka Kola Nut)	Pine Nut	Vegetable Shortening (Spectrum®)
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 Cookies
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	
Hemp Seed	Sesame Seed Oil	
Hydrogenated Oils	Sesame Seeds	
Macadamia Nut Oil	Sesame Seeds, Black	
Macadamia Nuts	Sunflower Seed Butter	

**Sweeteners**

Aspartame/Nutrasweet

Brown Rice Syrup (contains  
MSG/Gluten)

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Corn-based,  
non-GMO)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Nutrasweet®

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn  
source)

Yacon Syrup

BodyPro Almond Mayo Grade B  
Maple Syrup

Sucralose

Agave Nectar

Coconut Sugar

Maltitol

Tapioca Dextrose

Cane Syrup

Monk Fruit Extract

Monk Fruit (Pure)

Rebiana Leaf (Stevia)

Maltodextrin (Can be  
Wheat-derived)

Jerusalem Artichoke Syrup

**Vegetables**

Aloe Vera

Artichoke (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper, Green

Bell Pepper, Red

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok  
Choy)

Cabbage, Green	Cucumber	Mustard Greens
Cabbage, Purple	Daikon Radish	Nori
Cactus (Nopales)	Dandelion Greens	Okra
Capers	Dandelion Root	Olives (without vinegar)
Capsicum	Eggplant	Parsley
Carrot Juice	Endive	Parsnip
Carrot, Orange	Fennel	Pea, Black-Eyed
Carrot, Purple	Garlic	Pea, Green
Carrot, White	Hearts of Palm	Pea, Snap
Carrot, Yellow	Horseradish	Pea, Snow
Cassava (see Tapioca and Yucca)	Jicama	Pea, Split
Cauliflower	Kale, all types	Pea Protein
Cauliflower, Purple	Kelp/Dulse	Pepper, Anaheim
Celery	Kohlrabi	Pepper, Chili
Chard	Kombu	Pepper, Green
Chayote	Leeks	Pepper, Habanero
Coconut (raw and unsweetened)	Lettuce, all types	Pepper, Jalapeño
Coconut Concentrate	Mushrooms	Pepper, Poblano
Collard Greens	Mushrooms, Button	Pepper, Red
Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini	Pepper, Serrano
Corn, Blue	Mushrooms, Maitake	Pickles, Bubbies® brand only
Corn, White	Mushrooms, Shiitake	Pimento

Potato, Fingerling	Squash, Acorn	Tomato, Yellow
Potato, Purple	Squash, Butternut	Truffle
Potato, Red	Squash, Green	Turnip Greens
Potato, Russet	Squash, Spaghetti	Turnips
Potato, Sweet	Squash, Summer	Water Chestnut
Potato, White	Squash, Winter	Watercress
Potato, Yukon Gold	Squash, Yellow	Yams, Garnett
Prickly Pear	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini
Radicchio	Swiss Chard	Alfalfa Sprouts
Radish	Tomatillo	Psyllium Husk
Rainbow Chard	Tomato Paste (gluten & Vinegar-free)	Onion, Green
Rhubarb	Tomato Sauce (gluten & Vinegar-free)	Onion, Maui
Rutabaga	Tomato	Onion, Red
Sauerkraut (Bubbies® Brand only)	Tomatoes, Big Beef	Onion, Sweet
Scallions	Tomato, Cherry	Onion, Yellow
Sea Vegetables	Tomato, Heirloom	Chives
Seaweed	Tomato, Orange	Shallots
Spinach	Tomato, Red	Bell Pepper
Spirulina	Tomato, Roma	Bell Pepper, Yellow
Squash	Tomato, Sun-dried	Bell Pepper, Orange

Artichoke, Jerusalem (not pickled)