Beverages & Protein Powders	Milk, Soy (Organic)	Condiments
Almond Milk, unsweetened (no	Mineral Water	Apple Cider Vinegar (Bragg's®)
Apple Juice	Orange Juice	Balsamic Vinegar MiaBella
Beer	Pea Protein	Balsamic Vinegar (with Red Wine
Carrot Juice	Rice Protein Powder (gluten free)	Balsamic Vinegar (Caramel/Red W.
Coconut Kefir (No Tapioca,	Soy Milk/Soy Cheese (Organic)	Barbeque Sauce, GF Annie's®
Coconut Milk(Native Forest or	Soy Protein (Organic)	Carob
Coconut Water (low sugar)	Sparkling Water, unflavored	Earth Balance® Coconut Spread
Coffee	Tea, Black	Earth Balance® Avocado Oil Butter
Coffee, Instant (has gluten)	Tea, Chamomile	Horseradish Sauce, Gluten-free
Collagen Protein (Powder)	Tea, Green	Hummus
Echinacea Tea	Tea, Oolong	Ketchup (Organicville)
Grapefruit Juice	Tea, Ramon	Mayonnaise
Green Tea	Tea, Roobios	Mustard, Brown (Eden® gf mustard)
Hemp Protein (Powder)	Tea, unflavored/caffeine-free only	Sauerkraut (Bubbies® Brand only)
Komboucha Tea	Tea, White	Ume Plum Vinegar
Lemon Juice	Teechino	Veganaise Soy-free (Follow Your
Licorice Tea	Water	Vinegar
Lime Juice	Wine, Red	Vinegar, Distilled
Milk, Cow	Wine, White (Champagne)	Vinegar, Malt
Milk, Goat	Yerba Matte Tea (Organic/Pure)	Vinegar, Red Wine
Milk, Sheep	Coffee Bean, Organic	Vinegar, Rice

Vinegar, White	Corn Oil	Haddock
Vinegar, White Wine	Corn Starch (gluten free)	Hake
Worcestershire Sauce (The	Erythritol (non-GMO)	Halibut
Sriracha Sauce Organicville	Fructose	Herring
Tabasco Sauce	GemWraps®, Sandwich Wrap	Lobster
Dressing, Primal Kitchen Greek	Maltodextrin (Corn-based,	Mackerel
Dressing, Primal Kitchen Honey	Vegetable Oil	Mahi Mahi
Mayonnaise, Primal Kitchen	Xanthan Gum	Mussel
Mayonnaise, Primal Kitchen	Yogurt (See Xanthan Gum)	Orange Roughy
BodyPro Avocado Oil Mayonnaise	Sriracha Sauce Organicville	Oyster
		Perch
Corn-Derived Foods	Fish & Shellfish	Red Snapper
Corn-Derived Foods  Barbeque Sauce, GF Annie's®	Fish & Shellfish  Anchovy	Red Snapper Salmon, wild (fresh)
Barbeque Sauce, GF Annie's®	Anchovy	Salmon, wild (fresh)
Barbeque Sauce, GF Annie's®  Cheese, Cream	Anchovy Bass	Salmon, wild (fresh) Sardines
Barbeque Sauce, GF Annie's®  Cheese, Cream  Cheese, Daiya	Anchovy  Bass  Catfish  Chilean Sea Bass  Clam	Salmon, wild (fresh) Sardines Scallop
Barbeque Sauce, GF Annie's®  Cheese, Cream  Cheese, Dalya  Cheese, Soy (Organic) (see Soy)	Anchovy  Bass  Catfish  Chilean Sea Bass	Salmon, wild (fresh)  Sardines  Scallop  Shrimp
Barbeque Sauce, GF Annie's®  Cheese, Cream  Cheese, Daiya  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)	Anchovy  Bass  Catfish  Chilean Sea Bass  Clam	Salmon, wild (fresh)  Sardines  Scallop  Shrimp  Sole
Barbeque Sauce, GF Annie's®  Cheese, Cream  Cheese, Daiya  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)	Anchovy  Bass  Catfish  Chilean Sea Bass  Clam  Cod/ Cod Liver Oil  Corvina  Crab	Salmon, wild (fresh)  Sardines  Scallop  Shrimp  Sole
Barbeque Sauce, GF Annie's®  Cheese, Cream  Cheese, Daiya  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)  Corn, Blue	Anchovy  Bass  Catfish  Chilean Sea Bass  Clam  Cod/ Cod Liver Oil  Corvina	Salmon, wild (fresh)  Sardines  Scallop  Shrimp  Sole  Squid  Swai

Tuna		Grape		Nectarines
Walleye Pike		Grape, Green		Noni
Whitefish/Turbot		Grape, Purple		Orange
Crab, Immitation		Grape, Red		Orange, Blood
		Grape, White		Orange Juice
Fruits		Grapefruit		Orange Peel/Rind
Acai		Grapefruit Juice		Papaya
Apple (all types)		Huckleberry		Passion Fruit
Apple Cider		Jack fruit		Peach
Apple Juice		Kiwi		Pear
Bilberry		Lemon		Pineapple
Boysenberry		Lemon Juice		Plantain
Cantaloupe		Lemon Rind/Peel		Quince
Cherry		Lime		Raisin (unsulfured, organic)
Cranberry		Lime Juice		Star Fruit
Cranberry Juice		Litchi (aka Lychee)		Strawberry
Currant		Loganberry		Tamarind
Dragon Fruit (Pitaya)		Loquat		Tangelo
Dried Fruit		Mango		Watermelon
Fig		Maqui		Wolfberry
 Golden Berry		Melon, Honeydew		Youngberry
Golden Berry	L i		ш	3

Apricot	Liquid Smoke (can have gluten)		Gluten-Free Grains
Goji Berry	Malt	]	Almond Flour (gluten free)
Apple Sauce	Maltodextrin (Can be	]	Amaranth
	Oats	]	Basmati Rice (gluten free)
Gluten-Containing Foods	Orzo	]	Buckwheat
Barley	Panko	]	Buckwheat Flour
Barley Greens (Not for	Polish Wheat	]	Chicory Root
Barley Juice (Not for	Rye	]	Coconut Meal (gluten free)
Beer	Semolina	]	Corn (Gluten-free & Non-GMO)
Bran	Soy Sauce	]	Corn, Blue
Bread	Spelt	]	Corn, White
Brown Rice Syrup (contains	Teechino	]	Corn Starch (gluten free)
Caramel Coloring	Teriyaki Sauce	]	Ener-G Brown Rice Yeast-Free
Cheese, Bleu	Triticale	]	Fava Bean Flour
Chewing Gum (has gluten and corn)	Vinegar	]	Flax Meal
Coffee, Instant (has gluten)	Vinegar, Malt	]	Garbanzo Flour
Couscous	Vinegar, White	]	Glucomannon Flour
Durum Wheat	Wheat (All Types)	]	Hazelnut Flour
Farro	Wheat Grass (Is	]	Hemp Meal
Gluten	Crab, Immitation	]	Hemp Protein (Powder)
Graham (wheat)		]	Hemp Seed
Kamut		]	Konjac Glucomannon Flour

Millet	Simple Mills Tomato & Basil Almond	Astragalus
Oats	Sorghum	Basil
Oats (Bob's Red Mill Gluten Free	Sweet Potato Flour (gluten free)	Bay Leaf
Oat Grass (Not For Gluten	Tapioca	Black Cohosh
Potato Flour (gluten free)	Tapioca Flour (gluten free)	Caramel Coloring
Potato Starch (gluten free)	Tapioca Starch (gluten free)	Caraway Seed
Quinoa (gluten free)	Teff	Cardamom
Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta	Celery Powder
Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta	Chicory Root
Rice, Basmati (gluten free)	Tortilla, Siete Almond	Chili Powder
Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut	Chipotle Seasoning
Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava	Cilantro/Coriander
Rice, Brown (gluten free)  Rice, Japonica (gluten free)	Tortilla, Siete Chia & Cassava Simple Mills	Cilantro/Coriander Cinnamon
Rice, Japonica (gluten free)	Simple Mills	Cinnamon
Rice, Japonica (gluten free)  Rice, Purple (gluten free)	Simple Mills  Corn Meal (gluten free)	Cinnamon Cinnamon, Ceylon
Rice, Japonica (gluten free)  Rice, Purple (gluten free)  Rice, Red (gluten free)	Simple Mills  Corn Meal (gluten free)  Coconut Flour (gluten free)	Cinnamon Cinnamon, Ceylon Cloves
Rice, Japonica (gluten free)  Rice, Purple (gluten free)  Rice, Red (gluten free)  Rice, White (gluten free)	Simple Mills  Corn Meal (gluten free)  Coconut Flour (gluten free)	Cinnamon Cinnamon, Ceylon Cloves Cloves, Madagascar
Rice, Japonica (gluten free)  Rice, Purple (gluten free)  Rice, Red (gluten free)  Rice, White (gluten free)  Rice, Wild (Lundberg® - not the	Simple Mills  Corn Meal (gluten free)  Coconut Flour (gluten free)  Arrowroot Flour/powder	Cinnamon Cinnamon, Ceylon Cloves Cloves, Madagascar Cloves, Penang
Rice, Japonica (gluten free)  Rice, Purple (gluten free)  Rice, Red (gluten free)  Rice, White (gluten free)  Rice, Wild (Lundberg® - not the	Simple Mills  Corn Meal (gluten free)  Coconut Flour (gluten free)  Arrowroot Flour/powder  Herbs & Spices	Cinnamon Cinnamon, Ceylon Cloves Cloves, Madagascar Cloves, Penang Cramp Bark Extract
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)	Simple Mills  Corn Meal (gluten free)  Coconut Flour (gluten free)  Arrowroot Flour/powder  Herbs & Spices  Allspice	Cinnamon Cinnamon, Ceylon Cloves Cloves, Madagascar Cloves, Penang Cramp Bark Extract Cream of Tartar

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

	Vanilla (gluten and corn-free)	Bean, Mung	Vanilla Powder
	Vanilla Bean	Bean, Navy/Ninja	White Beans
	Vanilla Powder	Bean, Pinto/Frijole	Coffee Bean, Organic
	White Willow Bark Extract	Bean, Red (see also Bean, Kidney)	
	Wintergreen	Chickpea (see also Garbanzo Bean)	Meat & Poultry
	Rose Hips	Edamame (must be organic)	Applegate® organic bacon
	Pepper, Sichuan	Fava Bean	Applegate® organic chicken
	Pepper, Szechuan	Fava Bean Flour	Applegate® organic ham
	Paprika (smoked)	Garbanzo Bean	Applegate® organic herb roasted
	Paprika	Garbanzo Flour	Applegate® organic hot dogs
		Lentil(s)	Applegate® organic roast beef
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	Legumes & Pulses	Miso	Applegate® organic andouille
	Legumes & Pulses  Bean, Azuki	Miso Pea, Snap	Applegate® organic andouille  Applegate® organic chicken/apple
	•		
	Bean, Azuki	Pea, Snap	Applegate® organic chicken/apple
	Bean, Azuki Bean, Black	Pea, Snap Pea, Snow	Applegate® organic chicken/apple  Applegate® organic red pepper
	Bean, Azuki Bean, Black Bean, Butter	Pea, Snap Pea, Snow Pea, Split	Applegate® organic chicken/apple  Applegate® organic red pepper  Applegate® organic spinach & feta
	Bean, Azuki  Bean, Black  Bean, Butter  Bean, Cannellini	Pea, Snap Pea, Snow Pea, Split Peanut (Organic, Valencia)	Applegate® organic chicken/apple  Applegate® organic red pepper  Applegate® organic spinach & feta  Applegate® organic sausage sweet  Applegate® organic smoked  Applegate® organic smoked turkey
	Bean, Azuki  Bean, Black  Bean, Butter  Bean, Cannellini  Bean, Chana Dahl	Pea, Snap  Pea, Snow  Pea, Split  Peanut (Organic, Valencia)  Peanut Butter (Organic,	Applegate® organic chicken/apple  Applegate® organic red pepper  Applegate® organic spinach & feta  Applegate® organic sausage sweet  Applegate® organic smoked
	Bean, Azuki  Bean, Black  Bean, Butter  Bean, Cannellini  Bean, Chana Dahl  Bean, Chili	Pea, Snap  Pea, Snow  Pea, Split  Peanut (Organic, Valencia)  Peanut Butter (Organic,  Peanut Oil (Organic)	Applegate® organic chicken/apple  Applegate® organic red pepper  Applegate® organic spinach & feta  Applegate® organic sausage sweet  Applegate® organic smoked  Applegate® organic smoked
	Bean, Azuki  Bean, Black  Bean, Butter  Bean, Cannellini  Bean, Chana Dahl  Bean, Chili  Bean, Green	Pea, Snap Pea, Snow Pea, Split Peanut (Organic, Valencia) Peanut Butter (Organic, Peanut Oil (Organic)  Red Bean Paste	Applegate® organic chicken/apple  Applegate® organic red pepper  Applegate® organic spinach & feta  Applegate® organic sausage sweet  Applegate® organic smoked  Applegate® organic smoked turkey  Applegate® organic turkey

Buffalo (see also Bison)	Cheese, American		Cheese, String (Mozzarella)
Chicken Broth (Imagine® gf/low	Cheese, Asiago		Cheese, Swiss
Chicken, free range (organic)	Cheese, Bleu		Chocolate, Milk
Deer (see also Venison)	Cheese, Brie		Chocolate, White
Duck	Cheese, Cheddar (Raw)		Cream, Raw and Unpasteurized
Goat, Grass-fed only (organic)	Cheese, Cottage		Ghee (Pasture-Raised, Organic)
Lamb (organic)	Cheese, Cream		Goat Cheese
Lard (pork)	Cheese, Goat		Goat Kefir
Ostrich	Cheese, Gorgonzola		Kefir, Raw
Pheasant	Cheese, Gouda		Lactoalbumin
Pork, (organic)	Cheese, Havarti		Milk Chocolate
Quail	Cheese, Machego		Milk, Cow
Rabbit	Cheese, Marscapone		Milk, Goat
Turkey (organic)	Cheese, Mozzarella (Raw)		Milk, Sheep
Veal (organic)	Cheese, Muenster		Mozzarella Cheese
Venison (see also Deer)	Cheese, Parmesan		Sour Cream, Raw and
	Cheese, Pecorino		Whey
Milk-Containing Foods	Cheese, Raw and Pasture-raised		Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta	Cheese, Ricotta		Cheese, Feta
Butter, Raw and Pasture-raised	Cheese, Romano	 	
Buttermilk	Cheese, Provolone	 	
Casein	Cheese, Sheep	 	

Miscellaneous	Guar Gum	Tomato Sauce (gluten &
Antimony	Hops	Vegetable broth (ImagineÅ® Low
Arabic Gum	Julian Bakery Paleo Wraps	Vegetable Oil
Baking Powder	Julian Bakery Almond Bread	Vegetable Shortening (Spectrum®)
Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread	Vinegar, Red Wine
Beef broth (Imagineî low	Konjac Glucomannon Flour	Vinegar, Rice
Carrageenan Gum	Lard (pork)	Vinegar, White Wine
Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)	Xanthan Gum
Chewing Gum, Xylichew®	Locust Bean Gum	Yeast, Baker's
Chicken Broth (Imagine® gf/low	Lycopene	Yeast, Brewer's
Chicory Root	Malt	Yeast, Nutritional
Cocoa/Cacao (raw, pure, &	Maltodextrin (Can be	Latex
Cocoa/Cacao (raw, pure, & Coconut Aminos®	Maltodextrin (Can be Palm Wax	Latex
	·	
Coconut Aminos®	Palm Wax	Formaldehyde
Coconut Aminos®  Coconut Cream	Palm Wax Pycnogenol	Formaldehyde Acacia Gum
Coconut Aminos®  Coconut Cream  Collagen Protein (Powder)	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)  Resveratrol	Formaldehyde  Acacia Gum  Tragacanth Gum
Coconut Aminos®  Coconut Cream  Collagen Protein (Powder)  Garam Masala	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)	Formaldehyde  Acacia Gum  Tragacanth Gum  Blue Food Dye
Coconut Aminos®  Coconut Cream  Collagen Protein (Powder)  Garam Masala  GemWraps®, Sandwich Wrap	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)  Resveratrol	Formaldehyde  Acacia Gum  Tragacanth Gum  Blue Food Dye  Skinny Crisps®(Plain Jane)
Coconut Aminos®  Coconut Cream  Collagen Protein (Powder)  Garam Masala  GemWraps®, Sandwich Wrap  GemWraps®, Sandwich Wrap	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)  Resveratrol  Sherry Vinegar	Formaldehyde  Acacia Gum  Tragacanth Gum  Blue Food Dye  Skinny Crisps®(Plain Jane)  Red Food Dye
Coconut Aminos®  Coconut Cream  Collagen Protein (Powder)  Garam Masala  GemWraps®, Sandwich Wrap  GemWraps®, Sandwich Wrap  GemWraps®, Sandwich Wrap	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)  Resveratrol  Sherry Vinegar  Silver	Formaldehyde  Acacia Gum  Tragacanth Gum  Blue Food Dye  Skinny Crisps®(Plain Jane)  Red Food Dye  Cocoa Butter

Non-Dairy & Eggs	Annatto Seed	Hemp Seed
Almond Milk, unsweetened (no	Brazil Nut	Macadamia Nut Oil
Almond Yogurt, unsweetened	Caraway Seed	Macadamia Nuts
Cheese, Daiya	Cashews	Olive Leaf Extract
Cheese, Soy (Organic) (see Soy)	Cashew Butter	Olive Oil, Virgin
Coconut Kefir (No Tapioca,	Cashew Meal	Palm Kernel Oil
Coconut Milk(Native Forest or	Chestnut	Pecan
Egg, Pasture-raised (from a farmer)	Chia Seed (1/4 cup, max)	Pecan Flour
Egg, Vital Farms® or Pasture	Coconut Butter	Pepitas
Egg, Whites, Pasture-raised	Coconut Oil	Pili Nuts
Egg, Yolks Pasture-raised	Coconut, shredded (raw,	Pine Nut
Milk, Soy (Organic)	Cola Nut (aka Kola Nut)	Pistachios
Egg	Corn Oil	Poppy seeds
BodyPro Avocado Oil Mayonnaise	Cottonseed/Cottonseed Oil	Psyllium Husk
	Flax Meal	Pumpkin Oil
Nuts, Seeds, Drupes & Oils	Flax Oil	Pumpkin Seed Oil
Almond	Flax Seed	Pumpkin Seeds
Almond Butter (Artisana®)	Grapeseed Oil, Organic	Ramon Seeds
Almond Flavor natural, gluten free)	Hazelnut Flour	Rice, Wild (Lundberg® - not the
Almond Flour (gluten free)	Hazelnut/Filbert	Safflower/Safflower Seed Oil
Almond Meal (gluten free)	Hemp Meal	Sacha Inchi Seeds
Almond, Marcona	Hemp Protein (Powder)	Sesame Seed Oil

Sesame Seeds	Sweeteners	Vegetables
Sesame Seeds, Black	Brown Rice Syrup (contains	Aloe Vera
Sunflower Seed Butter	Chocolate, Dark	Artichoke (not pickled)
Sunflower Seed Lecithin	Chocolate, Milk	Arugula
Sunflower Seed Oil	Chocolate, White	Asparagus
Sunflower Seeds	Date Sugar	Avocado
Tahini	Erythritol (non-GMO)	Avocado Oil
Tea, Ramon	Fructose	Bamboo Shoot
Tiger Nuts	Fruit Pectin	Bean, Green
Vegetable Oil	Just Like Sugar®	Bean Sprout
Vegetable Shortening (Spectrum®)	Maltodextrin (Can be	Beet
Walnut (few)	Maltodextrin (Corn-based,	Beet Greens
Walnut Oil	Molasses	Bell Pepper, Green
Walnut, Black (few)	Rebiana Leaf (Stevia)	Bell Pepper, Red
	Sucanat	Bok Choy
Snacks	Sugar Beet	Broccoli
Simple Mills Chocolate Chip	Sugar Cane	Broccoli Rabe
Apple Sauce	Sweetleaf® Stevia	Broccoli Sprouts
	Sucralose	Broccolini
	Agave Nectar	Brussels Sprout
		Burdock
		Cabbage, Chinese (see also Bok

Cabbage, Green	Cucumber	Mustard Greens
Cabbage, Purple	Daikon Radish	Nori
Cactus (Nopales)	Dandelion Greens	Okra
Capers	Dandelion Root	Olives (without vinegar)
Capsicum	Eggplant	Parsley
Carrot Juice	Endive	Parsnip
Carrot, Orange	Fennel	Pea, Black-Eyed
Carrot, Purple	Garlic	Pea, Green
Carrot, White	Hearts of Palm	Pea, Snap
Carrot, Yellow	Horseradish	Pea, Snow
Cassava (see Tapioca and Yucca)	Jicama	Pea, Split
Cauliflower	Kale, all types	Pea Protein
Cauliflower Cauliflower, Purple	Kale, all types  Kelp/Dulse	Pea Protein Pepper, Anaheim
Cauliflower, Purple	Kelp/Dulse	Pepper, Anaheim
Cauliflower, Purple Celery	Kelp/Dulse Kohlrabi	Pepper, Anaheim Pepper, Chili
Cauliflower, Purple Celery Chard	Kelp/Dulse  Kohlrabi  Kombu	Pepper, Anaheim Pepper, Chili Pepper, Green
Cauliflower, Purple Celery Chard Chayote	Kelp/Dulse  Kohlrabi  Kombu  Leeks	Pepper, Anaheim Pepper, Chili Pepper, Green Pepper, Habanero
Cauliflower, Purple Celery Chard Chayote Coconut (raw and unsweetened)	Kelp/Dulse  Kohlrabi  Kombu  Leeks  Lettuce, all types	Pepper, Anaheim  Pepper, Chili  Pepper, Green  Pepper, Habanero  Pepper, Jalapeñ0
Cauliflower, Purple Celery Chard Chayote  Coconut (raw and unsweetened) Coconut Concentrate	Kelp/Dulse  Kohlrabi  Kombu  Leeks  Lettuce, all types  Mushrooms	Pepper, Anaheim  Pepper, Chili  Pepper, Green  Pepper, Habanero  Pepper, Jalapeñ0  Pepper, Poblano
Cauliflower, Purple Celery Chard Chayote  Coconut (raw and unsweetened) Coconut Concentrate Collard Greens	Kelp/Dulse  Kohlrabi  Kombu  Leeks  Lettuce, all types  Mushrooms  Mushrooms, Button	Pepper, Anaheim  Pepper, Chili  Pepper, Green  Pepper, Habanero  Pepper, Jalapeño  Pepper, Poblano  Pepper, Red

Potato, Fingerling	Squash, Spaghetti	Yucca
Potato, Purple	Squash, Winter	Zucchini
Potato, Red	Sugar Beet	Alfalfa Sprouts
Potato, Russet	Sweet Potato, Red	Psyllium Husk
Potato, Sweet	Sweet Potatoes, White	Onion, Green
Potato, White	Swiss Chard	Bell Pepper
Potato, Yukon Gold	Tomatillo	Bell Pepper, Yellow
Prickly Pear	Tomato Paste (gluten &	Bell Pepper, Orange
Pumpkin	Tomato Sauce (gluten &	
Pumpkin Powder	Tomato	
Radicchio	Tomatoes, Big Beef	
Rainbow Chard	Tomato, Cherry	
Rhubarb	Tomato, Heirloom	
Rutabaga	Tomato, Orange	
Sauerkraut (Bubbies® Brand only)	Tomato, Red	
Scallions	Tomato, Roma	
Sea Vegetables	Tomato, Sun-dried	
Seaweed	Tomato, Yellow	
Spinach	Turnip Greens	
Spirulina	Turnips	
Squash, Acorn	Water Chestnut	
Squash Green	Watercress	