Vegetables		Broccoli		Chayote
Alfalfa Grass		Broccoli Rabe		Coconut (raw and unsweetened)
Alfalfa Sprouts		Broccoli Sprouts		Coconut Concentrate
Aloe Vera		Broccolini		Collard Greens
Applegate® organic chicken/apple sausage		Brussels Sprout		Corn (Gluten-free & Non-GMO)
Artichoke (not pickled)		Burdock		Corn, Blue
Artichoke, Jerusalem (not pickled)		Cabbage, Chinese (see also Bok Choy)		Corn, White
Arugula		Cabbage, Green		Cucumber
Asparagus		Cabbage, Purple		Daikon Radish
Avocado		Cactus (Nopales)		Dandelion Greens
Avocado Oil		Capers		Dandelion Root
Bamboo Shoot		Capsicum		Eggplant
Bean Sprout		Carrot Juice		Endive
Bean Sprout Bean, Green		Carrot Juice Carrot, Orange		Endive
			_	
Bean, Green		Carrot, Orange		Fennel
Bean, Green Beet	             	Carrot, Orange Carrot, Purple		Fennel Garlic
Bean, Green  Beet  Beet Greens		Carrot, Orange Carrot, Purple Carrot, White		Fennel Garlic Hearts of Palm
Bean, Green  Beet  Beet Greens  Bell Pepper		Carrot, Orange  Carrot, Purple  Carrot, White  Carrot, Yellow  Cassava (see Tapioca and		Fennel Garlic Hearts of Palm Horseradish
Bean, Green  Beet  Beet Greens  Bell Pepper  Bell Pepper, Green		Carrot, Orange  Carrot, Purple  Carrot, White  Carrot, Yellow  Cassava (see Tapioca and Yucca)		Fennel Garlic Hearts of Palm Horseradish Jicama
Bean, Green  Beet  Beet Greens  Bell Pepper  Bell Pepper, Green  Bell Pepper, Orange		Carrot, Orange  Carrot, Purple  Carrot, White  Carrot, Yellow  Cassava (see Tapioca and Yucca)  Cauliflower		Fennel Garlic Hearts of Palm Horseradish Jicama Kale, all types

	Mushrooms		Pepper, Jalapeño	Squash, Acorn
	Mushrooms, Button		Pepper, Poblano	Squash, Green
	Mushrooms, Cremeni/Crimini		Pepper, Red	Squash, Spaghetti
	Mushrooms, Maitake		Pepper, Serrano	Squash, Winter
	Mushrooms, Shiitake		Pickles, Bubbies® brand only	Sweet Potatoes, White
	Mustard Greens		Pimento	Swiss Chard
	Oat Grass (Not For Gluten Sensitive)		Potato, Fingerling	Tomatillo
	Okra		Potato, Purple	Tomato
	Olives (without vinegar)		Potato, Red	Tomato Paste (gluten & Vinegar-free)
	Onion, Green		Potato, Russet	Tomato Sauce (gluten & Vinegar-free)
	Parsley		Potato, White	Tomato, Cherry
	Parsnip		Potato, Yukon Gold	Tomato, Heirloom
	Pea Protein		Prickly Pear	Tomato, Orange
	Pea, Black-Eyed		Pumpkin	Tomato, Red
	Pea, Green		Pumpkin Powder	Tomato, Roma
	Pea, Snap		Radicchio	Tomato, Sun-dried
	Pea, Snow		Radish	Tomato, Yellow
		ı		
_	Pea, Split		Rainbow Chard	Tomatoes, Big Beef
	Pea, Split Pepper, Anaheim		Rainbow Chard Rhubarb	Tomatoes, Big Beef  Turnip Greens
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	Pepper, Anaheim		Rhubarb	Turnip Greens

Yucca	Maqui	Cashew Meal
Zucchini	Mulberry	Cashews
	Nectarines	Chestnut
Fruits	Noni	Chia Seed (1/4 cup, max)
Apple (all types)	Passion Fruit	Coconut Butter
ApplegateÄ® organic chicken/apple sausage	Peach	Coconut Oil
Bilberry	Pear	Coconut, shredded (raw, unsweetened)
Boysenberry	Tamarind	Cola Nut (aka Kola Nut)
Dates	Wolfberry	Corn Oil
Goji Berry	Youngberry	Cottonseed/Cottonseed Oil
Golden Berry		Flax Meal
Gooseberry	Nuts, Seeds, Drupes & Oils	Flax Oil
Grapefruit	Almond	Flax Seed
Huckleberry	Almond Butter (Artisana®)	Grapeseed Oil, Organic
Lemon	Almond Flavor (natural, gluten free)	Hazelnut Flour
Lemon Juice	Almond Flour (gluten free)	Hazelnut/Filbert
Lemon Rind/Peel	Almond Meal (gluten free)	Hemp Meal
Lime	Almond, Marcona	Hemp Protein (Powder)
Lime Juice	Annatto Seed	Hemp Seed
Litchi (aka Lychee)	Brazil Nut	Macadamia Nut Oll
Loganberry	Caraway Seed	Macadamia Nuts
Loquat	Cashew Butter	Olive Leaf Extract

Olive Oil, Virgin	Tahini	Red Snapper
Palm Kernel Oil	Tea, Ramon	Salmon, wild (fresh)
Pecan Flour	Tiger Nuts	Sardines
Pecans	Vegetable Oil	Sole
Pepitas	Vegetable Shortening (Spectrum®)	Swai
Pili Nuts	Walnut Oil	Swordfish
Pine Nut	Walnuts	Tilapia (Wild, Non-farmed)
Pistachios	Walnuts, Black	Trout
Poppy seeds		Walleye Pike
Pumpkin Oil	Fish & Shellfish	Whitefish/Turbot
Pumpkin Seed Oil	Bass	
Pumpkin Seeds	Chilean Sea Bass	Meat & Poultry
Pumpkin Seeds Ramon Seeds	Chilean Sea Bass Corvina	Meat & Poultry  ApplegateA® organic andouille sausage
		Applegate® organic andouille
Ramon Seeds	Corvina	Applegate® organic andouille sausage
Ramon Seeds Sacha Inchi Seeds	Corvina Crab, Immitation	Applegate® organic andouille sausage  Applegate® organic chicken  Applegate® organic
Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil	Corvina Crab, Immitation Flounder	ApplegateÅ® organic andouille sausage  ApplegateÅ® organic chicken  ApplegateÅ® organic chicken  chicken/apple sausage
Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil	Corvina  Crab, Immitation  Flounder  Haddock	Applegate® organic andouille sausage  Applegate® organic chicken  Applegate® organic chicken  Applegate® organic chicken/apple sausage  Applegate® organic ham
Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil Sesame Seeds	Corvina  Crab, Immitation  Flounder  Haddock  Hake	Applegate® organic andouille sausage  Applegate® organic chicken  Applegate® organic chicken  Applegate® organic ham  Applegate® organic hot dogs  Applegate® organic red pepper
Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil Sesame Seeds Sesame Seeds, Black	Corvina  Crab, Immitation  Flounder  Haddock  Hake  Halibut	Applegate® organic andouille sausage  Applegate® organic chicken  Applegate® organic chicken  Applegate® organic ham  Applegate® organic hot dogs  Applegate® organic red pepper sausage
Ramon Seeds Sacha Inchi Seeds Safflower/Safflower Seed Oil Sesame Seed Oil Sesame Seeds Sesame Seeds Sesame Seeds, Black Sunflower Seed Butter	Corvina Crab, Immitation  Flounder  Haddock  Hake  Halibut  Herring	Applegate® organic andouille sausage  Applegate® organic chicken  Applegate® organic chicken  Applegate® organic ham  Applegate® organic ham  Applegate® organic hot dogs  Applegate® organic red pepper sausage  Applegate® organic roast beef  Applegate® organic sausage

Bison (see also Buffalo)	Non-Dairy & Eggs	Hummus
Buffalo (see also Bison)	Almond Milk, unsweetened (no tapioca)	Ketchup (Organicville)
Chicken Broth (ImagineÄ® gf/low sodium)	BodyPro Avocado Oil Mayonnaise	Liquid Smoke (can have gluten)
Chicken, free range (organic)	Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Liquid Smoke gluten free (natural)
Deer (see also Venison)	Cheese, Soy (Organic) (see Soy)	Mayonnaise
Duck	Coconut Kefir (No Tapioca, Carageenan)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Goat, Grass-fed only (organic)	Coconut Milk(Native Forest or Natural Value)	Mustard, Brown (Eden® gf mustard)
Lamb	Egg, Whites, Pasture-raised	Sauerkraut (Bubbies® Brand only)
Lard (pork)	Milk, Soy (Organic)	Sriracha Sauce Organicville gluten-free
Ostrich	Modified Food Starch	Tabasco Sauce
Pheasant	Paleo Cheese (Julianbakery.com or	Veganaise Soy-free (Follow Your Heart®)
Pork, (organic)		Worcestershire Sauce (The Wizard's® GF)
Quail	Condiments	
Rabbit	Apple Cider Vinegar (Bragg's®)	Sweeteners
Turkey (organic)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Acai
Veal (organic)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Agave Nectar
Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise	Chocolate, Milk
	Carob	Chocolate, White
	Earth BalanceÄ® Avocado Oil Butter Spread	Erythritol (non-GMO)
	Earth Balance® Coconut Spread	Fructose
	Harissa	Jerusalem Artichoke Syrup
	Horseradish Sauce, Gluten-free (Annie's®)	Just Like Sugar®

Maltitol	Caraway Seed	Garlic
Maltodextrin (Barley-derived)	Cardamom	Garlic Pepper
Maltodextrin (Corn-based, non-GMO)	Celery Powder	Garlic Powder
Maltodextrin (Tapioca-based)	Chicory Root	Garlic Salt
Rebiana Leaf (Stevia)	Chili Powder	Ginger
Sucralose	Chipotle Seasoning	Ginkgo Biloba
Sweetleaf® Stevia	Cilantro/Coriander	Ginseng (All Types)
Swerve® Sweetener	Cinnamon	Goldenseal
Tapioca Dextrose	Cinnamon, Ceylon	Grapefruit Seed Extract
Xylitol	Cloves	Gymnema Silvestre
	Cloves, Madagascar	Herbs De Provence
Herbs & Spices	Cloves, Penang	Hickory
Allspice	Cramp Bark Extract	Himalayan Salt
Allspice Almond Flavor (natural, gluten free)	Cramp Bark Extract Cream of Tartar	Himalayan Salt  Jamaican Jerk
Almond Flavor (natural, gluten		
Almond Flavor (natural, gluten free)	Cream of Tartar	Jamaican Jerk
Almond Flavor (natural, gluten free)  Anise  Applegate® organic	Cream of Tartar Cumin	Jamaican Jerk  Juniper Berry
Almond Flavor (natural, gluten free)  Anise  Applegate® organic chicken/apple sausage	Cream of Tartar  Cumin  Curcumin	Jamaican Jerk  Juniper Berry  Lavender  Lemon Balm (Melissa
Almond Flavor (natural, gluten free)  Anise  Applegate® organic chicken/apple sausage  Ashwaganda	Cream of Tartar  Cumin  Curcumin  Curry (must be GF)	Jamaican Jerk  Juniper Berry  Lavender  Lemon Balm (Melissa Officinalis)
Almond Flavor (natural, gluten free)  Anise  Applegate® organic chicken/apple sausage  Ashwaganda  Astragalus	Cream of Tartar  Cumin  Curcumin  Curry (must be GF)  Dandelion Root	Jamaican Jerk  Juniper Berry  Lavender  Lemon Balm (Melissa Officinalis)  Lemon Pepper
Almond Flavor (natural, gluten free)  Anise  Applegate® organic chicken/apple sausage  Ashwaganda  Astragalus  Basil	Cream of Tartar  Cumin  Curcumin  Curry (must be GF)  Dandelion Root  Dill	Jamaican Jerk  Juniper Berry  Lavender  Lemon Balm (Melissa Officinalis)  Lemon Pepper  Lemongrass

Marjoram	Red Pepper Flake	White Willow Bark Extract
Mesquite	Rose Hips	Wintergreen
Milk Thistle	Rosemary	Wormwood
Mint	Saffron	
Mustard (as a Powder)	Sage	Milk-Containing Foods
Mustard Seeds (gluten free)	Saw Plametto	Chocolate, Milk
Nutmeg	Sesame Seeds	Chocolate, White
Olive Leaf Extract	Sesame Seeds, Black	
Orange Salt	Spearmint	Legumes & Pulses
Oregano	St. John's Wort	Bean, Azuki
Paprika	Sumac	Bean, Black
Paprika (smoked)	Taco Seasoning	Bean, Butter
Paprika (smoked)  Parsley	Taco Seasoning  Tamari (Wheat Free)	Bean, Butter Bean, Cannellini
	, and the second	
Parsley Pepper, Black (see	Tamari (Wheat Free)	Bean, Cannellini
Parsley Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)  Tarragon	Bean, Cannellini Bean, Chana Dahl
Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne	Tamari (Wheat Free)  Tarragon  Thyme	Bean, Cannellini  Bean, Chana Dahl  Bean, Chili
Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tamari (Wheat Free)  Tarragon  Thyme  Tomatillo	Bean, Cannellini  Bean, Chana Dahl  Bean, Chili  Bean, Green
Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan	Tamari (Wheat Free)  Tarragon  Thyme  Tomatillo  Turmeric	Bean, Cannellini  Bean, Chana Dahl  Bean, Chili  Bean, Green  Bean, Italian
Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan	Tamari (Wheat Free)  Tarragon  Thyme  Tomatillo  Turmeric  Uva Ursi	Bean, Cannellini  Bean, Chana Dahl  Bean, Chili  Bean, Green  Bean, Italian  Bean, Kidney
Parsley Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Tamari (Wheat Free)  Tarragon  Thyme  Tomatillo  Turmeric  Uva Ursi  Valerian	Bean, Cannellini  Bean, Chana Dahl  Bean, Chili  Bean, Green  Bean, Italian  Bean, Kidney  Bean, Lima

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

Paulette Wohnoutka

Rice, Red (gluten free)	Caramel Coloring	Wheat (All Types)
Rice, White (gluten free)	Chewing Gum (has gluten and corn)	Wheat Grass (Is Gluten-contaminated)
Simple Mills - Everything Sprouted Seed Cracker	Coffee, Instant (has gluten)	
Simple Mills Ground Sea Salt Almond Crackers	Couscous	Corn-Derived Foods
Simple Mills Rosemary & Sea Salt Crackers	Crab, Immitation	Barbeque Sauce, GF Annie's® Sweet & Spicy
Simple Mills Tomato & Basil Almond Crackers	Durum Wheat	Cheese, Daiya (Coconut,Tapioca,yeast,Â)
Sorghum	Farro	Cheese, Soy (Organic) (see Soy)
Tapioca	Gluten	Chewing Gum (has gluten and corn)
Tapioca Flour (gluten free)	Graham (wheat)	Corn (Gluten-free & Non-GMO)
Tapioca Starch (gluten free)	Kamut	Corn Gluten
Teff	Liquid Smoke (can have gluten)	Corn Meal (gluten free)
Tolerant Green Lentil & Pea Pasta	Maltodextrin (Barley-derived)	Corn Oil
Tolerant Red or Green Lentil Pasta	Oats	Corn Starch (gluten free)
Tortilla, Siete Almond	Oats, GF (not Certified) can have gluten	Corn, Blue
Tortilla, Siete Cassava & Coconut	Orzo	Corn, White
Tortilla, Siete Chia & Cassava	Panko	Erythritol (non-GMO)
	Polish Wheat	Fructose
Gluten-Containing Foods	Rye	GemWraps®, Sandwich Wrap (Carrot)
Barley	Semolina	Maltodextrin (Corn-based, non-GMO)
Barley Greens (may contain gluten)	Spelt	Sriracha Sauce Organicville gluten-free
Barley Juice (may contain gluten)	Teechino	Swerve® Sweetener
Bran	Triticale	Vegetable Oil

Xanthan Gum	Rice Protein Powder (gluten free)	Miscellaneous
	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Beverages & Protein Powders	Soy Protein (Organic)	Acai
Almond Milk, unsweetened (no tapioca)	Sparkling Water, unflavored	Agar Gum
Bone Broth Protein, Beef	Tea, Black	Antimony
Carrot Juice	Tea, Chamomile	Apricot
Coconut Kefir (No Tapioca, Carageenan)	Tea, Green	Arabic Gum
Coconut Milk(Native Forest or Natural Value)	Tea, Hibiscus	Baking Powder
Coconut Water (low sugar)	Tea, Oolong	Baking Soda (Arm & Hammer®)
Coffee	Tea, Ramon	Banana
Coffee Bean, Organic	Tea, Roobios	Beef broth (ImagineÅ® low sodium/GF)
Coffee, Instant (has gluten)	Tea, Unflavored	Bone Broth, Beef
Coffee, Instant (has gluten)  Collagen Protein (Powder)	Tea, Unflavored Tea, White	Bone Broth, Beef  Chewing Gum (has gluten and corn)
		Chewing Gum (has gluten and
Collagen Protein (Powder)	Tea, White	Chewing Gum (has gluten and corn)
Collagen Protein (Powder) Echinacea Tea	Tea, White Teechino	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (ImagineÅ® gf/low
Collagen Protein (Powder) Echinacea Tea Green Tea	Tea, White Teechino Water	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low sodium)
Collagen Protein (Powder)  Echinacea Tea  Green Tea  Hemp Protein (Powder)	Tea, White Teechino Water Yerba Matte Tea (Organic/Pure)	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (ImagineÄ® gf/low sodium)  Chicory Root
Collagen Protein (Powder)  Echinacea Tea  Green Tea  Hemp Protein (Powder)  Lemon Juice	Tea, White Teechino Water Yerba Matte Tea (Organic/Pure)	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low sodium)  Chicory Root  Cocoa Butter  Cocoa/Cacao (raw, pure, &
Collagen Protein (Powder)  Echinacea Tea  Green Tea  Hemp Protein (Powder)  Lemon Juice  Licorice Tea	Tea, White Teechino Water Yerba Matte Tea (Organic/Pure)	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (Imagine® gf/low sodium)  Chicory Root  Cocoa Butter  Cocoa/Cacao (raw, pure, & unsweetened)
Collagen Protein (Powder)  Echinacea Tea  Green Tea  Hemp Protein (Powder)  Lemon Juice  Licorice Tea  Lime Juice	Tea, White Teechino Water Yerba Matte Tea (Organic/Pure)	Chewing Gum (has gluten and corn)  Chewing Gum, Xylichew®  Chicken Broth (ImagineÅ® gf/low sodium)  Chicory Root  Cocoa Butter  Cocoa/Cacao (raw, pure, & unsweetened)  Coconut Aminos®

Garam Masala		Red Chili Paste Thai KitchenA® (gluten free)
GemWraps®, Sandwich Wrap (Carrot)		Red Tomato Paste (gluten free)
GemWraps®, Sandwich Wrap (Kale-Apple)		Rice Starch (if certified gluten free)
GemWraps®, Sandwich Wrap (Mango/Chipotle)		Silver
GemWraps®, Sandwich Wrap (Tomato)		Skinny CrispsÅ® (Plain Jane)
Glucomannon Flour (konjacfoods.com)		Tamari (Wheat Free)
Great Lake's® Beef Gelatin		Tofu (Organic)
Guar Gum		Tomato Paste (gluten & Vinegar-free)
Hops		Tomato Sauce (gluten & Vinegar-free)
Inulin		Tragacanth Gum
Julian Bakery Paleo Wraps		Vegetable broth (ImagineĂ® Low Sodium)
Konjac Glucomannon Flour		Vegetable Oil
		Vegetable Shortening (Spectrum®)
Lard (pork)	ᄖ	vegetable offortering (opectrum/w)
Lard (pork) Latex		Xanthan Gum
	⊔;  □ 	
<b>Latex</b> Liquid Aminos (Braggs®)(has		
Latex Liquid Aminos (Braggs®)(has Soy)		Xanthan Gum
Latex  Liquid Aminos (BraggsÅ®)(has Soy)  Locust Bean Gum		Xanthan Gum Snacks
Latex  Liquid Aminos (BraggsÅ®)(has Soy)  Locust Bean Gum  Lycopene		Xanthan Gum  Snacks  Dates  Simple Mills Chocolate Chip
Latex  Liquid Aminos (BraggsÅ®)(has Soy)  Locust Bean Gum  Lycopene  Maltodextrin (Barley-derived)		Xanthan Gum  Snacks  Dates  Simple Mills Chocolate Chip
Latex  Liquid Aminos (BraggsÅ®)(has Soy)  Locust Bean Gum  Lycopene  Maltodextrin (Barley-derived)  Modified Food Starch  Modified Food Starch		Xanthan Gum  Snacks  Dates  Simple Mills Chocolate Chip