

## Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Hydrogenated Oils

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Sweet
Kohlrabi	Pea Protein	Potato, White
Kombu	Pea, Black-Eyed	Potato, Yukon Gold
Leeks	Pea, Green	Prickly Pear
Lettuce, all types	Pea, Snap	Psyllium Husk
Mushrooms	Pea, Snow	Pumpkin
Mushrooms, Button	Pea, Split	Pumpkin Powder
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Radicchio
Mushrooms, Maitake	Pepper, Cayenne	Radish
Mushrooms, Shiitake	Pepper, Chili	Rainbow Chard
Mustard Greens	Pepper, Green	Red Pepper Flake
Nori	Pepper, Habanero	Rhubarb
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rutabaga
Okra	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Olives (without vinegar)	Pepper, Red	Scallions
Onion, Green	Pepper, Serrano	Sea Vegetables
Onion, Maui	Pickles, Bubbies® brand only	Seaweed
Onion, Red	Pimento	Shallots
Onion, Sweet	Potato, Fingerling	Spinach
Onion, Yellow	Potato, Purple	Spirulina
Paprika	Potato, Red	Squash
Parsley	Potato, Russet	Squash, Acorn

Squash, Butternut	Truffle	Cherry
Squash, Green	Turnip Greens	Clementine
Squash, Spaghetti	Turnips	Cranberry
Squash, Summer	Vegetable Oil	Cranberry Juice
Squash, Winter	Water Chestnut	Currant
Squash, Yellow	Watercress	Dates
Sugar Beet	Wheat Grass (Is Gluten-contaminated)	Dragon Fruit (Pitaya)
Sweet Potato, Red	Yams, Garnett	Dried Fruit
Sweet Potatoes, White	Yams, Japanese	Elderberry
Swiss Chard	Yucca	Fig
Tomatillo	Zucchini	Goji Berry
Tomato		Golden Berry
Tomato Paste (gluten & Vinegar-free)	<b>Fruits</b>	Gooseberry
Tomato Sauce (gluten & Vinegar-free)	Acai	Grape
Tomato, Cherry	Apple (all types)	Grape, Green
Tomato, Heirloom	Apricot	Grape, Purple
Tomato, Orange	Banana	Grape, Red
Tomato, Red	Bilberry	Grape, White
Tomato, Roma	Blackberry	Grapefruit
Tomato, Sun-dried	Blueberry	Grapefruit Juice
Tomato, Yellow	Boysenberry	Guava
Tomatoes, Big Beef	Cantaloupe	Huckleberry

Jack fruit	Orange, Blood	Watermelon
Kiwi	Papaya	Wolfberry
Kumquat	Passion Fruit	Youngberry
Lemon	Peach	
Lemon Juice	Pear	Nuts, Seeds, Drupes & Oils
Lemon Rind/Peel	Pear, Asian	Almond
Lime	Persimmons	Almond Butter (Artisana®)
Lime Juice	Pineapple	Almond Flavor (natural, gluten free)
Litchi (aka Lychee)	Plantain	Almond Flour (gluten free)
Loganberry	Plum	Almond Meal (gluten free)
Loquat	Pomegranate	Almond, Marcona
Mango	Pomelo	Annatto Seed
Mangosteen	Prune	Avocado Oil
Maqui	Quince	Brazil Nut
Melon, Honeydew	Raisin (unsulfured, organic)	Canola/Rapeseed Oil
Monk Fruit (Pure)	Raspberry	Caraway Seed
Mulberry	Star Fruit	Cashew Butter
Nectarines	Strawberry	Cashew Meal
Noni	Tamarind	Cashews
Orange	Tangelo	Chestnut
Orange Juice	Tangerine	Chia Seed (1/4 cup, max)
Orange Peel/Rind	Vinegar, Red Wine	Coconut Butter

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 Oil
Cottonseed/Cottonseed Oil	Poppy seeds	Walnuts
Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut

Herring	Whitefish/Turbot	Chicken Broth (Imagine® gf/low sodium)
Lobster		Chicken, free range (organic)
Mackerel	<b>Meat &amp; Poultry</b>	Collagen Protein (Powder)
Mahi Mahi	Applegate® organic andouille sausage	Deer (see also Venison)
Mussel	Applegate® organic bacon	Duck
Octopus	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Orange Roughy	Applegate® organic chicken	Great Lake's® Beef Gelatin
Oyster	Applegate® organic chicken/apple sausage	Lamb
Perch	Applegate® organic ham	Lard (pork)
Red Snapper	Applegate® organic herb roasted turkey	Ostrich
Salmon, wild (fresh)	Applegate® organic hot dogs	Pheasant
Sardines	Applegate® organic red pepper sausage	Pork, (organic)
Scallop	Applegate® organic roast beef	Quail
Shrimp	Applegate® organic sausage sweet italian	Rabbit
Sole	Applegate® organic smoked chicken breast	Turkey (organic)
Squid	Applegate® organic smoked turkey breast	Veal (organic)
Swai	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Swordfish	Applegate® organic turkey	
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	
Trout	Beef, Grass-fed only (organic)	
Tuna	Bison (see also Buffalo)	
Walleye Pike	Buffalo (see also Bison)	

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya  
(Coconut,Tapioca,yeast,Â....)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk(Native Forest or  
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital FarmsÂ® or Pasture  
VerdeÂ®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)BodyPro Almond Mayo with Yacon  
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut AminosÂ®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek  
Avocado OilDressing, Primal Kitchen Honey  
MustardEarth BalanceÂ® Avocado Oil Butter  
Spread

Earth BalanceÂ® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Liquid Aminos (BraggsÂ®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen  
Avocado OilMayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Mustard, Brown (EdenÂ® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai KitchenÂ®  
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (BubbiesÂ® Brand only)

Sherry Vinegar

Sour Cream, Raw and  
Unpasteurized

Soy Sauce

Sriracha Sauce Organicville  
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten &  
Vinegar-free)Tomato Sauce (gluten &  
Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your  
HeartÂ®)

Vegetable Shortening (SpectrumÂ®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

**Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg'sÂ®)

Balsamic Vinegar (w/ Caramel or  
Red Wine Vinegar)Balsamic Vinegar (with Red Wine  
Vinegar)Balsamic Vinegar MiaBella (No  
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie'sÂ®  
Sweet & SpicyBodyPro Almond Mayo Grade A  
Maple Syrup

Vinegar, Red Wine

Honey, (Organic)

Sugar Cane

Vinegar, Rice

Honey, Manuka

Sweetleaf® Stevia

Vinegar, White

Honey, Wildflower from Mahava®

Swerve® Sweetener

Vinegar, White Wine

Jerusalem Artichoke Syrup

Tapioca Dextrose

White/Distilled Vinegar

Just Like Sugar®

Xyla (Birchwood Xylitol)

Worcestershire Sauce (The Wizard's® GF)

Lo Han

Xylitol

Maltitol

Yacon Syrup

**Sweeteners**

Maltodextrin (Barley-derived)

Agave Nectar

Maltodextrin (Corn-based, non-GMO)

**Herbs & Spices**

Aspartame

Maltodextrin (Tapioca-based)

Allspice

BodyPro Almond Mayo Grade A Maple Syrup

Maple Sugar

Almond Flavor (natural, gluten free)

Brown Rice Syrup (contains MSG/Gluten)

Maple Syrup (Grade A Dark Amber Organic)

Anise

Cane Syrup

Molasses

Ashwaganda

Chocolate, Dark

Monk Fruit (Pure)

Astragalus

Chocolate, Milk

Monk Fruit Extract

Basil

Chocolate, White

Nutrasweet®

Bay Leaf

Coconut Palm Sugar

Rebiana Leaf (Stevia)

Bell Pepper, Red

Coconut Sugar

Sorbitol

Black Cohosh

Date Sugar

Splenda

Capsicum

Erythritol (non-GMO)

Sucanat

Caramel Coloring

Fructose

Sucralose

Caraway Seed

Fruit Pectin

Sugar Beet

Cardamom



Celery Powder	Garlic Pepper	Mace Spice
Chicory Root	Garlic Powder	Marjoram
Chili Powder	Garlic Salt	Mesquite
Chipotle Seasoning	Ginger	Milk Thistle
Cilantro/Coriander	Ginkgo Biloba	Mint
Cinnamon	Ginseng (All Types)	Mustard (as a Powder)
Cinnamon, Ceylon	Goldenseal	Mustard Seeds (gluten free)
Cloves	Grapefruit Seed Extract	Nutmeg
Cloves, Madagascar	Grapeseed Extract	Olive Leaf Extract
Cloves, Penang	Guarana	Onion
Cramp Bark Extract	Gymnema Silvestre	Onion Powder
Cream of Tartar	Herbs De Provence	Orange Peel/Rind
Cumin	Hickory	Orange Salt
Curcumin	Himalayan Salt	Oregano
Curry (must be GF)	Jamaican Jerk	Paprika
Dandelion Root	Juniper Berry	Paprika (smoked)
Dill	Lavender	Parsley
Dong Quai	Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)
Echinacea	Lemon Pepper	Pepper, Cayenne
Fennel	Lemongrass	Pepper, Red
Garam Masala	Licorice Root	Pepper, Sichuan
Garlic	Maca Root	Pepper, Szechuan

Pepper/Peppercorns	Uva Ursi	Cheese, Goat
Peppermint	Valerian	Cheese, Gorgonzola
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Gouda
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Havarti
Red Pepper Flake	Vanilla Powder	Cheese, Machego
Rose Hips	White Willow Bark Extract	Cheese, Marscapone
Rosemary	Wintergreen	Cheese, Mozzarella (Raw)
Saffron	Wormwood	Cheese, Muenster
Sage		Cheese, Parmesan
Saw Plametto	<b>Milk-Containing Foods</b>	Cheese, Pecorino
Sesame Seeds	Applegate® organic spinach & feta sausage	Cheese, Provolone
Sesame Seeds, Black	Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised
Shallots	Buttermilk	Cheese, Ricotta
Spearmint	Casein	Cheese, Romano
St. John's Wort	Cheese, American	Cheese, Sheep
Sumac	Cheese, Asiago	Cheese, String (Mozzarella)
Taco Seasoning	Cheese, Bleu	Cheese, Swiss
Tamari (Wheat Free)	Cheese, Brie	Chocolate, Milk
Tarragon	Cheese, Cheddar (Raw)	Chocolate, White
Thyme	Cheese, Cottage	Cream, Raw and Unpasteurized
Tomatillo	Cheese, Cream	Ghee (Pasture-Raised, Organic)
Turmeric	Cheese, Feta	Goat Cheese

Goat Kefir	Bean, Kidney	Peanut (Organic, Valencia)
Kefir, Raw	Bean, Lima	Peanut Butter (Organic, Maranatha®)
Lactoalbumin	Bean, Mung	Peanut Oil (Organic)
Milk Chocolate	Bean, Navy	Red Bean Paste
Milk, Buffalo	Bean, Ninja	Soy Beans (must be organic)
Milk, Cow	Bean, Pinto/Frijole	Soybean Oil (must be organic)
Milk, Goat	Bean, Red	Vanilla Bean
Milk, Sheep	Bean, White	Vanilla Powder
Mozzarella Cheese	Chickpea (see also Garbanzo Bean)	Vegetable Oil
Sour Cream, Raw and Unpasteurized	Coffee Bean, Organic	
Whey	Edamame (must be organic)	
Yogurt (See Xanthan Gum)	Fava Bean	

### Legumes & Pulses

Bean, Azuki	Garbanzo Bean	Almond Flour (gluten free)
Bean, Black	Garbanzo Flour	Amaranth
Bean, Butter	Hydrogenated Oils	Arrowroot Flour/powder
Bean, Cannellini	Kidney Bean	Basmati Rice (gluten free)
Bean, Chana Dahl	Lentil(s)	Buckwheat
Bean, Chili	Miso	Buckwheat Flour
Bean, Green	Pea, Snap	Chicory Root
Bean, Italian	Pea, Snow	Coconut Flour (gluten free)
	Pea, Split	Coconut Meal (gluten free)
		Corn (Gluten-free & Non-GMO)
		Corn Meal (gluten free)

