Vegetables	Carrot Juice	Eggplant
Aloe Vera	Carrot, Orange	Endive
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Garlic
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse
Bok Choy	Chard	Kohlrabi
Broccoli	Chayote	Kombu
Broccoli Rabe	Chives	Leeks
Broccoli Sprouts	Coconut (raw and unsweetened)	Lettuce, all types
Broccolini	Coconut Concentrate	Mushrooms
Brussels Sprout	Collard Greens	Mushrooms, Button
Burdock	Corn (Gluten-free & Non-GMO)	Mushrooms, Cremeni/Crimini
Cabbage, Chinese (see also Bok	Corn, Blue	Mushrooms, Maitake
Cabbage, Green	Corn, White	Mushrooms, Shiitake
Cabbage, Purple	Cucumber	Mustard Greens
Cactus (Nopales)	Daikon Radish	Nori
Capers	Dandelion Greens	Okra
Capsicum	Dandelion Root	Olives (without vinegar)

Onion, Green	Pimento	Spirulina
Onion, Maui	Potato, Fingerling	Squash
Onion, Red	Potato, Purple	Squash, Acorn
Onion, Sweet	Potato, Red	Squash, Butternut
Onion, Yellow	Potato, Russet	Squash, Green
Parsley	Potato, Sweet	Squash, Spaghetti
Parsnip	Potato, White	Squash, Summer
Pea, Black-Eyed	Potato, Yukon Gold	Squash, Winter
Pea, Green	Prickly Pear	Squash, Yellow
Pea, Snap	Pumpkin	Sugar Beet
Pea, Snow	Pumpkin Powder	Sweet Potato, Red
Pea, Split	Radicchio	Sweet Potatoes, White
Pea Protein	Radish	Swiss Chard
Pepper, Anaheim	Rainbow Chard	Tomatillo
Pepper, Chili	Rhubarb	Tomato Paste (gluten &
Pepper, Green	Rutabaga	Tomato Sauce (gluten &
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato
Pepper, Jalapeño	Scallions	Tomatoes, Big Beef
Pepper, Poblano	Sea Vegetables	Tomato, Cherry
Pepper, Red	Seaweed	Tomato, Heirloom
Pepper, Serrano	Shallots	Tomato, Orange
Pickles, Bubbies® brand only	Spinach	Tomato, Red

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

Nectarines	Tamarind	Coconut Butter
Noni	Tangelo	Coconut Oil
Orange	Tangerine	Coconut, shredded (raw,
Orange, Blood	Watermelon	Cola Nut (aka Kola Nut)
Orange Juice	Wolfberry	Corn Oil
Orange Peel/Rind	Youngberry	Cottonseed/Cottonseed Oil
Papaya		Flax Meal
Passion Fruit	Nuts, Seeds, & Oils	Flax Oil
Peach	Almond Butter (Artisana®)	Flax Seed
Pear	Almond Flavor natural, gluten free)	Grapeseed Oil, Organic
Pear, Asian	Almond Flour (gluten free)	Hazelnut Flour
Persimmons	Almond Meal (gluten free)	Hazelnut/Filbert
Pineapple	Almond, Marcona	Hemp Meal
Plum	Annatto Seed	Hemp Protein (Powder)
Pomegranate	Brazil Nut	Hemp Seed
Pomelo	Canola/Rapeseed Oil	Hydrogenated Oils
Prune	Caraway Seed	Macadamia Nut Oil
Quince	Cashews	Macadamia Nuts
Raisin (unsulfured, organic)	Cashew Butter	Olive Leaf Extract
Raspberry	Cashew Meal	Olive Oil, Virgin
Star Fruit	Chestnut	Palm Kernel Oil
Strawberry	Chia Seed (1/4 cup, max)	Pecan

