

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/cafeine-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	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	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

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)	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt
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 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)	
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)	
	Simple Mills Grnd Sea Salt Almond	

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 & Pulses

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)

Spearmint

Paprika

St. John's Wort

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

Tamari (Wheat Free)

Lentil(s)

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

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

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,

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

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

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

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	