Corn Starch (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Rice Bran	Tolerant Red or Green Lentil Pasta
Corn, White	Rice Flour (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Black (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Brown (gluten free)	
Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)	Gluten-Containing Foods
Hazelnut Flour	Rice, Purple (gluten free)	
Hemp Meal	Rice, Red (gluten free)	
Hemp Protein (Powder)	Rice, White (gluten free)	
Hemp Seed	Rice, Wild (Lundberg® - not the blend)	
Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker	
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	
Millet	Simple Mills Rosemary & Sea Salt Crackers	
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	
Oats (Certified GF)	Sorghum	
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Cheese, Bleu
Potato Starch (gluten free)	Tapioca	Chewing Gum (has gluten and corn)
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Coffee, Instant (has gluten)
Quinoa (gluten free)	Tapioca Starch (gluten free)	Couscous
Quinoa, Black (gluten free)	Teff	Crab, Imitation

Durum Wheat	Triticale	GemWraps®®, Sandwich Wrap (Carrot)
Farro	Vinegar	Hydrogenated Oils
Gluten	Vinegar, Malt	Maltitol
Graham (wheat)	Vinegar, White	Maltodextrin (Corn-based, non-GMO)
Kamut	Wheat (All Types)	Modified Food Starch
Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)	Sriracha Sauce Organicville gluten-free
Malt		Swerve® Sweetener
Maltitol	Corn-Derived Foods	Vegetable Oil
Maltodextrin (Barley-derived)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Xanthan Gum
Modified Food Starch	Cheese, Cream	Yogurt (See Xanthan Gum)
Oat Grass (Not For Gluten Sensitive)	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	
Oats	Cheese, Soy (Organic) (see Soy)	Beverages & Protein Powders
Oats, GF (not Certified) can have gluten	Chewing Gum (has gluten and corn)	Almond Milk, unsweetened (no tapioca)
Orzo	Corn (Gluten-free & Non-GMO)	Apple Cider
Panko	Corn Gluten	Apple Juice
Polish Wheat	Corn Meal (gluten free)	Beer
Rye	Corn Oil	Bone Broth Protein, Beef
Semolina	Corn Starch (gluten free)	Carrot Juice
Soy Sauce	Corn, Blue	Casein
Spelt	Corn, White	Coconut Kefir (No Tapioca, Carageenan)
Teechino	Erythritol (non-GMO)	Coconut Milk(Native Forest or Natural Value)
Teriyaki Sauce	Fructose	Coconut Water (low sugar)

		Miscellaneous
Coffee	Rice Protein Powder (gluten free)	
Coffee Bean, Organic	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee, Instant (has gluten)	Soy Protein (Organic)	Agar Gum
Collagen Protein (Powder)	Sparkling Water, unflavored	Antimony
Echinacea Tea	Tea, Black	Arabic Gum
Grapefruit Juice	Tea, Chamomile	Baking Powder
Great Lake's® Beef Gelatin	Tea, Green	Baking Soda (Arm & Hammer®)
Green Tea	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Hemp Protein (Powder)	Tea, Komboucha	Blue Food Dye
Komboucha Tea	Tea, Oolong	Bone Broth, Beef
Lactoalbumin	Tea, Ramon	Carrageenan Gum
Lemon Juice	Tea, Roobios	Chewing Gum (has gluten and corn)
Licorice Tea	Tea, Unflavored	Chewing Gum, Xyl chew®
Lime Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Milk, Buffalo	Teechino	Chicory Root
Milk, Cow	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Goat	Water	Collagen Protein (Powder)
Milk, Sheep	Whey	Formaldehyde
Milk, Soy (Organic)	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Mineral Water	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Orange Juice	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Pea Protein	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour (konjacfoods.com)	Resveratrol
Great Lake's® Beef Gelatin	Rice Starch (if certified gluten free)
Guar Gum	Silver
Hops	Skinny Crisps® (Plain Jane)
Hydrogenated Oils	Tofu (Organic)
Inulin	Tragacanth Gum
Julian Bakery Almond Bread	Vegetable broth (Imagine® Low Sodium)
Julian Bakery Coconut Bread	Vegetable Oil
Julian Bakery Paleo Wraps	Vinegar, Red Wine
Konjac Glucomannon Flour	Xanthan Gum
Lard (pork)	Yeast, Baker's
Latex	Yeast, Brewer's
Locust Bean Gum	Yeast, Nutritional
Lycopene	
Malt	
Maltodextrin (Barley-derived)	
Modified Food Starch	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Pycnogenol	
Red Food Dye	
Red Tomato Paste (gluten free)	

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies