

Vegetables

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

Mustard Greens	Potato, Fingerling	Squash, Acorn
Nori	Potato, Purple	Squash, Butternut
Okra	Potato, Red	Squash, Green
Olives (without vinegar)	Potato, Russet	Squash, Spaghetti
Parsley	Potato, Sweet	Squash, Summer
Parsnip	Potato, White	Squash, Winter
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Yellow
Pea, Green	Prickly Pear	Sugar Beet
Pea, Snap	Pumpkin	Sweet Potato, Red
Pea, Snow	Pumpkin Powder	Sweet Potatoes, White
Pea, Split	Radicchio	Swiss Chard
Pea Protein	Radish	Tomatillo
Pepper, Anaheim	Rainbow Chard	Tomato Paste (gluten &
Pepper, Chili	Rhubarb	Tomato Sauce (gluten &
Pepper, Green	Rutabaga	Tomato
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomatoes, Big Beef
Pepper, Jalapeño	Scallions	Tomato, Cherry
Pepper, Poblano	Sea Vegetables	Tomato, Heirloom
Pepper, Red	Seaweed	Tomato, Orange
Pepper, Serrano	Spinach	Tomato, Red
Pickles, Bubbies® brand only	Spirulina	Tomato, Roma
Pimento	Squash	Tomato, Sun-dried

Tomato, Yellow	Fruits	Golden Berry
Truffle	Acai	Gooseberry
Turnip Greens	Agar Gum	Grape
Turnips	Apple (all types)	Grape, Green
Water Chestnut	Apple Cider	Grape, Purple
Watercress	Apple Juice	Grape, Red
Yams, Garnett	Apple Sauce	Grape, White
Yams, Japanese	Bilberry	Grapefruit
Yucca	Blackberry	Grapefruit Juice
Zucchini	Blueberry	Guava
Alfalfa Sprouts	Boysenberry	Huckleberry
Psyllium Husk	Cantaloupe	Jack fruit
Onion, Green	Cherry	Kiwi
Onion, Maui	Clementine	Kumquat
Onion, Red	Cranberry	Lemon
Onion, Sweet	Cranberry Juice	Lemon Juice
Onion, Yellow	Currant	Lemon Rind/Peel
Chives	Date(s)	Lime
Shallots	Dragon Fruit (Pitaya)	Lime Juice
Bell Pepper	Dried Fruit	Litchi (aka Lychee)
Bell Pepper, Yellow	Elderberry	Loganberry
Bell Pepper, Orange	Fig	Loquat

Mango	Pomelo	Almond Meal (gluten free)
Mangosteen	Prune	Almond, Marcona
Maqui	Quince	Annatto Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Arrowroot Flour/powder
Monk Fruit	Raspberry	Brazil Nut
Mulberry	Star Fruit	Canola/Rapeseed Oil
Nectarines	Strawberry	Caraway Seed
Noni	Tamarind	Cashews
Orange	Tangelo	Cashew Butter
Orange, Blood	Tangerine	Cashew Meal
Orange Juice	Watermelon	Chestnut
Orange Peel/Rind	Wolfberry	Chia Seed (1/4 cup, max)
Papaya	Youngberry	Coconut Butter
Passion Fruit	Banana	Coconut Oil
Peach	Apricot	Coconut, shredded (raw,
Pear	Goji Berry	Cola Nut (aka Kola Nut)
Pear, Asian		Corn Oil
Persimmons	Nuts, Seeds, Drupes & Oils	
Pineapple	Almond	Cottonseed/Cottonseed Oil
Plantain	Almond Butter (Artisana®)	Flax Meal
Plum	Almond Flavor natural, gluten free)	Flax Oil
Pomegranate	Almond Flour (gluten free)	Flax Seed
		Grapeseed Oil, Organic

Legumes & Pulses

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

Miso

Crab

Swordfish

Pea, Snap

Crayfish

Tilapia (Non-farmed)

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

Applegate® organic smoked turkey

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

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)

