Vegetables	Broccoli	Chayote
Alfalfa Grass	Broccoli Rabe	Coconut (raw and unsweetened)
Alfalfa Sprouts	Broccoli Sprouts	Coconut Concentrate
Aloe Vera	Broccolini	Collard Greens
Applegate® organic chicken/apple sausage	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)	Burdock	Corn, Blue
Artichoke, Jerusalem (not pickled)	Cabbage, Chinese (see also Bok Choy)	Corn, White
Arugula	Cabbage, Green	Cucumber
Asparagus	Cabbage, Purple	Daikon Radish
Avocado	Cactus (Nopales)	Dandelion Greens
Avocado Oil	Capers	Dandelion Root
Bamboo Shoot	Capsicum	Eggplant
Bamboo Shoot Bean Sprout	Capsicum Carrot Juice	Eggplant
Bean Sprout	Carrot Juice	Endive
Bean Sprout Bean, Green	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White	Endive Fennel
Bean Sprout Bean, Green Beet	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White	Endive Fennel Garlic
Bean Sprout Bean, Green Beet Beet Greens	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White	Endive Fennel Garlic Hearts of Palm
Bean Sprout Bean, Green Beet Beet Greens Bell Pepper	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and	Endive Fennel Garlic Hearts of Palm Horseradish
Bean Sprout Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca)	Endive Fennel Garlic Hearts of Palm Horseradish Jicama
Bean Sprout Bean, Green Beet Beet Greens Bell Pepper Bell Pepper, Green Bell Pepper, Orange	Carrot Juice Carrot, Orange Carrot, Purple Carrot, White Carrot, Yellow Cassava (see Tapioca and Yucca) Cauliflower	Endive Fennel Garlic Hearts of Palm Horseradish Jicama Kale, all types

Mushrooms	Pepper, Red		Squash, Acorn
Mushrooms, Button	Pepper, Serrano		Squash, Butternut
Mushrooms, Cremeni/Crimini	Pickles, Bubbies® brand only		Squash, Green
Mushrooms, Maitake	Pimento		Squash, Spaghetti
Mushrooms, Shiitake	Potato, Fingerling		Squash, Summer
Mustard Greens	Potato, Purple		Squash, Winter
Okra	Potato, Red		Squash, Yellow
Olives (without vinegar)	Potato, Russet		Sugar Beet
Onion, Green	Potato, Sweet		Sweet Potato, Red
Parsley	Potato, White		Sweet Potatoes, White
Parsnip	Potato, Yukon Gold		Swiss Chard
Pea Protein	Prickly Pear		Tomatillo
Pea Protein Pea, Green	Prickly Pear Pumpkin		Tomatillo
	·		
Pea, Green	Pumpkin		Tomato Tomato Paste (gluten &
Pea, Green Pea, Snap	Pumpkin Pumpkin Powder		Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten &
Pea, Green Pea, Snap Pea, Snow	Pumpkin Pumpkin Powder Radicchio		Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free)
Pea, Green Pea, Snap Pea, Snow Pea, Split	Pumpkin Pumpkin Powder Radicchio Radish		Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry
Pea, Green Pea, Snap Pea, Snow Pea, Split Pepper, Anaheim	Pumpkin Pumpkin Powder Radicchio Radish Rainbow Chard	_	Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom
Pea, Green Pea, Snap Pea, Snow Pea, Split Pepper, Anaheim Pepper, Chili	Pumpkin Pumpkin Powder Radicchio Radish Rainbow Chard		Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom Tomato, Orange
Pea, Green Pea, Snap Pea, Snow Pea, Split Pepper, Anaheim Pepper, Chili Pepper, Green	Pumpkin Pumpkin Powder Radicchio Radish Rainbow Chard Rhubarb Rutabaga Sauerkraut (Bubbies® Brand		Tomato Tomato Paste (gluten & Vinegar-free) Tomato Sauce (gluten & Vinegar-free) Tomato, Cherry Tomato, Heirloom Tomato, Orange Tomato, Red

Tomatoes, Big Beef		Cherry) c	׆	Kiwi	
Turnip Greens		Clementine	<u></u>]	Kumquat	
Turnips		Cranberry	<u></u>]	Lemon	
Water Chestnut		Cranberry Juice	" []	Lemon Juice	
Watercress		Currant	֖֖֖֓֟֟֟֞֞֓֞֞֓֓֓֟֞֓֓֓֓֓֟֓֓֓֓֟֓֓֓֓֟֟ <u>֚</u>]	Lemon Rind/Peel	
Yams, Garnett		Dragon Fruit (Pitaya)	֓֟֟֞֟֞֞֞֞֞֓֞֓֞֞֓֓֓֓֞֟֞֓֓֓֓֓֓֟֟ <u>֚</u>]	Lime	
Yams, Japanese		Dried Fruit	֖֡֟֟֟֞֞֞֞֞֞֞֓֞֞֞֞֓֓֓֞֟]	Lime Juice	
Yucca		Elderberry	֓֟֟֞֞֞֞֞֞֞֞֓֞֞֞֓֓֓֓֓֞֞֓֓֓֓֓֓֟ <u>֚</u>]	Litchi (aka Lychee)	
Zucchini		Fig	" c]	Loganberry	
		Goji Berry	<u>֚֚֚֚֚֚֚֚֚֚֚֚֚֚֚֚֡֟</u>]	Loquat	
E . 31-				٦(Manage	
Fruits	Ш	Golden Berry	L		Mango	
Acai		Golden Berry Gooseberry		_; _;	Mangosteen	
			ם ם ם]]]		
Acai		Gooseberry	ם ם ם		Mangosteen	
Acai Apple (all types)		Gooseberry Grape			Mangosteen Maqui	
Acai Apple (all types) Apple Cider		Gooseberry Grape Grape, Green			Mangosteen Maqui Melon, Honeydew	
Acai Apple (all types) Apple Cider Apple Juice		Gooseberry Grape Grape, Green Grape, Purple Grape, Red			Mangosteen Maqui Melon, Honeydew Monk Fruit (Pure)	
Acai Apple (all types) Apple Cider Apple Juice Apple Sauce Applegateî organic		Gooseberry Grape Grape, Green Grape, Purple Grape, Red			Mangosteen Maqui Melon, Honeydew Monk Fruit (Pure) Mulberry	
Acai Apple (all types) Apple Cider Apple Juice Apple Sauce ApplegateÄ® organic chicken/apple sausage		Gooseberry Grape Grape, Green Grape, Purple Grape, Red Grape, White Grapefruit			Maqui Melon, Honeydew Monk Fruit (Pure) Mulberry Nectarines	
Acai Apple (all types) Apple Cider Apple Juice Apple Sauce Applegate® organic chicken/apple sausage Bilberry		Gooseberry Grape Grape, Green Grape, Purple Grape, Red Grape, White Grapefruit Grapefruit Juice			Mangosteen Maqui Melon, Honeydew Monk Fruit (Pure) Mulberry Nectarines Noni	
Acai Apple (all types) Apple Cider Apple Juice Apple Sauce Applegateî organic chicken/apple sausage Bilberry Blackberry		Gooseberry Grape Grape, Green Grape, Purple Grape, Red Grape, White Grapefruit Grapefruit Juice			Mangosteen Maqui Melon, Honeydew Monk Fruit (Pure) Mulberry Nectarines Noni Orange	

Papaya		Nuts, Seeds, Drupes & Oils	Grapeseed Oil, Organic
Passion Fruit		Almond	Hazelnut Flour
Peach		Almond Butter (Artisana®)	Hazelnut/Filbert
Pear		Almond Flavor (natural, gluten free)	Hemp Meal
Pear, Asian		Almond Flour (gluten free)	Hemp Protein (Powder)
Persimmons		Almond Meal (gluten free)	Hemp Seed
Plantain		Almond, Marcona	Hydrogenated Oils
Plum		Annatto Seed	Olive Leaf Extract
Pomegranate		Brazil Nut	Olive Oil, Virgin
Pomelo		Canola/Rapeseed Oil	Palm Kernel Oil
Prune		Caraway Seed	Pecan Flour
	_		
Quince		Cashew Butter	Pepitas
Quince Raisin (unsulfured, organic)		Cashew Butter Cashew Meal	Pepitas Pili Nuts
Raisin (unsulfured, organic)		Cashew Meal	Pili Nuts
Raisin (unsulfured, organic) Raspberry		Cashew Meal Cashews	Pili Nuts Pine Nut
Raisin (unsulfured, organic) Raspberry Star Fruit		Cashew Meal Cashews Chestnut	Pili Nuts Pine Nut Pistachios
Raisin (unsulfured, organic) Raspberry Star Fruit Strawberry		Cashew Meal Cashews Chestnut Chia Seed (1/4 cup, max)	Pili Nuts Pine Nut Pistachios Poppy seeds
Raisin (unsulfured, organic) Raspberry Star Fruit Strawberry Tamarind		Cashew Meal Cashews Chestnut Chia Seed (1/4 cup, max) Coconut Butter	Pili Nuts Pine Nut Pistachios Poppy seeds Pumpkin Oil
Raisin (unsulfured, organic) Raspberry Star Fruit Strawberry Tamarind Tangelo		Cashew Meal Cashews Chestnut Chia Seed (1/4 cup, max) Coconut Butter Coconut Oil Coconut, shredded (raw,	Pili Nuts Pine Nut Pistachios Poppy seeds Pumpkin Oil Pumpkin Seed Oil
Raisin (unsulfured, organic) Raspberry Star Fruit Strawberry Tamarind Tangelo Tangerine		Cashew Meal Cashews Chestnut Chia Seed (1/4 cup, max) Coconut Butter Coconut Oil Coconut, shredded (raw, unsweetened)	Pili Nuts Pine Nut Pistachios Poppy seeds Pumpkin Oil Pumpkin Seed Oil Pumpkin Seeds

Sesame Seed Oil	Hake	Applegate® organic herb roasted turkey
Sesame Seeds	Halibut	Applegate® organic sausage sweet italian
Sesame Seeds, Black	Herring	Applegate® organic smoked turkey breast
Sunflower Seed Butter	Mackerel	Applegate® organic turkey
Sunflower Seed Lecithin	Mahi Mahi	Applegate® organic turkey bacon
Sunflower Seed Oil	Perch	Bison (see also Buffalo)
Sunflower Seeds	Red Snapper	Buffalo (see also Bison)
Tahini	Salmon, wild (fresh)	Chicken Broth (Imagine® gf/low sodium)
Tea, Ramon	Sardines	Chicken, free range (organic)
Tiger Nuts	Sole	Deer (see also Venison)
Vegetable Oil	Swai	Duck
Vegetable Shortening (Spectrum®)	Swordfish	Goat, Grass-fed only (organic)
Walnut Oil	Tilapia (Wild, Non-farmed)	Lamb
Walnuts	Trout	Lard (pork)
Walnuts, Black	Walleye Pike	Ostrich
	Whitefish/Turbot	Pheasant
Fish & Shellfish		Pork, (organic)
Bass	Meat & Poultry	Quail
Chilean Sea Bass	Applegate® organic bacon	Rabbit
Corvina	Applegate® organic black forest ham	Turkey (organic)
Flounder	Applegate® organic chicken/apple sausage	Venison (see also Deer)
Haddock	Applegate® organic ham	

Non-Dairy & Eggs	Horseradish Sauce, Gluten-free (Annie's®)		Fruit Pectin
Almond Milk, unsweetened (no tapioca)	Ketchup (Organicville)	<u></u> ם	Jerusalem Artichoke Syrup
Cheese, Soy (Organic) (see Soy)	Liquid Smoke gluten free (natural)		Just Like Sugar®
Coconut Kefir (No Tapioca, Carageenan)	Mustard, Brown (Eden® gf mustard)		Lo Han
Coconut Milk(Native Forest or Natural Value)	Sauerkraut (Bubbies® Brand only)		Maltodextrin (Corn-based, non-GMO)
Egg, Whites, Pasture-raised	Sriracha Sauce Organicville gluten-free		Maltodextrin (Tapioca-based)
Milk, Soy (Organic)	Tabasco Sauce		Maple Sugar
Paleo Cheese (Julianbakery.com or	Veganaise Soy-free (Follow Your Heart®)		Maple Syrup (Grade A Dark Amber Organic)
	Vinegar, Beet		Molasses
Condiments	Worcestershire Sauce (The Wizard's® GF)		Monk Fruit (Pure)
Apple Cider Vinegar (Bragg's®)			Monk Fruit Extract
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sweeteners		Nutrasweet®
Barbeque Sauce, GF Annie's® Sweet & Spicy	Agave Nectar		Rebiana Leaf (Stevia)
BodyPro Almond Mayo Grade A Maple Syrup	Aspartame		Sorbitol
BodyPro Almond Mayo with Yacon Syrup	BodyPro Almond Mayo Grade A Maple Syrup		Splenda
Carob	Cane Syrup		Sucanat
Coconut Vinegar (Coconut Secret)	Chocolate, Dark		Sucralose
Dressing, Primal Kitchen Greek Avocado Oil	Coconut Palm Sugar		Sugar Beet
Dressing, Primal Kitchen Honey Mustard	Coconut Sugar		Sugar Cane
Earth Balance® Avocado Oil Butter Spread	Date Sugar		Sweetleaf® Stevia
Earth Balance® Coconut Spread	Erythritol (non-GMO)		Swerve® Sweetener
Harissa	Fructose		Tapioca Dextrose

Paulette Wohnoutka

Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapefruit Seed Extract
Xylitol	Cloves	Grapeseed Extract
Yacon Syrup	Cloves, Madagascar	Guarana
	Cloves, Penang	Gymnema Silvestre
Herbs & Spices	Cramp Bark Extract	Herbs De Provence
Allspice	Cream of Tartar	Hickory
Almond Flavor (natural, gluten free)	Cumin	Himalayan Salt
Anise	Curcumin	Jamaican Jerk
ApplegateÄ® organic chicken/apple sausage	Curry (must be GF)	Juniper Berry
Ashwaganda	Dandelion Root	Lavender
Astragalus	Dill	Lemon Balm (Melissa Officinalis)
Basil	Dong Quai	Lemon Pepper
Bay Leaf	Echinacea	Lemongrass
Black Cohosh	Fennel	Licorice Root
Caraway Seed	Garlic	Maca Root
Cardamom	Garlic Pepper	Mace Spice
Celery Powder	Garlic Powder	Marjoram
Chicory Root	Garlic Salt	Mesquite
Chili Powder	Ginger	Milk Thistle
Chipotle Seasoning	Ginkgo Biloba	Mint
Cilantro/Coriander	Ginseng (All Types)	Mustard (as a Powder)
Cinnamon	Goldenseal	Mustard Seeds (gluten free)

Nutmeg		Sesame Seeds	Legumes & Pulses
Olive Leaf Extract		Sesame Seeds, Black	Bean, Azuki
Orange Peel/Rind		Spearmint	Bean, Black
Orange Salt		St. John's Wort	Bean, Butter
Oregano		Sumac	Bean, Cannellini
Paprika (smoked)		Taco Seasoning	Bean, Chana Dahl
Parsley		Tamari (Wheat Free)	Bean, Chili
Pepper, Black (see Garlic/Lemon Pepper)		Tarragon	Bean, Green
Pepper, Cayenne		Thyme	Bean, Italian
Pepper, Red		Tomatillo	Bean, Kidney
Pepper, Sichuan		Turmeric	Bean, Lima
Pepper, Szechuan		Uva Ursi	Bean, Mung
Pepper/Peppercorns		Valerian	Bean, Navy
Peppermint		White Willow Bark Extract	Bean, Ninja
Pine Bark Extract		Wintergreen	Bean, Pinto/Frijole
Red Chili Paste Thai Kitchen® (gluten free)		Wormwood	Bean, Red
Red Pepper Flake			Bean, White
* *			
Rose Hips		Milk-Containing Foods	Chickpea (see also Garbanzo Bean)
	□	Milk-Containing Foods	
Rose Hips	□	Milk-Containing Foods	Bean)
Rose Hips Rosemary	□	Milk-Containing Foods	Bean) Coffee Bean, Organic

Garbanzo Bean		Chicory Root		Quinoa, Black (gluten free)
Garbanzo Flour		Coconut Flour (gluten free)		Quinoa, Red (gluten free)
Kidney Bean		Coconut Meal (gluten free)		Rice Bran
Lentil(s)		Corn (Gluten-free & Non-GMO)		Rice Flour (gluten free)
Miso		Corn Meal (gluten free)		Rice Protein Powder (gluten free)
Pea, Snap		Corn Starch (gluten free)		Rice, Basmati (gluten free)
Pea, Snow		Corn, Blue		Rice, Black (gluten free)
Pea, Split		Corn, White		Rice, Brown (gluten free)
Peanut (Organic, Valencia)		Fava Bean Flour		Rice, Japonica (gluten free)
Peanut Butter (Organic, Maranatha®)		Garbanzo Flour		Rice, Purple (gluten free)
Peanut Oil (Organic)		Glucomannon Flour (konjacfoods.com)		Rice, Red (gluten free)
 Red Bean Paste	П	Herelaut Flaur		Rice, White (gluten free)
Red Bean Paste	ш	Hazelnut Flour	ш	rtice, villic (glater free)
Soy Beans (must be organic)		Hemp Meal		Rice, Wild (Lundberg® - not the blend)
				Rice, Wild (Lundberg® - not the
Soy Beans (must be organic) Soy Beans Oil (must be		Hemp Meal		Rice, Wild (Lundberg® - not the blend)
Soy Beans (must be organic) Soy Beans Oil (must be		Hemp Meal Hemp Protein (Powder)		Rice, Wild (Lundberg® - not the blend) Sorghum
Soy Beans (must be organic) Soy Beans Oil (must be organic)		Hemp Meal Hemp Protein (Powder) Hemp Seed		Rice, Wild (Lundberg® - not the blend) Sorghum Sweet Potato Flour (gluten free)
Soy Beans (must be organic) Soy Beans Oil (must be organic) Gluten-Free Grains		Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour		Rice, Wild (Lundberg® - not the blend) Sorghum Sweet Potato Flour (gluten free) Tapioca
Soy Beans (must be organic) Soy Beans Oil (must be organic) Gluten-Free Grains Almond Flour (gluten free)		Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet Oats (Bob's Red Mill Gluten		Rice, Wild (Lundberg® - not the blend) Sorghum Sweet Potato Flour (gluten free) Tapioca Tapioca Flour (gluten free)
Soy Beans (must be organic) Soy Beans Oil (must be organic) Gluten-Free Grains Almond Flour (gluten free) Amaranth		Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet Oats (Bob's Red Mill Gluten Free Version)		Rice, Wild (Lundberg® - not the blend) Sorghum Sweet Potato Flour (gluten free) Tapioca Tapioca Flour (gluten free) Tapioca Starch (gluten free)
Soy Beans (must be organic) Soy Beans Oil (must be organic) Gluten-Free Grains Almond Flour (gluten free) Amaranth Arrowroot Flour/powder		Hemp Meal Hemp Protein (Powder) Hemp Seed Konjac Glucomannon Flour Millet Oats (Bob's Red Mill Gluten Free Version) Oats (Certified GF)		Rice, Wild (Lundberg® - not the blend) Sorghum Sweet Potato Flour (gluten free) Tapioca Tapioca Flour (gluten free) Tapioca Starch (gluten free) Teff Tolerant Green Lentil & Pea

Tortilla, Siete Cassava & Coconut	Xanthan Gum	Orange Juice
Tortilla, Siete Chia & Cassava		Pea Protein
	Beverages & Protein Powders	Rice Protein Powder (gluten free)
Gluten-Containing Foods	Almond Milk, unsweetened (no tapioca)	Soy Milk/Soy Cheese (Organic)
	Apple Juice	Soy Protein (Organic)
Corn-Derived Foods	Bone Broth Protein, Beef	Sparkling Water, unflavored
Barbeque Sauce, GF Annie's® Sweet & Spicy	Carrot Juice	Tea, Black
Cheese, Soy (Organic) (see Soy)	Coconut Kefir (No Tapioca, Carageenan)	Tea, Chamomile
Corn (Gluten-free & Non-GMO)	Coconut Milk(Native Forest or Natural Value)	Tea, Green
Corn Gluten	Coconut Water (low sugar)	Tea, Hibiscus
Corn Meal (gluten free)	Coffee	Tea, Oolong
Corn Oil	Coffee Bean, Organic	Tea, Ramon
Corn Starch (gluten free)	Collagen Protein (Powder)	Tea, Roobios
Corn, Blue	Echinacea Tea	Tea, White
Corn, White	Grapefruit Juice	Water
Erythritol (non-GMO)	Green Tea	Yerba Matte Tea (Organic/Pure)
Fructose	Hemp Protein (Powder)	Zevia Drinks
GemWraps®, Sandwich Wrap (Carrot)	Lemon Juice	
Maltodextrin (Corn-based, non-GMO)	Licorice Tea	
Sriracha Sauce Organicville gluten-free	Lime Juice	
Swerve® Sweetener	Milk, Soy (Organic)	
Vegetable Oil	Mineral Water	

Miscellaneous	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Tofu (Organic)
Acacia Gum	Glucomannon Flour (konjacfoods.com)	Tomato Paste (gluten & Vinegar-free)
Agar Gum	Great Lake's® Beef Gelatin	Tomato Sauce (gluten & Vinegar-free)
Antimony	Guar Gum	Tragacanth Gum
Apricot	Hops	Vegetable Oil
Arabic Gum	Inulin	Vegetable Shortening (Spectrum®)
Baking Powder	Julian Bakery Paleo Wraps	Xanthan Gum
Baking Soda (Arm & Hammer®)	Konjac Glucomannon Flour	
Banana	Lard (pork)	Snacks
Carrageenan Gum	Latex	Apple Sauce
Chewing Gum, Xylichew®	Liquid Aminos (BraggsÄ®)(has Soy)	Simple Mills Chocolate Chip Cookies
Chicken Broth (Imagine® gf/low sodium)	Locust Bean Gum	
Chicory Root	Lycopene	
Cocoa Butter	Modified Food Starch (Tapioca-based)	
Cocoa/Cacao (raw, pure, & unsweetened)	Palm Wax	
Coconut Aminos®	Pycnogenol	
Coconut Cream	Red Chili Paste Thai Kitchen® (gluten free)	
Collagen Protein (Powder)	Red Tomato Paste (gluten free)	
Formaldehyde	Resveratrol	
Garam Masala	Rice Starch (if certified gluten free)	
GemWraps®, Sandwich Wrap (Carrot)	Silver	