

**Vegetables**

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

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

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

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

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

Leeks	Pea, Snap	Pumpkin
Lettuce, all types	Pea, Snow	Pumpkin Powder
Mushrooms	Pea, Split	Radicchio
Mushrooms, Button	Pepper, Anaheim	Radish
Mushrooms, Cremini/Crimini	Pepper, Chili	Rainbow Chard
Mushrooms, Maitake	Pepper, Green	Rhubarb
Mushrooms, Shiitake	Pepper, Habanero	Rutabaga
Mustard Greens	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Nori	Pepper, Poblano	Scallions
Oat Grass (Not For Gluten Sensitive)	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea Protein	Potato, Yukon Gold	Squash, Summer
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow

Sugar Beet	Yams, Japanese	Dates
Sweet Potato, Red	Yucca	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Zucchini	Dried Fruit
Swiss Chard		Elderberry
Tomatillo	<b>Fruits</b>	Fig
Tomato	Acai	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Gooseberry
Tomato, Cherry	Apple Juice	Grape
Tomato, Heirloom	Apple Sauce	Grape, Green
Tomato, Orange	Apricot	Grape, Purple
Tomato, Red	Banana	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat
Watercress	Cranberry Juice	Lemon
Yams, Garnett	Currant	Lemon Juice

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

Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	<b>Sesame Seed Oil</b>	Cod/ Cod Liver Oil
Hydrogenated Oils	<b>Sesame Seeds</b>	Corvina
Macadamia Nut Oil	<b>Sesame Seeds, Black</b>	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	<b>Lobster</b>
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi
Poppy seeds	Walnuts	<b>Mussel</b>

Octopus	Meat & Poultry	Deer (see also Venison)
Orange Roughy	Applegate® organic andouille sausage	Duck
Oyster	Applegate® organic bacon	Goat, Grass-fed only (organic)
Perch	Applegate® organic black forest ham	Lamb
Red Snapper	Applegate® organic chicken	Lard (pork)
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Ostrich
Sardines	Applegate® organic ham	Pheasant
Scallop	Applegate® organic herb roasted turkey	Pork, (organic)
Shrimp	Applegate® organic hot dogs	Quail
Sole	Applegate® organic red pepper sausage	Rabbit
Squid	Applegate® organic roast beef	Turkey (organic)
Swai	Applegate® organic sausage sweet italian	Veal (organic)
Swordfish	Applegate® organic smoked chicken breast	Venison (see also Deer)
Tilapia (Wild, Non-farmed)	Applegate® organic smoked turkey breast	
Trout	Applegate® organic spinach & feta sausage	Non-Dairy & Eggs
Tuna	Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)
Walleye Pike	Applegate® organic turkey bacon	Almond Yogurt, unsweetened
Whitefish/Turbot	Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise
	Bison (see also Buffalo)	Cheese, Daiya (Coconut, Tapioca, yeast, &....)
	Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)
	Chicken Broth (Imagine® gf/low sodium)	Coconut Kefir (No Tapioca, Carageenan)
	Chicken, free range (organic)	Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Vital Farms® or Pasture Verde®	Harissa	Vinegar, White Wine
Egg, Whites, Pasture-raised	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Yolks Pasture-raised	Hummus	
Milk, Soy (Organic)	Ketchup (Organicville)	Sweeteners
Modified Food Starch	Liquid Smoke (can have gluten)	Agave Nectar
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Aspartame
	Mayonnaise	BodyPro Almond Mayo Grade A Maple Syrup
Condiments	Mayonnaise, Primal Kitchen Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cane Syrup
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Mustard, Brown (Eden® gf mustard)	Chocolate, Dark
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Milk
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sriracha Sauce Organicville gluten-free	Chocolate, White
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Coconut Palm Sugar
BodyPro Almond Mayo Grade A Maple Syrup	Ume Plum Vinegar	Coconut Sugar
BodyPro Almond Mayo with Yacon Syrup	Veganise Soy-free (Follow Your Heart®)	Date Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Erythritol (non-GMO)
Carob	Vinegar, Beet	Fructose
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fruit Pectin
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Honey, (Organic)
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, Manuka
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup	Tapioca Dextrose	Cinnamon
Just Like Sugar®	Xyla (Birchwood Xylitol)	Cinnamon, Ceylon
Lo Han	Xylitol	Cloves
Maltitol	Yacon Syrup	Cloves, Madagascar
Maltodextrin (Barley-derived)		Cloves, Penang
Maltodextrin (Corn-based, non-GMO)	Herbs & Spices	Cramp Bark Extract
Maltodextrin (Tapioca-based)	Allspice	Cream of Tartar
Maple Sugar	Almond Flavor (natural, gluten free)	Cumin
Maple Syrup (Grade A Dark Amber Organic)	Anise	Curcumin
Molasses	Ashwaganda	Curry (must be GF)
Monk Fruit (Pure)	Astragalus	Dandelion Root
Monk Fruit Extract	Basil	Dill
Nutrasweet®	Bay Leaf	Dong Quai
Rebiana Leaf (Stevia)	Black Cohosh	Echinacea
Sorbitol	Caramel Coloring	Fennel
Splenda	Caraway Seed	Garlic
Sucanat	Cardamom	Garlic Pepper
Sucralose	Celery Powder	Garlic Powder
Sugar Beet	Chicory Root	Garlic Salt
Sugar Cane	Chili Powder	Ginger
Sweetleaf® Stevia	Chipotle Seasoning	Ginkgo Biloba
Swerve® Sweetener	Cilantro/Coriander	Ginseng (All Types)



