

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 Bean, Organic

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)

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

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

Sriracha Sauce Organicville

Tabasco Sauce

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Corn-Derived Foods

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap

Maltodextrin (Corn-based,

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Sriracha Sauce Organicville

Fish & Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

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| Swai | Clementine | Kumquat |
| Swordfish | Cranberry | Lemon |
| Tilapia (Non-farmed) | Cranberry Juice | Lemon Juice |
| Trout | Currant | Lemon Rind/Peel |
| Tuna | Date(s) | Lime |
| Walleye Pike | Dragon Fruit (Pitaya) | Lime Juice |
| Whitefish/Turbot | Dried Fruit | Litchi (aka Lychee) |
| Crab, Immitation | Elderberry | Loganberry |
| | Fig | Loquat |
| Fruits | Golden Berry | Mango |
| Acai | Gooseberry | Mangosteen |
| Agar Gum | Grape | Maqui |
| Apple (all types) | Grape, Green | Melon, Honeydew |
| Apple Cider | Grape, Purple | Monk Fruit |
| Apple Juice | Grape, Red | Mulberry |
| Apple Sauce | 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 |

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| Passion Fruit | Banana | Liquid Smoke (can have gluten) |
| Peach | Apricot | Malt |
| Pear | Goji Berry | Maltodextrin (Can be |
| Pear, Asian | | Oats |
| Persimmons | Gluten-Containing Foods | Orzo |
| Pineapple | Barley | Panko |
| Plantain | Barley Greens (Not for | Polish Wheat |
| Plum | Barley Juice (Not for | Rye |
| Pomegranate | Beer | Semolina |
| Pomelo | Bran | Soy Sauce |
| Prune | Bread | Spelt |
| Quince | Brown Rice Syrup (contains | Teechino |
| Raisin (unsulfured, organic) | Caramel Coloring | Teriyaki Sauce |
| Raspberry | Cheese, Bleu | Triticale |
| Star Fruit | Chewing Gum (has gluten and | Vinegar |
| Strawberry | Coffee, Instant (has gluten) | Vinegar, Malt |
| Tamarind | Couscous | Vinegar, White |
| Tangelo | Durum Wheat | Wheat (All Types) |
| Tangerine | Farro | Wheat Grass (Is |
| Watermelon | Gluten | Crab, Immitation |
| Wolfberry | Graham (wheat) | |
| Youngberry | Kamut | |

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal**Hemp Protein (Powder)****Hemp Seed**

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free)

Oat Grass (Not For Gluten)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (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

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary & Sea Salt

Simple Mills Tomato & Basil

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Simple Mills

Corn Meal (gluten free)

Coconut Flour (gluten free)

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

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

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| Miso | Applegate® organic andouille | Quail |
| Pea, Snap | Applegate® organic chicken/apple | Rabbit |
| Pea, Snow | Applegate® organic red pepper | Turkey (organic) |
| Pea, Split | Applegate® organic spinach & feta | Veal (organic) |
| Peanut (Organic, Valencia) | Applegate® organic sausage sweet | Venison (see also Deer) |
| Peanut Butter (Organic, | Applegate® organic smoked | |
| Peanut Oil (Organic) | Applegate® organic smoked turkey | Milk-Containing Foods |
| Red Bean Paste | Applegate® organic turkey | Applegate® organic spinach & feta |
| Soy Beans (must be organic) | Applegate® organic turkey bacon | Butter, Raw and Pasture-raised |
| Soy Beans Oil (must be organic) | Beef, Grass-fed only (organic) | Buttermilk |
| Vanilla Bean | Bison (see also Buffalo) | Casein |
| Vanilla Powder | Buffalo (see also Bison) | Cheese, American |
| White Beans | 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 |
| Applegate® organic roast beef | Pork, (organic) | Cheese, Havarti |

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| Cheese, Machego | Milk, Cow | Coconut Aminos® |
| Cheese, Marscapone | Milk, Goat | Coconut Cream |
| Cheese, Mozzarella (Raw) | Milk, Sheep | Collagen Protein (Powder) |
| Cheese, Muenster | Mozzarella Cheese | Garam Masala |
| 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 | GemWraps®, Sandwich Wrap |
| Cheese, Romano | | Glucomannon Flour |
| Cheese, Provolone | Miscellaneous | Great Lake's® Beef Gelatin |
| Cheese, Sheep | Agar Gum | Guar Gum |
| Cheese, String (Mozzarella) | Antimony | Hops |
| Cheese, Swiss | Arabic Gum | Julian Bakery Paleo Wraps |
| Chocolate, Milk | Baking Powder | Julian Bakery Almond Bread |
| Chocolate, White | Baking Soda (Arm & Hammer®) | Julian Bakery Coconut Bread |
| Cream, Raw and Unpasteurized | Beef broth (Imagine® low | Konjac Glucomannon Flour |
| Ghee (Pasture-Raised, Organic) | Carrageenan Gum | Lard (pork) |
| Goat Cheese | Chewing Gum (has gluten and | Liquid Aminos (Braggs®)(has Soy) |
| Goat Kefir | Chewing Gum, Xylite® | Locust Bean Gum |
| Kefir, Raw | Chicken Broth (Imagine® gf/low | Lycopene |
| Lactoalbumin | Chicory Root | Malt |
| Milk Chocolate | Cocoa/Cacao (raw, pure, & | Maltodextrin (Can be |

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

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| 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 |
| Hazelnut/Filbert | Rice, Wild (Lundberg® - not the | |
| Hemp Meal | Safflower/Safflower Seed Oil | Sweeteners |
| Hemp Protein (Powder) | Sacha Inchi Seeds | Aspartame/Nutrasweet |
| Hemp Seed | Sesame Seed Oil | Brown Rice Syrup (contains |
| Hydrogenated Oils | Sesame Seeds | Chocolate, Dark |
| Macadamia Nut Oil | Sesame Seeds, Black | Chocolate, Milk |
| Macadamia Nuts | Sunflower Seed Butter | Chocolate, White |
| Olive Leaf Extract | Sunflower Seed Lecithin | Coconut Palm Sugar |
| Olive Oil, Virgin | Sunflower Seed Oil | Date Sugar |
| Palm Kernel Oil | Sunflower Seeds | Erythritol (non-GMO) |
| Pecan | Tahini | Fructose |
| Pecan Flour | Tea, Ramon | Fruit Pectin |
| Pepitas | Tiger Nuts | Honey, (Organic) |
| Pili Nuts | Vegetable Oil | Honey, Manuka |

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

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| Corn (Gluten-free & Non-GMO) | Mushrooms, Cremini/Crimini | Pepper, Serrano |
| Corn, Blue | Mushrooms, Maitake | Pickles, Bubbies® brand only |
| Corn, White | Mushrooms, Shiitake | Pimento |
| 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 |

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|------------------------|-------------------|---------------------|
| Spinach | Tomato, Red | Bell Pepper |
| Spirulina | Tomato, Roma | Bell Pepper, Yellow |
| Squash | Tomato, Sun-dried | Bell Pepper, Orange |
| 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 | |