



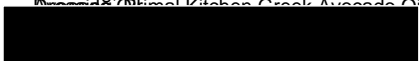
















Beverages & Protein Powders	Milk, Soy (Organic)	Condiments
	Mineral Water	Apple Cider Vinegar (Bragg's®)
Apple Juice	Orange Juice	
Beer	Pea Protein	
Carrot Juice	Rice Protein Powder (gluten free)	Balsamic vinegar (with Red wine vinegar)
	Soy Milk/Soy Cheese (Organic)	Balsamic vinegar (Caramel/Red w. Balsamic Vinegar/Caramel/Red W. Vinegar)
	Soy Protein (Organic)	Berkshire Spring GF Apple®
Carageenan (No Tapioca, Carageenan)	Sparkling Water, unflavored	
	Tea, Black	
Coconut Milk (Native Forest of Madagascar)	Tea, Chamomile	
Coconut Water (low sugar)	Tea, Green	
Coffee	Tea, Oolong	
Coffee, Instant (has gluten)	Tea, Ramon	
Collagen Protein (Powder)	Tea, Roobios	
Echinacea Tea	Tea, unflavored/caffeine-free only	
Grapefruit Juice	Tea, White	
Green Tea	Teechino	
Hemp Protein (Powder)	Water	
Kombucha Tea	Wine, Red	
Lemon Juice	Wine, White (Champagne)	megamaze soy-free (follow your heart)
Licorice Tea	Yerba Matte Tea (Organic/Pure)	vinegar
Lime Juice	Coffee Bean, Organic	vinegar, Distilled
Milk, Cow		vinegar, Italian
Milk, Goat		Vinegar, Red Wine
Milk, Sheep		

Vinegar, Rice	Corn, Blue	Cod/ Cod Liver Oil
Vinegar, White	Corn, White	Corvina
Vinegar, White Wine	Corn Gluten	Crab
	Corn Meal (gluten free)	Crayfish
	Corn Oil	Flounder
Glutathione Organicville gluten-free	Corn Starch (gluten free)	Haddock
Tabasco Sauce	Erythritol (non-GMO)	Hake
	Fructose	Halibut
Dressing, Primal Kitchen Green		Herring
		Lobster
Dressing, Primal Kitchen Honey	Maple Syrup (Corn-based, non-GMO)	Mackerel
	Swerve® Xylitol	Mahi Mahi
	Vegetable Oil	Mussel
	Xanthan Gum	Orange Roughy
	Yogurt (See Xanthan Gum)	Oyster
BodyPro Almond Mayo with Yacon Syrup		Perch
BodyPro Avocado Oil Mayonnaise	Sriracha Sauce Organicville	Red Snapper
	Glutathione Organicville gluten-free	Salmon, wild (fresh)
		Sardines
Corn Derived Feeds	Fish & Shellfish	Scallop
		Shrimp
Barbecue Sauce, GF Apple®	Anchovy	Sole
	Bass	
	Catfish	
	Chilean Sea Bass	
Chewing Gum (has gluten and corn)	Clam	
Corn (Gluten-free & Non-GMO)		

Squid	Cranberry	Lemon
Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
Fruits	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit

Peach	Apricot	Liquid Smoke (can have gluten)
Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum		Polish Wheat
Pomegranate		Rye
Pomelo	Barley (not safe for Gluten-Sensitive)	Semolina
Prune	Beer	Soy Sauce
Quince	Bran	Spelt
Raisin (unsulfured, organic)	Bread	Teechino
Raspberry	Brown Rice Syrup (contains MSG/MiS) (contains MSG/Chitosan)	Teriyaki Sauce
Star Fruit	Caramel Coloring	Triticale
Strawberry	Cheese, Blue	Vinegar
Tamarind	Chewing Gum (has gluten and corn)	Vinegar, Malt
Tangelo	Coffee, Instant (has gluten)	Vinegar, White
Tangerine	Couscous	Wheat (All Types)
Watermelon	Durum Wheat	
Wolfberry	Farro	Crab Cakes (has gluten-contaminated)
Youngberry	Gluten	Crab, Immitation
Banana	Graham (wheat)	
	Kamut	

