

**Vegetables**

Aloe Vera	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)	Burdock	Corn, Blue
Arugula	Cabbage, Chinese (see also Bok	Corn, White
Asparagus	Cabbage, Green	Cucumber
Avocado	Cabbage, Purple	Daikon Radish
Avocado Oil	Cactus (Nopales)	Dandelion Greens
Bamboo Shoot	Capers	Dandelion Root
Bean, Green	Capsicum	Eggplant
Bean Sprout	Carrot Juice	Endive
Beet	Carrot, Orange	Fennel
Beet Greens	Carrot, Purple	Garlic
Bell Pepper	Carrot, White	Hearts of Palm
Bell Pepper, Green	Carrot, Yellow	Horseradish
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Jicama
Bell Pepper, Red	Cauliflower	Kale, all types
Bell Pepper, Yellow	Cauliflower, Purple	Kelp/Dulse
Bok Choy	Celery	Kohlrabi
Broccoli	Chard	Kombu
Broccoli Rabe	Chayote	Leeks
Broccoli Sprouts	Coconut (raw and unsweetened)	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms
	Collard Greens	Mushrooms, Button

Mushrooms, Cremini/Crimini	Pepper, Serrano	Spinach
Mushrooms, Maitake	Pickles, Bubbies® brand only	Spirulina
Mushrooms, Shiitake	Pimento	Squash
Mustard Greens	Potato, Fingerling	Squash, Acorn
Nori	Potato, Purple	Squash, Butternut
Okra	Potato, Red	Squash, Green
Olives (without vinegar)	Potato, Russet	Squash, Spaghetti
Parsley	Potato, Sweet	Squash, Summer
Parsnip	Potato, White	Squash, Winter
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Yellow
Pea, Green	Prickly Pear	Sugar Beet
Pea, Snap	Pumpkin	Sweet Potato, Red
Pea, Snow	Pumpkin Powder	Sweet Potatoes, White
Pea, Split	Radicchio	Swiss Chard
Pea Protein	Radish	Tomatillo
Pepper, Anaheim	Rainbow Chard	Tomato Paste (gluten &
Pepper, Chili	Rhubarb	Tomato Sauce (gluten &
Pepper, Green	Rutabaga	Tomato
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomatoes, Big Beef
Pepper, Jalapeño	Scallions	Tomato, Cherry
Pepper, Poblano	Sea Vegetables	Tomato, Heirloom
Pepper, Red	Seaweed	Tomato, Orange

Tomato, Red	<b>Fruits</b>	Golden Berry
Tomato, Roma	Acai	Gooseberry
Tomato, Sun-dried	Agar Gum	Grape
Tomato, Yellow	Apple (all types)	Grape, Green
Truffle	Apple Cider	Grape, Purple
Turnip Greens	Apple Juice	Grape, Red
Turnips	Apple Sauce	Grape, White
Water Chestnut	Bilberry	Grapefruit
Watercress	Blackberry	Grapefruit Juice
Yams, Garnett	Blueberry	Guava
Yams, Japanese	Boysenberry	Huckleberry
Yucca	Cantaloupe	Jack fruit
Zucchini	Cherry	Kiwi
Alfalfa Sprouts	Clementine	Kumquat
Psyllium Husk	Cranberry	Lemon
Onion, Green	Cranberry Juice	Lemon Juice
Onion, Maui	Currant	Lemon Rind/Peel
Onion, Red	Date(s)	Lime
Onion, Sweet	Dragon Fruit (Pitaya)	Lime Juice
Onion, Yellow	Dried Fruit	Litchi (aka Lychee)
Chives	Elderberry	Loganberry
Shallots	Fig	Loquat

Mango	Pomelo	Almond, Marcona
Mangosteen	Prune	Annatto Seed
<b>Maqui</b>	Quince	Arrowroot Flour/powder
Melon, Honeydew	Raisin (unsulfured, organic)	<b>Brazil Nut</b>
Monk Fruit	Raspberry	Canola/Rapeseed Oil
<b>Mulberry</b>	Star Fruit	<b>Caraway Seed</b>
<b>Nectarines</b>	Strawberry	Cashews
<b>Noni</b>	Tamarind	Cashew Butter
Orange	Tangelo	Cashew Meal
Orange, Blood	Tangerine	<b>Chestnut</b>
Orange Juice	Watermelon	Chia Seed (1/4 cup, max)
Orange Peel/Rind	Wolfberry	<b>Coconut Butter</b>
Papaya	Youngberry	<b>Coconut Oil</b>
<b>Passion Fruit</b>	<b>Banana</b>	<b>Coconut, shredded (raw,</b>
<b>Peach</b>	<b>Apricot</b>	Cola Nut (aka Kola Nut)
<b>Pear</b>	Goji Berry	Corn Oil
Pear, Asian		Cottonseed/Cottonseed Oil
Persimmons	<b>Nuts, Seeds, &amp; Oils</b>	Flax Meal
Pineapple	Almond Butter (Artisana®)	Flax Oil
Plantain	Almond Flavor natural, gluten free)	Flax Seed
Plum	Almond Flour (gluten free)	Grapeseed Oil, Organic
Pomegranate	Almond Meal (gluten free)	Hazelnut Flour

Hazelnut/Filbert	Sunflower Seed Lecithin	Legumes & Pulses
Hemp Meal	Sunflower Seed Oil	Bean, Azuki
Hemp Protein (Powder)	Sunflower Seeds	Bean, Black
Hemp Seed	Tahini	Bean, Butter
Hydrogenated Oils	Tea, Ramon	Bean, Cannellini
Olive Leaf Extract	Tiger Nuts	Bean, Chana Dahl
Olive Oil, Virgin	Vegetable Oil	Bean, Chili
Palm Kernel Oil	Vegetable Shortening (Spectrum®)	Bean, Green
Pepitas	Almond	Bean, Italian
Pine Nut	Psyllium Husk	Bean, Kidney
Poppy seeds	Macadamia Nuts	Bean, Lima
Pumpkin Oil	Macadamia Nut Oil	Bean, Mung
Pumpkin Seed Oil	Pecan	Bean, Navy/Ninja
Pumpkin Seeds	Pecan Flour	Bean, Pinto/Frijole
Ramon Seeds	Pili Nuts	Bean, Red (see also Bean, Kidney)
Rice, Wild (Lundberg® - not the	Walnut (few)	Chickpea (see also Garbanzo
Safflower/Safflower Seed Oil	Walnut Oil	Edamame (must be organic)
Sacha Inchi Seeds	Walnut, Black (few)	Fava Bean
Sesame Seed Oil	Pistachios	Fava Bean Flour
Sesame Seeds		Garbanzo Bean
Sesame Seeds, Black		Garbanzo Flour
Sunflower Seed Butter		Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,

Peanut Oil (Organic)

Red Bean Paste

Soy Beans (must be organic)

Soy Beans Oil (must be organic)

Vanilla Bean

Vanilla Powder

White Beans

**Fish & Shellfish**

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Orange Roughy

Oyster

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest

Applegate® organic chicken

Applegate® organic ham

Applegate® organic herb roasted

Applegate® organic hot dogs

Applegate® organic roast beef

Applegate® organic andouille

Applegate® organic chicken/apple

Applegate® organic red pepper

Applegate® organic spinach &amp; feta

Applegate® organic sausage sweet

Applegate® organic smoked

Applegate® organic smoked turkey

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

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Egg

BodyPro Avocado Oil Mayonnaise

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

Sriracha Sauce Organicville

Tabasco Sauce

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

**Sweeteners**

Aspartame/Nutrasweet

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

BodyPro Almond Mayo Grade B

Sucralose

Agave Nectar

Coconut Sugar

**Herbs & Spices**

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

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	Herbs De Provence	Orange Peel/Rind
Cream of Tartar	Hickory	Orange Salt
Cumin	Himalayan Salt	Oregano
Curcumin	Jamaican Jerk	Parsley
Curry (must be GF)	Juniper Berry	Pepper, Black (see Garlic/Lemon
Dandelion Root	Lavender	Pepper, Cayenne
Dill	Lemon Balm (Melissa Officinalis)	Pepper/Peppercorns
Dong Quai	Lemon Pepper	Pepper, Red
Echinacea	Lemongrass	Peppermint
Fennel	Licorice Root	Pine Bark Extract
Garlic	Liquid Smoke (can have gluten)	Red Chili Paste Thai Kitchen®
Garlic Pepper	Liquid Smoke gluten free (natural)	Red Pepper Flake
Garlic Powder	Maca Root	Rosemary
Garlic Salt	Mace Spice	Saffron
Ginger	Marjoram	Sage
Ginkgo Biloba	Mesquite	Saw Plametto
Ginseng (All Types)	Milk Thistle	Sesame Seeds
Goldenseal	Mint	Sesame Seeds, Black
Grapefruit Seed Extract	Mustard (as a Powder)	Spearmint
Grapeseed Extract	Mustard Seeds (gluten free)	St. John's Wort
Guarana	Nutmeg	Taco Seasoning
Gymnema Silvestre	Olive Leaf Extract	Tamari (Wheat Free)

Tarragon	<b>Milk-Containing Foods</b>	Cheese, Raw and Pasture-raised
Thyme	Applegate® organic spinach & feta	Cheese, Ricotta
Tomatillo	Butter, Raw and Pasture-raised	Cheese, Romano
Turmeric	Buttermilk	Cheese, Provolone
Uva Ursi	Casein	Cheese, Sheep
Valerian	Cheese, American	Cheese, String (Mozzarella)
Vanilla (gluten and corn-free)	Cheese, Asiago	Cheese, Swiss
Vanilla Bean	Cheese, Bleu	Chocolate, Milk
Vanilla Powder	Cheese, Brie	Chocolate, White
White Willow Bark Extract	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Wintergreen	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Rose Hips	Cheese, Cream	Goat Cheese
Pepper, Sichuan	Cheese, Goat	Goat Kefir
Pepper, Szechuan	Cheese, Gorgonzola	Kefir, Raw
Onion Powder	Cheese, Gouda	Lactoalbumin
Onion	Cheese, Havarti	Milk Chocolate
Shallots	Cheese, Machego	Milk, Cow
Paprika (smoked)	Cheese, Marscapone	Milk, Goat
Paprika	Cheese, Mozzarella (Raw)	Milk, Sheep
	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey

Yogurt (See Xanthan Gum)

Cheese, Feta

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Meal (gluten free)

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

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats

Oats (Bob's Red Mill Gluten Free)

Oat Grass (Not For Gluten)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (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

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary &amp; Sea Salt

Simple Mills Tomato &amp; Basil

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

Simple Mills

Corn Meal (gluten free)

Coconut Flour (gluten free)

**Gluten-Containing Foods**

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

Chewing Gum (has gluten and

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

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®®, Sandwich Wrap

Maltodextrin (Corn-based,

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

Sriracha Sauce Organicville

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

**Beverages & Protein Powders**

Almond Milk, unsweetened (no  
 Apple Juice  
 Beer  
 Carrot Juice  
 Coconut Kefir (No Tapioca,  
 Coconut Milk(Native Forest or  
 Coconut Water (low sugar)  
 Coffee Bean, Organic  
 Coffee  
 Coffee, Instant (has gluten)  
 Collagen Protein (Powder)  
 Echinacea Tea  
 Grapefruit Juice  
 Green Tea  
 Hemp Protein (Powder)  
 Komboucha Tea  
 Lemon Juice  
 Licorice Tea  
 Lime Juice  
 Milk, Cow  
 Milk, Goat

Milk, Sheep

Milk, Soy (Organic)

**Mineral Water**

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

**Sparkling Water, unflavored****Tea, Black****Tea, Chamomile****Tea, Green****Tea, Oolong****Tea, Ramon****Tea, Roobios****Tea, unflavored/caffeine-free only****Tea, White**

Teechino

**Water**

Wine, Red

Wine, White (Champagne)

**Yerba Matte Tea (Organic/Pure)****Miscellaneous**

Agar Gum

**Antimony**

Arabic Gum

Baking Powder

**Baking Soda (Arm & Hammer®)**

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylichew®

Chicken Broth (Imagine® gf/low

**Chicory Root**

Cocoa/Cacao (raw, pure, &amp;

**Coconut Aminos®****Coconut Cream****Collagen Protein (Powder)****Garam Masala**

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

**Glucomannon Flour**

Great Lake's® Beef Gelatin	Tomato Paste (gluten &	Snacks
Guar Gum	Tomato Sauce (gluten &	Date(s)
Hops	Vegetable broth (Imagine® Low	Simple Mills Chocolate Chip
Julian Bakery Paleo Wraps	Vegetable Oil	
Julian Bakery Almond Bread	Vegetable Shortening (Spectrum®)	
Julian Bakery Coconut Bread	Vinegar, Red Wine	
Konjac Glucomannon Flour	Vinegar, Rice	
Lard (pork)	Vinegar, White Wine	
Liquid Aminos (Braggs®)(has Soy)	Xanthan Gum	
Locust Bean Gum	Yeast, Baker's	
Lycopene	Yeast, Brewer's	
Malt	Yeast, Nutritional	
Maltodextrin (Can be	Latex	
Palm Wax	Formaldehyde	
Pycnogenol	Acacia Gum	
Red Chili Paste Thai Kitchen®	Tragacanth Gum	
Red Tomato Paste (gluten free)	Tragacanth Gum	
Resveratrol	Blue Food Dye	
Sherry Vinegar	Skinny Crisps®(Plain Jane)	
Silver	Red Food Dye	
Tamari (Wheat Free)	Cocoa Butter	
Tofu (Organic)		