Goldenseal	Mustard Seeds (gluten free)	Rosemary
Grapefruit Seed Extract	Nutmeg	Saffron
Grapeseed Extract	Olive Leaf Extract	Sage
Guarana	Onion	Saw Plametto
Gymnema Silvestre	Onion Powder	Sesame Seeds
Herbs De Provence	Orange Peel/Rind	Sesame Seeds, Black
Hickory	Orange Salt	Shallots
Himalayan Salt	Oregano	Spearmint
Jamaican Jerk	Paprika	St. John's Wort
Juniper Berry	Paprika (smoked)	Sumac
Lavender	Parsley	Taco Seasoning
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemon Pepper	Pepper, Cayenne	Tarragon
Lemongrass	Pepper, Red	Thyme
Licorice Root	Pepper, Sichuan	Tomatillo
Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract

Wintergreen	Cheese, Mozzarella (Raw)	Milk, Sheep
Wormwood	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and Unpasteurized
Milk-Containing Foods	Cheese, Pecorino	Whey
ApplegateA® organic spinach & feta sausage	Cheese, Provolone	Yogurt (See Xanthan Gum)
Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised	
Buttermilk	Cheese, Ricotta	Legumes & Pulses
Casein	Cheese, Romano	Bean, Azuki
Cheese, American	Cheese, Sheep	Bean, Black
Cheese, Asiago	Cheese, String (Mozzarella)	Bean, Butter
Cheese, Bleu	Cheese, Swiss	Bean, Cannellini
Cheese, Brie	Chocolate, Milk	Bean, Chana Dahl
Cheese, Cheddar (Raw)	Chocolate, White	Bean, Chili
Cheese, Cottage	Cream, Raw and Unpasteurized	Bean, Green
Cheese, Cream	Ghee (Pasture-Raised, Organic)	Bean, Italian
Cheese, Feta	Goat Cheese	Bean, Kidney
Cheese, Goat	Goat Kefir	Bean, Lima
Cheese, Gorgonzola	Kefir, Raw	Bean, Mung
Cheese, Gouda	Lactoalbumin	Bean, Navy
Cheese, Havarti	Milk Chocolate	Bean, Ninja
Cheese, Machego	Milk, Cow	Bean, Pinto/Frijole
Cheese, Marscapone	Milk, Goat	Bean, Red

