

**Fruits**

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange Juice

Orange Peel/Rind

Orange, Blood

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

Star Fruit

Strawberry

Tamarind

Chia Seed (1/4 cup, max)

Pepitas

Tangelo

Coconut Butter

Pili Nuts

Tangerine

Coconut Oil

Pine Nut

Vinegar, Red Wine

Coconut, shredded (raw, unsweetened)

Pistachios

Watermelon

Cola Nut (aka Kola Nut)

Poppy seeds

Wolfberry

Corn Oil

Psyllium Husk

Youngberry

Cottonseed/Cottonseed Oil

Pumpkin Oil

**Nuts, Seeds, Drupes & Oils**

Flax Meal

Pumpkin Seed Oil

Almond

Flax Oil

Pumpkin Seeds

Almond Butter (Artisana®)

Flax Seed

Ramon Seeds

Almond Flavor (natural, gluten free)

Grapeseed Oil, Organic

Rice Bran Oil

Almond Flour (gluten free)

Hazelnut Flour

Rice, Wild (Lundberg® - not the blend)

Almond Meal (gluten free)

Hazelnut/Filbert

Sacha Inchi Seeds

Almond, Marcona

Hemp Meal

Safflower/Safflower Seed Oil

Annatto Seed

Hemp Protein (Powder)

Sesame Seed Oil

Avocado Oil

Hemp Seed

Sesame Seeds

Brazil Nut

Hydrogenated Oils

Sesame Seeds, Black

Canola/Rapeseed Oil

Macadamia Nut Oil

Sunflower Seed Butter

Caraway Seed

Macadamia Nuts

Sunflower Seed Lecithin

Cashew Butter

Olive Leaf Extract

Sunflower Seed Oil

Cashew Meal

Olive Oil, Virgin

Sunflower Seeds

Cashews

Palm Kernel Oil

Tahini

Chestnut

Pecan Flour

Tea, Ramon

Pecans

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Octopus

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

**Vegetables**

Agave Nectar

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

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	Coconut Concentrate	Mushrooms, Button
Broccoli Sprouts	Collard Greens	Mushrooms, Cremini/Crimini
Broccolini	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot Juice	Fennel	Onion, Red
Carrot, Orange	Garlic	Onion, Sweet
Carrot, Purple	Hearts of Palm	Onion, Yellow
Carrot, White	Horseradish	Paprika
Carrot, Yellow	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea Protein
Cauliflower, Purple	Kelp/Dulse	Pea, Black-Eyed
Celery	Kohlrabi	Pea, Green
Chard	Kombu	Pea, Snap
Chayote	Leeks	Pea, Snow
Chives	Lettuce, all types	Pea, Split
Coconut (raw and unsweetened)	Mushrooms	Pepper, Anaheim

Pepper, Cayenne	Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)
Pepper, Chili	Rhubarb	Tomato Sauce (gluten & Vinegar-free)
Pepper, Green	Rutabaga	Tomato, Cherry
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Heirloom
Pepper, Jalapeño	Scallions	Tomato, Orange
Pepper, Poblano	Sea Vegetables	Tomato, Red
Pepper, Red	Seaweed	Tomato, Roma
Pepper, Serrano	Shallots	Tomato, Sun-dried
Pickles, Bubbies® brand only	Spinach	Tomato, Yellow
Pimento	Spirulina	Tomatoes, Big Beef
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	Turnip Greens
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett
Psyllium Husk	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini
Radicchio	Swiss Chard	
Radish	Tomatillo	
Rainbow Chard	Tomato	

**Meat & Poultry**

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach &amp; feta sausage

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 sodium)

Chicken, free range (organic)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

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 Farms® or Pasture Verde®

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

**Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg's®)

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's® Sweet &amp; Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganaise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)		Maltodextrin (Tapioca-based)
Sherry Vinegar	Agave Nectar	Maple Sugar
Sour Cream, Raw and Unpasteurized	Aspartame	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	BodyPro Almond Mayo Grade A Maple Syrup	Molasses
Sriracha Sauce Organicville gluten-free	Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit (Pure)
Tabasco Sauce	Cane Syrup	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Dark	Nutrasweet®
Teriyaki Sauce	Chocolate, Milk	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)	Chocolate, White	Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

**Herbs & Spices**

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

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

Garam Masala

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

Hydrogenated Oils

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Maca Root

Mace Spice



Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	<b>Milk-Containing Foods</b>
Mustard (as a Powder)	Saffron	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	Cheese, Asiago
Orange Peel/Rind	Spearmint	Cheese, Bleu
Orange Salt	St. John's Wort	Cheese, Brie
Oregano	Sumac	Cheese, Cheddar (Raw)
Paprika	Taco Seasoning	Cheese, Cottage
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cream
Parsley	Tarragon	Cheese, Feta
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Goat
Pepper, Cayenne	Tomatillo	Cheese, Gorgonzola
Pepper, Red	Turmeric	Cheese, Gouda
Pepper, Sichuan	Uva Ursi	Cheese, Havarti
Pepper, Szechuan	Valerian	Cheese, Machego
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Cheese, Mascapone
Peppermint	Vanilla Bean	Cheese, Mozzarella (Raw)
Pine Bark Extract	Vanilla Powder	

Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised		Hydrogenated Oils
Cheese, Ricotta	Bean, Azuki	Kidney Bean
Cheese, Romano	Bean, Black	Lentil(s)
Cheese, Sheep	Bean, Butter	Miso
Cheese, String (Mozzarella)	Bean, Cannellini	Pea, Snap
Cheese, Swiss	Bean, Chana Dahl	Pea, Snow
Chocolate, Milk	Bean, Chili	Pea, Split
Chocolate, White	Bean, Green	Peanut (Organic, Valencia)
Cream, Raw and Unpasteurized	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Ghee (Pasture-Raised, Organic)	Bean, Kidney	Peanut Oil (Organic)
Goat Cheese	Bean, Lima	Red Bean Paste
Goat Kefir	Bean, Mung	Soy Beans (must be organic)
Kefir, Raw	Bean, Navy	Soybean oil(must be organic)
Lactoalbumin	Bean, Ninja	Vanilla Bean
Milk Chocolate	Bean, Pinto/Frijole	Vanilla Powder
Milk, Buffalo	Bean, Red	Vegetable Oil
Milk, Cow	Bean, White	
Milk, Goat	Chickpea (see also Garbanzo Bean)	
Milk, Sheep	Coffee Bean, Organic	
Mozzarella Cheese	Edamame (must be organic)	

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

**Cheese, Cream**

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

**Hydrogenated Oils**

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

**Vegetable Oil**

Xanthan Gum

**Yogurt (See Xanthan Gum)****Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

**Bread**

Brown Rice Syrup (contains  
MSG/Gluten)

Caramel Coloring

**Cheese, Bleu**

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten  
Sensitive)

Oats

Oats, GF (not Certified) can have  
gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is  
Gluten-contaminated)

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

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

Corn Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

**Hydrogenated Oils**

Konjac Glucomannon Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

**ProGranola (Julian Bakery)**

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (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 blend)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

**Vegetable Oil****Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

**Casein**

Coconut Kefir (No Tapioca, Carageenan)

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

Guar Gum

Tofu (Organic)

Hops

Tragacanth Gum

Hydrogenated Oils

Vegetable broth (Imagine® Low Sodium)

Inulin

Vegetable Oil

Julian Bakery Almond Bread

Vinegar, Red Wine

Julian Bakery Coconut Bread

Xanthan Gum

Julian Bakery Paleo Wraps

Yeast, Baker's

Konjac Glucomannan Flour

Yeast, Brewer's

Lard (pork)

Yeast, Nutritional

Latex

Snacks

Locust Bean Gum

Apple Sauce

Lycopene

Dates

Malt

Simple Mills Chocolate Chip Cookies

Maltodextrin (Barley-derived)

Modified Food Starch

Modified Food Starch  
(Tapioca-based)

Palm Wax

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)