Non-Dairy & Eggs

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Egg

BodyPro Avocado Oil Mayonnaise

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

Cramp Bark Extract	Herbs De Provence	Orange Peel/Rind
Cream of Tartar	Hickory	Orange Salt
Cumin	Himalayan Salt	Oregano
Curcumin	Jamaican Jerk	Parsley
Curry (must be GF)	Juniper Berry	Pepper, Black (see Garlic/Lemon
Dandelion Root	Lavender	Pepper, Cayenne
Dill	Lemon Balm (Melissa Officinalis)	Pepper/Peppercorns
Dong Quai	Lemon Pepper	Pepper, Red
Echinacea	Lemongrass	Peppermint
Fennel	Licorice Root	Pine Bark Extract
Garlic	Liquid Smoke (can have gluten)	Red Chili Paste Thai Kitchen®
Garlic Pepper	Liquid Smoke gluten free (natural)	Red Pepper Flake
Garlic Powder	Maca Root	Rosemary
Garlic Salt	Mace Spice	Saffron
Ginger	Marjoram	Sage
Ginkgo Biloba	Mesquite	Saw Plametto
Ginseng (All Types)	Milk Thistle	Sesame Seeds
Goldenseal	Mint	Sesame Seeds, Black
Grapefruit Seed Extract	Mustard (as a Powder)	Spearmint
Grapeseed Extract	Mustard Seeds (gluten free)	St. John's Wort
Guarana	Nutmeg	Taco Seasoning
Gymnema Silvestre	Olive Leaf Extract	Tamari (Wheat Free)

Tarragon	Milk-Containing Foods	Cheese, Raw and Pasture-raised
Thyme	Applegate® organic spinach & feta	Cheese, Ricotta
Tomatillo	Butter, Raw and Pasture-raised	Cheese, Romano
Turmeric	Buttermilk	Cheese, Provolone
Uva Ursi	Casein	Cheese, Sheep
Valerian	Cheese, American	Cheese, String (Mozzarella)
Vanilla (gluten and corn-free)	Cheese, Asiago	Cheese, Swiss
Vanilla Bean	Cheese, Bleu	Chocolate, Milk
Vanilla Powder	Cheese, Brie	Chocolate, White
White Willow Bark Extract	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Wintergreen	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Rose Hips	Cheese, Cream	Goat Cheese
Pepper, Sichuan	Cheese, Goat	Goat Kefir
Pepper, Szechuan	Cheese, Gorgonzola	Kefir, Raw
Onion Powder	Cheese, Gouda	Lactoalbumin
Onion	Cheese, Havarti	Milk Chocolate
Shallots	Cheese, Machego	Milk, Cow
Paprika (smoked)	Cheese, Marscapone	Milk, Goat
Paprika	Cheese, Mozzarella (Raw)	Milk, Sheep
	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey

Yogurt (See Xanthan Gum)

Cheese, Feta

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)

Gluten-Containing Foods

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

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

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)

Miscellaneous

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylite®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

Great Lake's® Beef Gelatin	Tomato Paste (gluten &	Snacks
Guar Gum	Tomato Sauce (gluten &	Date(s)
Hops	Vegetable broth (Imagine® Low	Simple Mills Chocolate Chip
Julian Bakery Paleo Wraps	Vegetable Oil	
Julian Bakery Almond Bread	Vegetable Shortening (Spectrum®)	
Julian Bakery Coconut Bread	Vinegar, Red Wine	
Konjac Glucomannon Flour	Vinegar, Rice	
Lard (pork)	Vinegar, White Wine	
Liquid Aminos (Braggs®)(has Soy)	Xanthan Gum	
Locust Bean Gum	Yeast, Baker's	
Lycopene	Yeast, Brewer's	
Malt	Yeast, Nutritional	
Maltodextrin (Can be	Latex	
Palm Wax	Formaldehyde	
Pycnogenol	Acacia Gum	
Red Chili Paste Thai Kitchen®	Tragacanth Gum	
Red Tomato Paste (gluten free)	Tragacanth Gum	
Resveratrol	Blue Food Dye	
Sherry Vinegar	Skinny Crisps®(Plain Jane)	
Silver	Red Food Dye	
Tamari (Wheat Free)	Cocoa Butter	
Tofu (Organic)		