Pecan Flour	Tiger Nuts	Peanut Butter (Organic,
Pepitas	Vegetable Oil	Peanut Oil (Organic)
Pili Nuts	Vegetable Shortening (Spectrum®)	Soy Beans (must be organic)
Pine Nut	Walnut (few)	Soy Beans Oil (must be organic)
Pistachios	Walnut Oil	Vanilla Bean
Poppy seeds	Walnut, Black (few)	Vanilla Powder
Pumpkin Oil	Almond	White Beans
Pumpkin Seed Oil	Psyllium Husk	
Pumpkin Seeds		Fish & Shellfish
Ramon Seeds	Legumes & Pulses	Anchovy
Rice, Wild (Lundberg® - not the	Chickpea (see also Garbanzo Bean)	Catfish
Safflower/Safflower Seed Oil	Edamame (must be organic)	Chilean Sea Bass
Sacha Inchi Seeds	Fava Bean	Clam
Sesame Seed Oil	Fava Bean Flour	Cod/ Cod Liver Oil
Sesame Seeds	Garbanzo Bean	Corvina
Sesame Seeds, Black	Garbanzo Flour	Crab
Sunflower Seed Butter	Lentil(s)	Crayfish
Sunflower Seed Lecithin	Miso	Flounder
Sunflower Seed Oil	Pea, Snap	Haddock
Sunflower Seeds	Pea, Snow	Hake
Tahini	Pea, Split	Halibut
Tea, Ramon	Peanut (Organic, Valencia)	Herring

08/29/2017

Tony Ganem

Lobster	Meat & Poultry	Lamb (organic)
Mackerel	Applegate® organic bacon	Lard (pork)
Mahi Mahi	Applegate® organic black forest	Ostrich
Mussel	Applegate® organic chicken	Pheasant
Orange Roughy	Applegate® organic ham	Pork, (organic)
Oyster	Applegate® organic hot dogs	Quail
Perch	Applegate® organic roast beef	Rabbit
Red Snapper	Applegate® organic andouille	Turkey (organic)
Salmon, wild (fresh)	Applegate® organic chicken/apple	Veal (organic)
Sardines	Applegate® organic red pepper	Venison (see also Deer)
Scallop	Applegate® organic spinach & feta	
Shrimp	Applegate® organic sausage sweet	Non-Dairy & Eggs
Sole	Applegate® organic smoked	Almond Milk, unsweetened (no
Squid	Applegate® organic smoked turkey	Almond Yogurt, unsweetened
Swai	Beef, Grass-fed only (organic)	Cheese, Soy (Organic) (see Soy)
Swordfish	Bison (see also Buffalo)	Coconut Kefir (No Tapioca,
Tilapia (Non-farmed)	Buffalo (see also Bison)	Coconut Milk(Native Forest or
Trout	Chicken Broth (Imagine® gf/low	Egg, Pasture-raised (from a farmer)
Tuna	Chicken, free range (organic)	Egg, Vital Farms® or Pasture
Walleye Pike	Deer (see also Venison)	Egg, Whites, Pasture-raised
Whitefish/Turbot	Duck	Egg, Yolks Pasture-raised
Crab, Immitation	Goat, Grass-fed only (organic)	Milk, Soy (Organic)

Sriracha Sauce Organicville	Vinegar, White	Maltodextrin (Corn-based,
Egg	Vinegar, White Wine	Maple Sugar
	Worcestershire Sauce (The	Maple Syrup (Grade A Dark Amber
Condiments		Molasses
Apple Cider Vinegar (Bragg's®)	Sweeteners	Monk Fruit
BodyPro Almond Mayo Grade B	Agave Nectar	Rebiana Leaf (Stevia)
BodyPro Almond Mayo with Yacon	BodyPro Almond Mayo Grade B	Sorbitol
Carob	BodyPro Almond Mayo with Yacon	Splenda
Coconut Vinegar (Coconut Secret)	Brown Rice Syrup (contains	Sucanat
Earth Balance® Coconut Spread	Chocolate, Dark	Sugar Beet
Horseradish Sauce, Gluten-free	Chocolate, Milk	Sugar Cane
Hummus	Chocolate, White	Sweetleaf® Stevia
Hummus Ketchup (Organicville)	Chocolate, White  Coconut Palm Sugar	Sweetleaf® Stevia Swerve® Xylitol
Ketchup (Organicville)	Coconut Palm Sugar	Swerve® Xylitol
Ketchup (Organicville)  Mayonnaise	Coconut Palm Sugar  Date Sugar	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn
Ketchup (Organicville)  Mayonnaise  Mustard, Brown (Eden® gf mustard)	Coconut Palm Sugar  Date Sugar  Erythritol (non-GMO)	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn
Ketchup (Organicville)  Mayonnaise  Mustard, Brown (Eden® gf mustard)  Sauerkraut (Bubbies® Brand only)	Coconut Palm Sugar  Date Sugar  Erythritol (non-GMO)  Fructose	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn  Yacon Syrup
Ketchup (Organicville)  Mayonnaise  Mustard, Brown (Eden® gf mustard)  Sauerkraut (Bubbies® Brand only)  Sriracha Sauce Organicville	Coconut Palm Sugar  Date Sugar  Erythritol (non-GMO)  Fructose  Fruit Pectin	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn  Yacon Syrup  Herbs & Spices
Ketchup (Organicville)  Mayonnaise  Mustard, Brown (Eden® gf mustard)  Sauerkraut (Bubbies® Brand only)  Sriracha Sauce Organicville  Ume Plum Vinegar	Coconut Palm Sugar  Date Sugar  Erythritol (non-GMO)  Fructose  Fruit Pectin  Honey, (Organic)	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn  Yacon Syrup  Herbs & Spices  Allspice
Ketchup (Organicville)  Mayonnaise  Mustard, Brown (Eden® gf mustard)  Sauerkraut (Bubbies® Brand only)  Sriracha Sauce Organicville  Ume Plum Vinegar  Veganaise Soy-free (Follow Your	Coconut Palm Sugar  Date Sugar  Erythritol (non-GMO)  Fructose  Fruit Pectin  Honey, (Organic)  Honey, Manuka	Swerve® Xylitol  Xyla (Birchwood Xylitol/non-corn  Yacon Syrup  Herbs & Spices  Allspice  Almond Flavor natural, gluten free)

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

Pepper/Peppercorns	Uva Ursi	Cheese, Gorgonzola
Pepper/Peppercorns, Szechuan	Valerian	Cheese, Gouda
Pepper, Red	Vanilla (gluten and corn-free)	Cheese, Havarti
Peppermint	Vanilla Bean	Cheese, Machego
Pine Bark Extract	Vanilla Powder	Cheese, Marscapone
Red Chili Paste Thai Kitchen®	White Willow Bark Extract	Cheese, Mozzarella (Raw)
Red Pepper Flake	Wintergreen	Cheese, Muenster
Rosemary	Rose Hips	Cheese, Parmesan
Saffron		Cheese, Pecorino
Sage	Milk-Containing Foods	Cheese, Raw and Pasture-raised
Saw Plametto	Applegate® organic spinach & feta	Cheese, Ricotta
Sesame Seeds	Butter, Raw and Pasture-raised	Cheese, Romano
Sesame Seeds, Black	Buttermilk	Cheese, Provolone
Shallots	Casein	Cheese, Sheep
Spearmint	Cheese, American	Cheese, String (Mozzarella)
St. John's Wort	Cheese, Asiago	Cheese, Swiss
Taco Seasoning	Cheese, Bleu	Chocolate, Milk
Tamari (Wheat Free)	Cheese, Brie	Chocolate, White
Tarragon	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Thyme	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Tomatillo	Cheese, Cream	Goat Cheese
Turmeric	Cheese, Goat	Goat Kefir

08/29/2017

Tony Ganem

Kefir, Raw	Corn, White	Rice, Black (gluten free)
Lactoalbumin	Corn Starch (gluten free)	Rice, Brown (gluten free)
Milk Chocolate	Ener-G Brown Rice Yeast-Free	Rice, Japonica (gluten free)
Milk, Cow	Fava Bean Flour	Rice, Purple (gluten free)
Milk, Goat	Flax Meal	Rice, Red (gluten free)
Milk, Sheep	Garbanzo Flour	Rice, White (gluten free)
Mozzarella Cheese	Glucomannon Flour	Rice, Wild (Lundberg® - not the
Sour Cream, Raw and	Hazelnut Flour	Rice Bran
Whey	Hemp Meal	Rice Flour (gluten free)
Yogurt (See Xanthan Gum)	Hemp Protein (Powder)	Rice Protein Powder (gluten free)
Cheese, Feta	Hemp Seed	Simple Mills Grnd Sea Salt Almond
	Konjac Glucomannon Flour	Simple Mills Rosemary & Sea Salt
Gluten-Free Grains	Konjac Glucomannon Flour Millet	Simple Mills Rosemary & Sea Salt Sorghum
Gluten-Free Grains  Almond Flour (gluten free)		
	Millet	Sorghum
Almond Flour (gluten free)	Millet Oats	Sorghum Sweet Potato Flour (gluten free)
Almond Flour (gluten free)  Amaranth	Millet Oats Oats (Bob's Red Mill Gluten Free	Sorghum  Sweet Potato Flour (gluten free)  Tapioca
Almond Flour (gluten free)  Amaranth  Buckwheat	Millet Oats Oats (Bob's Red Mill Gluten Free Oat Grass (Not For Gluten	Sorghum  Sweet Potato Flour (gluten free)  Tapioca  Tapioca Flour (gluten free)
Almond Flour (gluten free)  Amaranth  Buckwheat  Buckwheat Flour	Millet Oats Oats (Bob's Red Mill Gluten Free Oat Grass (Not For Gluten Potato Flour (gluten free)	Sorghum  Sweet Potato Flour (gluten free)  Tapioca  Tapioca Flour (gluten free)  Tapioca Starch (gluten free)
Almond Flour (gluten free)  Amaranth  Buckwheat  Buckwheat Flour  Chicory Root	Millet Oats Oats (Bob's Red Mill Gluten Free Oat Grass (Not For Gluten Potato Flour (gluten free) Potato Starch (gluten free)	Sorghum  Sweet Potato Flour (gluten free)  Tapioca  Tapioca Flour (gluten free)  Tapioca Starch (gluten free)  Teff
Almond Flour (gluten free)  Amaranth  Buckwheat  Buckwheat Flour  Chicory Root  Coconut Flour (gluten free)	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)	Sorghum  Sweet Potato Flour (gluten free)  Tapioca  Tapioca Flour (gluten free)  Tapioca Starch (gluten free)  Teff  Tolerant Green Lentil & Pea Pasta

Simple Mills		Rye	Erythritol (non-GMO)
Corn Meal (gluten free)		Semolina	Fructose
		Soy Sauce	GemWraps®, Sandwich Wrap
Gluten-Containing Foods		Spelt	Maltodextrin (Corn-based,
Bran		Teriyaki Sauce	Sriracha Sauce Organicville
Bread		Triticale	Swerve® Xylitol
Brown Rice Syrup (contains		Vinegar, White	Vegetable Oil
Caramel Coloring		Wheat (All Types)	Xanthan Gum
Cheese, Bleu		Wheat Grass (Is	Yogurt (See Xanthan Gum)
Chewing Gum (has gluten and corn)		Crab, Immitation	
Coffee, Instant (has gluten)			Beverages & Protein Powders
	_		
Couscous		Corn-Derived Foods	Almond Milk, unsweetened (no
Couscous  Durum Wheat		Corn-Derived Foods Cheese, Cream	Almond Milk, unsweetened (no Apple Juice
Durum Wheat		Cheese, Cream	Apple Juice
Durum Wheat Farro		Cheese, Cream Cheese, Soy (Organic) (see Soy)	Apple Juice Carrot Juice
Durum Wheat Farro Gluten		Cheese, Cream  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)	Apple Juice  Carrot Juice  Coconut Kefir (No Tapioca,
Durum Wheat Farro Gluten Graham (wheat)		Cheese, Cream  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)	Apple Juice  Carrot Juice  Coconut Kefir (No Tapioca,  Coconut Milk(Native Forest or
Durum Wheat Farro Gluten Graham (wheat) Kamut		Cheese, Cream  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)  Corn, Blue	Apple Juice Carrot Juice Coconut Kefir (No Tapioca, Coconut Milk(Native Forest or Coconut Water (low sugar)
Durum Wheat Farro Gluten Graham (wheat) Kamut Liquid Smoke (can have gluten)		Cheese, Cream  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)  Corn, Blue  Corn, White	Apple Juice Carrot Juice Coconut Kefir (No Tapioca, Coconut Milk(Native Forest or Coconut Water (low sugar) Coffee Bean, Organic
Durum Wheat Farro Gluten Graham (wheat) Kamut Liquid Smoke (can have gluten) Oats		Cheese, Cream  Cheese, Soy (Organic) (see Soy)  Chewing Gum (has gluten and corn)  Corn (Gluten-free & Non-GMO)  Corn, Blue  Corn, White  Corn Gluten	Apple Juice Carrot Juice Coconut Kefir (No Tapioca, Coconut Milk(Native Forest or Coconut Water (low sugar) Coffee Bean, Organic Coffee

08/29/2017

Tony Ganem

Grapefruit Juice	Tea, Ramon	GemWraps®, Sandwich Wrap
Green Tea	Tea, Roobios	GemWraps®, Sandwich Wrap
Hemp Protein (Powder)	Tea, unflavored/caffeine-free only	GemWraps®, Sandwich Wrap
Komboucha Tea	Tea, White	GemWraps®, Sandwich Wrap
Lemon Juice	Water	Glucomannon Flour
Licorice Tea	Wine, Red	Great Lake's® Beef Gelatin
Lime Juice	Wine, White (Champagne)	Guar Gum
Milk, Cow	Yerba Matte Tea (Organic/Pure)	Hops
Milk, Goat		Julian Bakery Paleo Wraps
Milk, Sheep	Miscellaneous	Julian Bakery Coconut Bread
Milk, Soy (Organic)	Agar Gum	Konjac Glucomannon Flour
Mineral Water	Antimony	Lard (pork)
Orange Juice	Beef broth (Imagine® low	Liquid Aminos (Braggs®)(has Soy)
Pea Protein	Carrageenan Gum	Locust Bean Gum
Rice Protein Powder (gluten free)	Chewing Gum (has gluten and corn)	Lycopene
Rice Protein Powder (gluten free)  Soy Milk/Soy Cheese (Organic)	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®	Lycopene Palm Wax
		•
Soy Milk/Soy Cheese (Organic)	Chewing Gum, Xylichew®	Palm Wax
Soy Milk/Soy Cheese (Organic) Soy Protein (Organic)	Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low	Palm Wax Pycnogenol
Soy Milk/Soy Cheese (Organic) Soy Protein (Organic) Sparkling Water, unflavored	Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low  Chicory Root	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®
Soy Milk/Soy Cheese (Organic)  Soy Protein (Organic)  Sparkling Water, unflavored  Tea, Black	Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low  Chicory Root  Cocoa/Cacao (raw, pure, &	Palm Wax  Pycnogenol  Red Chili Paste Thai Kitchen®  Red Tomato Paste (gluten free)

Tony Ganem 08/29/2017

Skinny Crisps®(Plain Jane)
Tagacanth Gum
Tamari (Wheat Free)
Tofu (Organic)
Tomato Paste (gluten &
Tomato Sauce (gluten &
Tagacanth Gum
Vegetable broth (Imagine® Low
Vegetable Oil
Vegetable Shortening (Spectrum®)
Vinegar, Red Wine
Vinegar, Rice
Vinegar, White Wine
Xanthan Gum
Yeast, Baker's
Yeast, Brewer's
Yeast, Nutritional
Latex
Formaldehyde
Red Dye
Ispaghula/Psyllium
Acacia Gum