

**Vegetables**

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

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

Tomato Paste (gluten &	<b>Fruits</b>	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

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	<b>Nuts, Seeds, &amp; Oils</b>	
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

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		Miso
Rice, Wild (Lundberg® - not the		Pea, Snap
	<b>Legumes &amp; Pulses</b>	
	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 &amp; 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

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

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
<b>Sweeteners</b>	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)	<b>Herbs &amp; Spices</b>	Cramp Bark Extract
Honey, Manuka		Cream of Tartar
Honey, Wildflower from Mahava®	Allspice	



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

### Milk-Containing Foods

## Gluten-Free Grains

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)	<b>Gluten-Containing Foods</b>
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	
		Barley
		Barley Greens (Not for
		Barley Juice (Not for
		Beer
		Bran
		Bread

## Beverages & Protein Powders

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)	<b>Miscellaneous</b>	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

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	