Bean, White	<b>Gluten-Free Grains</b>	Hemp Protein (Powder)
Chickpea (see also Garbanzo Bean)	Almond Flour (gluten free)	Hemp Seed
Coffee Bean, Organic	Amaranth	<b>Konjac Glucomannon Flour</b>
Edamame (must be organic)	Arrowroot Flour/powder	Millet
Fava Bean	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Fava Bean Flour	Buckwheat	Oats (Certified GF)
Garbanzo Bean	Buckwheat Flour	Potato Flour (gluten free)
Garbanzo Flour	Chicory Root	Potato Starch (gluten free)
Kidney Bean	<b>Coconut Flour (gluten free)</b>	<b>ProGranola (Julian Bakery)</b>
Lentil(s)	Coconut Meal (gluten free)	Quinoa (gluten free)
Miso	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snap	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Snow	Corn Starch (gluten free)	Rice Bran
Pea, Split	Corn, Blue	Rice Flour (gluten free)
Peanut (Organic, Valencia)	Corn, White	Rice Protein Powder (gluten free)
Peanut Butter (Organic, Maranatha®)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Peanut Oil (Organic)	Fava Bean Flour	Rice, Black (gluten free)
Red Bean Paste	Flax Meal	Rice, Brown (gluten free)
Soy Beans (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Soy Beans Oil (must be organic)	<b>Glucomannon Flour (konjacfoods.com)</b>	Rice, Purple (gluten free)
Vanilla Bean	<b>Hazelnut Flour</b>	Rice, Red (gluten free)
Vanilla Powder	Hemp Meal	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

**Gluten-Containing Foods**

Barley

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

Maltodextrin (Barley-derived)

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)

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's® Sweet &amp; Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

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

Corn Gluten

Corn Meal (gluten free)

Corn Oil	Coconut Water (low sugar)	Soy Protein (Organic)
Corn Starch (gluten free)	Coffee	Sparkling Water, unflavored
Corn, Blue	Coffee Bean, Organic	Tea, Black
Corn, White	Coffee, Instant (has gluten)	Tea, Chamomile
Erythritol (non-GMO)	Collagen Protein (Powder)	Tea, Green
Fructose	Echinacea Tea	Tea, Hibiscus
GemWrapsÂ®, Sandwich Wrap (Carrot)	Grapefruit Juice	Tea, Komboucha
Maltodextrin (Corn-based, non-GMO)	Green Tea	Tea, Oolong
Sriracha Sauce Organicville gluten-free	Hemp Protein (Powder)	Tea, Ramon
SwerveÂ® Sweetener	Komboucha Tea	Tea, Roobios
Vegetable Oil	Lemon Juice	Tea, Unflavored
Xanthan Gum	Licorice Tea	Tea, White
Yogurt (See Xanthan Gum)	Lime Juice	Teechino
	Milk, Cow	Water
	Milk, Goat	Wine, Red
	Milk, Sheep	Wine, White (Champagne)
Almond Milk, unsweetened (no tapioca)	Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)
Apple Juice	Mineral Water	Zevia Drinks
Beer	Orange Juice	
Bone Broth Protein, Beef	Pea Protein	
Carrot Juice	Rice Protein Powder (gluten free)	
Coconut Kefir (No Tapioca, Carageenan)	Soy Milk/Soy Cheese (Organic)	
Coconut Milk(Native Forest or Natural Value)		

Miscellaneous		
Acacia Gum	GemWraps®®, Sandwich Wrap (Carrot)	Palm Wax
Agar Gum	GemWraps®®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Antimony	GemWraps®®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen® (gluten free)
Arabic Gum	GemWraps®®, Sandwich Wrap (Tomato)	Red Food Dye
Baking Powder	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Beef broth (Imagine® low sodium/GF)	Guar Gum	Rice Starch (if certified gluten free)
Blue Food Dye	Hops	Sherry Vinegar
Bone Broth, Beef	Inulin	Silver
Carrageenan Gum	Julian Bakery Almond Bread	Skinny Crisps® (Plain Jane)
Chewing Gum (has gluten and corn)	Julian Bakery Coconut Bread	Tamari (Wheat Free)
Chewing Gum, Xylite®	Julian Bakery Paleo Wraps	Tofu (Organic)
Chicken Broth (Imagine® gf/low sodium)	Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)
Chicory Root	Lard (pork)	Tomato Sauce (gluten & Vinegar-free)
Cocoa Butter	Latex	Tragacanth Gum
Cocoa/Cacao (raw, pure, & unsweetened)	Liquid Aminos (Braggs®)(has Soy)	Vegetable broth (Imagine® Low Sodium)
Coconut Aminos®	Locust Bean Gum	Vegetable Oil
Coconut Cream	Lycopene	Vegetable Shortening (Spectrum®)
Collagen Protein (Powder)	Malt	Vinegar, Red Wine
Formaldehyde	Maltodextrin (Barley-derived)	Vinegar, Rice
Garam Masala	Modified Food Starch	Vinegar, White Wine
	Modified Food Starch (Tapioca-based)	Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies