

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

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, Hibiscus

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)

Zevia Drinks

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (Caramel/Red W. Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella NoCaramel/WineVinegar)

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

BodyPro Almond Mayo Grade B Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Sauce, Gluten-free (Annie's®)

Hummus

## Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen  
Avocado OilMayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville  
gluten-free

Tabasco Sauce

Ume Plum Vinegar

Veganise Soy-free (Follow Your  
Heart®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The  
Wizard's® GF)

## Corn-Derived Foods

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

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

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)Maltodextrin (Corn-based,  
non-GMO)Sriracha Sauce Organicville  
gluten-free

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

## Fish &amp; Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Corvina

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Hake

Halibut

Herring

Lobster

Mackerel

Mahi Mahi

Mussel

Octopus

Orange Roughy

Oyster	Apple Sauce	Grape, Green
Perch	Apricot	Grape, Purple
Red Snapper	Banana	Grape, Red
Salmon, wild (fresh)	Bilberry	Grape, White
Sardines	Blackberry	Grapefruit
Scallop	Blueberry	Grapefruit Juice
Shrimp	Boysenberry	Guava
Sole	Cantaloupe	Huckleberry
Squid	Cherry	Jack fruit
Swai	Clementine	Kiwi
Swordfish	Cranberry	Kumquat
Tilapia (Non-farmed)	Cranberry Juice	Lemon
Trout	Currant	Lemon Juice
Tuna	Date(s)	Lemon Rind/Peel
Walleye Pike	Dragon Fruit (Pitaya)	Lime
Whitefish/Turbot	Dried Fruit	Lime Juice
	Elderberry	Litchi (aka Lychee)
<b>Fruits</b>	Fig	Loganberry
Acai	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apple Cider	Gooseberry	Mangosteen
Apple Juice	Grape	Maqui

Melon, Honeydew	Raisin (unsulfured, organic)	Coffee, Instant (has gluten)
Monk Fruit (Pure)	Raspberry	Couscous
Mulberry	Star Fruit	Crab, Immitation
Nectarines	Strawberry	Durum Wheat
Noni	Tamarind	Farro
Orange	Tangelo	Gluten
Orange Juice	Tangerine	Graham (wheat)
Orange Peel/Rind	Watermelon	Kamut
Orange, Blood	Wolfberry	Liquid Smoke (can have gluten)
Papaya	Youngberry	Malt
Passion Fruit		Maltodextrin (Barley-derived)
Peach	<b>Gluten-Containing Foods</b>	
Pear	Barley	Oats (Can be contaminated with gluten)
Pear, Asian	Barley Greens (Not for Gluten-Sensitive)	Orzo
Persimmons	Barley Juice (Not for Gluten-Sensitive)	Panko
Pineapple	Beer	Polish Wheat
Plantain	Bran	Rye
Plum	Bread	Semolina
Pomegranate	Brown Rice Syrup (contains MSG/Gluten)	Soy Sauce
Pomelo	Caramel Coloring	Spelt
Prune	Cheese, Bleu	Teechino
Quince	Chewing Gum (has gluten and corn)	Teriyaki Sauce
		Triticale

Vinegar	Fava Bean Flour	Rice, Basmati (gluten free)
Vinegar, Malt	Flax Meal	Rice, Black (gluten free)
Vinegar, White	Garbanzo Flour	Rice, Brown (gluten free)
Wheat (All Types)	Glucomannon Flour (konjacfoods.com)	Rice, Japonica (gluten free)
Wheat Grass (Is Gluten-contaminated)	Hazelnut Flour	Rice, Purple (gluten free)
	Hemp Meal	Rice, Red (gluten free)
<b>Gluten-Free Grains</b>	Hemp Protein (Powder)	Rice, White (gluten free)
Almond Flour (gluten free)	Hemp Seed	Rice, Wild (Lundberg® - not the blend)
Amaranth	Konjac Glucomannon Flour	Simple Mills - Everything Sprouted Seed Cracker
Arrowroot Flour/powder	Millet	Simple Mills Grnd Sea Salt Almond Crackers
Basmati Rice (gluten free)	Oat Grass (Not For Gluten Sensitive)	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Buckwheat Flour	Oats (Certified GF)	Sorghum
Chicory Root	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
Coconut Flour (gluten free)	Potato Starch (gluten free)	Tapioca
Coconut Meal (gluten free)	ProGranola (Julian Bakery)	Tapioca Flour (gluten free)
Corn (Gluten-free & Non-GMO)	Quinoa (gluten free)	Tapioca Starch (gluten free)
Corn Meal (gluten free)	Quinoa, Black (gluten free)	Teff
Corn Starch (gluten free)	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Rice Bran	Tolerant Red or Green Lentil Pasta
Corn, White	Rice Flour (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia &amp; Cassava

Cloves, Madagascar

Guarana

Cloves, Penang

Gymnema Silvestre

**Herbs & Spices**

Cramp Bark Extract

Herbs De Provence

Allspice

Cream of Tartar

Hickory

Almond Flavor natural, gluten free)

Cumin

Himalayan Salt

Anise

Curcumin

Jamaican Jerk

Ashwaganda

Curry (must be GF)

Juniper Berry

Astragalus

Dandelion Root

Lavender

Basil

Dill

Lemon Balm (Melissa Officinalis)

Bay Leaf

Dong Quai

Lemon Pepper

Black Cohosh

Echinacea

Lemongrass

Caramel Coloring

Fennel

Licorice Root

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)

Nutmeg	Saffron	Wormwood
Olive Leaf Extract	Sage	
Onion	Saw Plametto	Legumes & Pulses
Onion Powder	Sesame Seeds	Bean, Azuki
Orange Peel/Rind	Sesame Seeds, Black	Bean, Black
Orange Salt	Shallots	Bean, Butter
Oregano	Spearmint	Bean, Cannellini
Paprika	St. John's Wort	Bean, Chana Dahl
Paprika (smoked)	Sumac	Bean, Chili
Parsley	Taco Seasoning	Bean, Green
Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)	Bean, Italian
Pepper, Cayenne	Tarragon	Bean, Kidney
Pepper, Red	Thyme	Bean, Lima
Pepper, Sichuan	Tomatillo	Bean, Mung
Pepper, Szechuan	Turmeric	Bean, Navy/Ninja
Pepper/Peppercorns	Uva Ursi	Bean, Pinto/Frijole
Peppermint	Valerian	Bean, Red (see also Bean, Kidney)
Pine Bark Extract	Vanilla (gluten and corn-free)	Chickpea (see also Garbanzo Bean)
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Coffee Bean, Organic
Red Pepper Flake	Vanilla Powder	Edamame (must be organic)
Rose Hips	White Willow Bark Extract	Fava Bean
Rosemary	Wintergreen	Fava Bean Flour

Meat & Poultry



Cheese, Goat	Goat Kefir	Carrageenan Gum
Cheese, Gorgonzola	Kefir, Raw	Chewing Gum (has gluten and corn)
Cheese, Gouda	Lactalbumin	Chewing Gum, Xylitew®
Cheese, Havarti	Milk Chocolate	Chicken Broth (Imagine® gf/low sodium)
Cheese, Machego	Milk, Cow	Chicory Root
Cheese, Mascapone	Milk, Goat	Cocoa Butter
Cheese, Mozzarella (Raw)	Milk, Sheep	Cocoa/Cacao (raw, pure, & unsweetened)
Cheese, Muenster	Mozzarella Cheese	Coconut Aminos®
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	Coconut Cream
Cheese, Pecorino	Whey	Collagen Protein (Powder)
Cheese, Provolone	Yogurt (See Xanthan Gum)	Formaldehyde
Cheese, Raw and Pasture-raised		Garam Masala
Cheese, Ricotta	Miscellaneous	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Romano	Acacia Gum	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Sheep	Agar Gum	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, String (Mozzarella)	Antimony	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Swiss	Arabic Gum	Glucomannon Flour (konjacfoods.com)
Chocolate, Milk	Baking Powder	Great Lake's® Beef Gelatin
Chocolate, White	Baking Soda (Arm & Hammer®)	Guar Gum
Cream, Raw and Unpasteurized	Beef broth (Imagine® low sodium/GF)	Hops
Ghee (Pasture-Raised, Organic)	Blue Food Dye	Inulin
Goat Cheese	Bone Broth, Beef	Julian Bakery Almond Bread

## Nuts, Seeds, Drupes & Oils

Cashew Meal	Olive Leaf Extract	Sunflower Seed Lecithin
Cashews	Olive Oil, Virgin	Sunflower Seed Oil
Chestnut	Palm Kernel Oil	Sunflower Seeds
Chia Seed (1/4 cup, max)	Pecan	Tahini
Coconut Butter	Pecan Flour	Tea, Ramon
Coconut Oil	Pepitas	Tiger Nuts
Coconut, shredded (raw, unsweetened)	Pili Nuts	Vegetable Oil
Cola Nut (aka Kola Nut)	Pine Nut	Vegetable Shortening (Spectrum®)
Corn Oil	Pistachios	Walnut (few)
Cottonseed/Cottonseed Oil	Poppy seeds	Walnut Oil
Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	
Grapeseed Oil, Organic	Pumpkin Seeds	
Hazelnut Flour	Ramon Seeds	
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	
Hemp Meal	Sacha Inchi Seeds	
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	
Hemp Seed	Sesame Seed Oil	
Hydrogenated Oils	Sesame Seeds	
Macadamia Nut Oil	Sesame Seeds, Black	
Macadamia Nuts	Sunflower Seed Butter	

### Snacks

Apple Sauce

Date(s)

Simple Mills Chocolate Chip Cookies

Sweeteners		Vegetables
Agave Nectar	Maltodextrin (Barley-derived)	Alfalfa Sprouts
Aspartame/Nutrasweet	Maltodextrin (Corn-based, non-GMO)	Aloe Vera
BodyPro Almond Mayo Grade B Maple Syrup	Maltodextrin (Tapioca-based)	Artichoke (not pickled)
Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar	Artichoke, Jerusalem (not pickled)
Cane Syrup	Maple Syrup (Grade A Dark Amber Organic)	Arugula
Chocolate, Dark	Molasses	Asparagus
Chocolate, Milk	Monk Fruit (Pure)	Avocado
Chocolate, White	Monk Fruit Extract	Avocado Oil
Coconut Palm Sugar	Nutrasweet®	Bamboo Shoot
Coconut Sugar	Rebiana Leaf (Stevia)	Bean Sprout
Date Sugar	Sorbitol	Bean, Green
Erythritol (non-GMO)	Splenda	Beet
Fructose	Sucanat	Beet Greens
Fruit Pectin	Sucralose	Bell Pepper
Honey, (Organic)	Sugar Beet	Bell Pepper, Green
Honey, Manuka	Sugar Cane	Bell Pepper, Orange
Honey, Wildflower from Mahava®	Sweetleaf® Stevia	Bell Pepper, Red
Jerusalem Artichoke Syrup	Swerve® Xylitol	Bell Pepper, Yellow
Just Like Sugar®	Tapioca Dextrose	Bok Choy
Lo Han	Xyla (Birchwood Xylitol/non-corn source)	Broccoli
Maltitol	Yacon Syrup	Broccoli Rabe

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, Cremini/Crimini
Cabbage, Chinese (see also Bok Choy)	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)
Carrot Juice	Eggplant	Onion, Green
Carrot, Orange	Endive	Onion, Maui
Carrot, Purple	Fennel	Onion, Red
Carrot, White	Garlic	Onion, Sweet
Carrot, Yellow	Hearts of Palm	Onion, Yellow
Cassava (see Tapioca and Yucca)	Horseradish	Parsley
Cauliflower	Jicama	Parsnip
Cauliflower, Purple	Kale, all types	Pea Protein
Celery	Kelp/Dulse	Pea, Black-Eyed
Chard	Kohlrabi	Pea, Green
Chayote	Kombu	Pea, Snap
Chives	Leeks	Pea, Snow

Pea, Split	Radicchio	Sweet Potatoes, White
Pepper, Anaheim	Radish	Swiss Chard
Pepper, Chili	Rainbow Chard	Tomatillo
Pepper, Green	Rhubarb	Tomato
Pepper, Habanero	Rutabaga	Tomato Paste (gluten & Vinegar-free)
Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)	Tomato Sauce (gluten & Vinegar-free)
Pepper, Poblano	Scallions	Tomato, Cherry
Pepper, Red	Sea Vegetables	Tomato, Heirloom
Pepper, Serrano	Seaweed	Tomato, Orange
Pickles, Bubbies® brand only	Shallots	Tomato, Red
Pimento	Spinach	Tomato, Roma
Potato, Fingerling	Spirulina	Tomato, Sun-dried
Potato, Purple	Squash	Tomato, Yellow
Potato, Red	Squash, Acorn	Tomatoes, Big Beef
Potato, Russet	Squash, Butternut	Truffle
Potato, Sweet	Squash, Green	Turnip Greens
Potato, White	Squash, Spaghetti	Turnips
Potato, Yukon Gold	Squash, Summer	Water Chestnut
Prickly Pear	Squash, Winter	Watercress
Psyllium Husk	Squash, Yellow	Yams, Garnett
Pumpkin	Sugar Beet	Yams, Japanese
Pumpkin Powder	Sweet Potato, Red	Yucca

Zucchini