

**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	Avocado Oil	Hemp Protein (Powder)
Quince	Brazil Nut	Hemp Seed
Raisin (unsulfured, organic)	Canola/Rapeseed Oil	Hydrogenated Oils
Raspberry	Caraway Seed	Macadamia Nut Oil
Star Fruit	Cashew Butter	Macadamia Nuts
Strawberry	Cashew Meal	Olive Leaf Extract
Tamarind	Cashews	Olive Oil, Virgin
Tangelo	Chestnut	Palm Kernel Oil
Tangerine	Chia Seed (1/4 cup, max)	Pecan Flour
Vinegar, Red Wine	Coconut Butter	Pecans
Watermelon	Coconut Oil	Pepitas
Wolfberry	Coconut, shredded (raw, unsweetened)	Pili Nuts
Youngberry	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios
	Cottonseed/Cottonseed Oil	Poppy seeds
	Flax Meal	Psyllium Husk
	Flax Oil	Pumpkin Oil
	Flax Seed	Pumpkin Seed Oil
	Grapeseed Oil, Organic	Pumpkin Seeds
	Hazelnut Flour	Ramon Seeds
	Hazelnut/Filbert	Rice Bran Oil
	Hemp Meal	Rice, Wild (Lundberg® - not the blend)
<b>Nuts, Seeds, Drupes &amp; Oils</b>		
Almond		
Almond Butter (Artisana®)		
Almond Flavor (natural, gluten free)		
Almond Flour (gluten free)		
Almond Meal (gluten free)		
Almond, Marcona		
Annatto Seed		

Sacha Inchi Seeds	<b>Vegetables</b>	Broccoli
Safflower/Safflower Seed Oil	Alfalfa Grass	Broccoli Rabe
Sesame Seed Oil	Alfalfa Sprouts	Broccoli Sprouts
Sesame Seeds	Aloe Vera	Broccolini
Sesame Seeds, Black	Artichoke (not pickled)	Brussels Sprout
Sunflower Seed Butter	Artichoke, Jerusalem (not pickled)	Burdock
Sunflower Seed Lecithin	Arugula	Cabbage, Chinese (see also Bok Choy)
Sunflower Seed Oil	Asparagus	Cabbage, Green
Sunflower Seeds	Avocado	Cabbage, Purple
Tahini	Bamboo Shoot	Cactus (Nopales)
Tea, Ramon	Barley Grass (can have gluten)	Capers
Tiger Nuts	Barley Greens (may contain gluten)	Capsicum
Truffle Oil	Bean Sprout	Carrot Juice
Truffle Oil, Black	Bean, Green	Carrot, Orange
Vegetable Oil	Beet	Carrot, Purple
Vegetable Shortening (Spectrum®)	Beet Greens	Carrot, White
Walnut Oil	Bell Pepper	Carrot, Yellow
Walnuts	Bell Pepper, Green	Cassava (see Tapioca and Yucca)
Walnuts, Black	Bell Pepper, Orange	Cauliflower
	Bell Pepper, Red	Cauliflower, Purple
	Bell Pepper, Yellow	Celery
	Bok Choy	Chard

Chayote	Kohlrabi	Pea Protein
Chives	Kombu	Pea, Black-Eyed
Coconut (raw and unsweetened)	Leeks	Pea, Green
Coconut Concentrate	Lettuce, all types	Pea, Snap
Collard Greens	Mushrooms	Pea, Snow
Corn (Gluten-free & Non-GMO)	Mushrooms, Button	Pea, Split
Corn, Blue	Mushrooms, Cremini/Crimini	Pepper, Anaheim
Corn, White	Mushrooms, Maitake	Pepper, Cayenne
Cucumber	Mushrooms, Shiitake	Pepper, Chili
Daikon Radish	Mustard Greens	Pepper, Green
Dandelion Greens	Nori	Pepper, Habanero
Dandelion Root	Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño
Eggplant	Okra	Pepper, Poblano
Endive	Olives (without vinegar)	Pepper, Red
Fennel	Onion, Green	Pepper, Serrano
Garlic	Onion, Maui	Pickles, Bubbies® brand only
Hearts of Palm	Onion, Red	Pimento
Horseradish	Onion, Sweet	Potato, Fingerling
Hydrogenated Oils	Onion, Yellow	Potato, Purple
Jicama	Paprika	Potato, Red
Kale, all types	Parsley	Potato, Russet
Kelp/Dulse	Parsnip	Potato, Sweet

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

### Fish & Shellfish

Anchovy  
 Bass  
 Catfish  
 Chilean Sea Bass  
 Clam  
 Cod/ Cod Liver Oil  
 Corvina  
 Crab  
 Crab, Immitation  
 Crayfish

Flounder	Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon
Haddock	Trout	Beef, Grass-fed only (organic)
Hake	Tuna	Bison (see also Buffalo)
Halibut	Walleye Pike	Buffalo (see also Bison)
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	

**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**

Agave Nectar

Maltodextrin (Barley-derived)

**Herbs & Spices**

Aspartame

Maltodextrin (Corn-based, non-GMO)

Allspice

BodyPro Almond Mayo Grade A Maple Syrup

Maltodextrin (Tapioca-based)

Almond Flavor (natural, gluten free)

Brown Rice Syrup (contains MSG/Gluten)

Maple Sugar

Anise

Cane Syrup

Maple Syrup (Grade A Dark Amber Organic)

Ashwaganda

Chocolate, Dark

Molasses

Astragalus

Chocolate, Milk

Monk Fruit (Pure)

Basil

Chocolate, White

Monk Fruit Extract

Bay Leaf

Coconut Palm Sugar

Nutrasweet®

Bell Pepper, Red

Coconut Sugar

Rebiana Leaf (Stevia)

Black Cohosh

Date Sugar

Sorbitol

Capsicum

Erythritol (non-GMO)

Splenda

Caramel Coloring

Fructose

Sucanat

Caraway Seed

Fruit Pectin

Sucralose

Cardamom

Sugar Beet



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

Pepper, Szechuan	Turmeric	Cheese, Feta
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, Mascapone
Rosemary	Wintergreen	Cheese, Mozzarella (Raw)
Saffron	<b>Wormwood</b>	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
<b>Sumac</b>	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)

Goat Cheese	Bean, Italian	Pea, Split
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
	Pea, Snow	Coconut Flour (gluten free)
		Coconut Meal (gluten free)
		Corn (Gluten-free & Non-GMO)

### Gluten-Free Grains

## Corn-Derived Foods

- Barbeque Sauce, GF Annie's® Sweet & Spicy
- Cheese, Cream
- Cheese, Daiya (Coconut,Tapioca,yeast,Â....)
- 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	Cheese, Bleu	Semolina
GemWraps®®, Sandwich Wrap (Carrot)	Chewing Gum (has gluten and corn)	Soy Sauce
Hydrogenated Oils	Coffee, Instant (has gluten)	Spelt
Maltitol	Couscous	Teechino
Maltodextrin (Corn-based, non-GMO)	Crab, Immitation	Teriyaki Sauce
Modified Food Starch	Durum Wheat	Triticale
Sriracha Sauce Organicville gluten-free	Farro	Vinegar
Swerve® Sweetener	Gluten	Vinegar, Malt
Vegetable Oil	Graham (wheat)	Vinegar, White
Xanthan Gum	Kamut	Wheat (All Types)
Yogurt (See Xanthan Gum)	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)

### Gluten-Containing Foods

Barley	Maltitol
Barley Grass (can have gluten)	Maltodextrin (Barley-derived)
Barley Greens (may contain gluten)	Modified Food Starch
Barley Juice (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Beer	Oats
Bran	Oats, GF (not Certified) can have gluten
Bread	Orzo
Brown Rice Syrup (contains MSG/Gluten)	Panko
Caramel Coloring	Polish Wheat
	Rye

### 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)

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

GemWraps®®, Sandwich Wrap (Mango/Chipotle)	Red Food Dye
GemWraps®®, Sandwich Wrap (Tomato)	Red Tomato Paste (gluten free)
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
<b>Latex</b>	Yeast, Brewer's
Locust Bean Gum	Yeast, Nutritional
Lycopene	
Malt	
Maltodextrin (Barley-derived)	Apple Sauce
Modified Food Starch	Dates
Modified Food Starch (Tapioca-based)	Simple Mills Chocolate Chip Cookies
Palm Wax	
Pycnogenol	

**Snacks**