Gluten-Free Grains	Millet	
Almond Flour (gluten free)	Oats	Sorghum
Amaranth		Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)		Tapioca
Buckwheat	Quinoa (Not For Gluten Sensitive)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Flour (gluten free)	Tapioca Starch (gluten free)
Chicory Root	Potato Starch (gluten free)	Teff
Coconut Meal (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava
	Rice, Brown (gluten free)	
	Rice, Japonica (gluten free)	Simple Mills Creamy Unsweetened Seed Cracker
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	Coconut Flour (gluten free)
Garbanzo Flour	Rice, White (gluten free)	Arrowroot Flour/powder
	Rice, Wild (Longberg) - not the same as the one in the book	
	Rice Bran	
	Rice Flour (gluten free)	
	Rice Protein Powder (gluten free)	
	Simple Mills Cream Sea Salt Almond	
	Simple Mills Rosemary & Sea Salt Crackers	

Herbs & Spices

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

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

Miso	Applegate® organic roast beef	Pheasant
Pea, Snap		Pork, (organic)
Pea, Snow		Quail
Pea, Split	Applegate® organic chicken/apple sausage	Rabbit
Peanut (Organic, Valencia)	Applegate® organic red pepper	Turkey (organic)
	Applegate® organic spinach & feta	Veal (organic)
		Venison (see also Deer)
Peanut Oil (Organic)		
Red Bean Paste		
Soy Beans (must be organic)	Applegate® organic smoked turkey breast	Milk-Containing Foods
Soy Beans Oil (must be organic)	Applegate® organic turkey	
Vanilla Bean	Applegate® organic turkey bacon	Butter, Raw and Pasture-raised
Vanilla Powder	Deer, Grass-fed only (organic)	Buttermilk
White Beans	Duck (see also Dindon)	Casein
Coffee Bean, Organic	Durano (see also Dison)	Cheese, American
	Smoked Brisket (Applegate® yellow sodium)	Cheese, Asiago
Meat & Poultry	Chicken, free range (organic)	Cheese, Bleu
Applegate® organic bacon	Deer (see also Venison)	Cheese, Brie
	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Lamb (organic)	Cheese, Cream
Applegate® organic ham	Lard (pork)	Cheese, Goat
	Ostrich	Cheese, Gorgonzola
Applegate® organic hot dogs		

Cheese, Gouda	Lactoalbumin	
Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Marscapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	
Cheese, Parmesan		
Cheese, Pecorino	Whey	
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	
Cheese, Ricotta	Cheese, Feta	
Cheese, Romano		
Cheese, Provolone	Miscellaneous	
Cheese, Sheep	Antimony	
Cheese, String (Mozzarella)	Arabic Gum	
Cheese, Swiss	Baking Powder	
Chocolate, Milk	Baking Soda (Arm & Hammer®)	
Chocolate, White		
Cream, Raw and Unpasteurized		
Ghee (Pasture-Raised, Organic)	Carrageenan Gum	
Goat Cheese	Chewing Gum (has gluten and corn)	
Goat Kefir	Chewing Gum, Xylite®	
Kefir, Raw		
	Chicory Root	
		Malt

	Latex	BodyPro Avocado Oil Mayonnaise
Palm Wax	Formaldehyde	
Pycnogenol	Acacia Gum	Nuts, Seeds, Drupes & Oils
	Tragacanth Gum	Almond
(Garden of Eatin' KitchenAid (gluten free))	Blue Food Dye	Almond Butter (Artisana®)
Red Tomato Paste (gluten free)	Skinny Crisps® (Plain Jane)	Almond Flavor natural, gluten free)
Resveratrol	Red Food Dye	Almond Flour (gluten free)
Sherry Vinegar	Cocoa Butter	Almond Meal (gluten free)
Silver	Agar Gum	Almond, Marcona
Tamari (Wheat Free)		Annatto Seed
Tofu (Organic)	Non-Dairy & Eggs	Brazil Nut
		Canola/Rapeseed Oil
Tomato Paste (gluten & wheat free)		Caraway Seed
		Cashews
Tomato Sauce (gluten & wheat free)	Almond Yogurt, unsweetened	Cashew Butter
	(Cashew, Dairy, Eggs, Tapioca, yeast, A....)	Cashew Meal
	Cheese, Soy (Organic) (see Soy)	Chestnut
	Coconut Oil (No Tapioca, Coconut Milk, No Tapioca, Coconut Oil)	Chia Seed (1/4 cup, max)
	Coconut Milk/Not in Forest or	Coconut Butter
		Coconut Oil
		Cola Nut (aka Kola Nut)
Yeast, Nutritional	Milk, Soy (Organic)	

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	Snacks
Grapeseed Oil, Organic	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	
Hazelnut/Filbert		Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Powder)	Sacha Inchi Seeds	Sweeteners
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut Oil	Sesame Seeds, Black	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Butter	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lecithin	Chocolate, White
Olive Oil, Virgin	Sunflower Seed Oil	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortening (Spectrum®)	Honey, Manuka

Honey, Wildflower from Mahava®	Agave Nectar	Brussels Sprout
Just Like Sugar®	Coconut Sugar	Burdock
Lo Han		
	Vegetables	
	Aloe Vera	Cabbage, Green
Maltodextrin (Corn-based, non-GMO)	Artichoke (not pickled)	Cabbage, Purple
Maple Sugar	Arugula	Cactus (Nopales)
Maple Syrup (Grade A Pure Amber)	Asparagus	Capers
Melassae	Avocado	Capsicum
Monk Fruit	Avocado Oil	Carrot Juice
Nutroweet®	Bamboo Shoot	Carrot, Orange
Rebiana Leaf (Stevia)	Bean, Green	Carrot, Purple
Sorbitol	Bean Sprout	Carrot, White
Solenda	Beet	Carrot, Yellow
Sucanat	Beet Greens	Cassava (see Tapioca and Yucca)
Sugar Beet	Bell Pepper, Green	Cauliflower
Sugar Cane	Bell Pepper, Red	Cauliflower, Purple
Sweetleaf® Stevia	Bok Choy	Celery
Syrup® Xylitol	Broccoli	Chard
	Broccoli Rabe	Chayote
	Broccoli Sprouts	Coconut (raw and unsweetened)
	Broccolini	Coconut Concentrate
		Collard Greens
Sucralose		

Corn (Gluten-free & Non-GMO)	Mushrooms, Cremini/Crimini	Pepper, Serrano
Corn, Blue	Mushrooms, Maitake	Pickles, Bubbies® brand only
Corn, White	Mushrooms, Shiitake	Pimento
Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vinegar)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed

Spinach	Tomato, Red	Bell Pepper
Spirulina	Tomato, Roma	Bell Pepper, Yellow
Squash	Tomato, Sun-dried	Bell Pepper, Orange
Squash, Acorn	Tomato, Yellow	
Squash, Butternut	Truffle	
Squash, Green	Turnip Greens	
Squash, Spaghetti	Turnips	
Squash, Summer	Water Chestnut	
Squash, Winter	Watercress	
Squash, Yellow	Yams, Garnett	
Sugar Beet	Yams, Japanese	
Sweet Potato, Red	Yucca	
Sweet Potatoes, White	Zucchini	
Swiss Chard	Alfalfa Sprouts	
Tomatillo	Psyllium Husk	
	Onion, Green	
	Onion, Maui	
Vinegar Sauce (gluten & vinegar-free)	Onion, Red	
Tomato	Onion, Sweet	
Tomatoes, Big Beef	Onion, Yellow	
Tomato, Cherry	Chives	
Tomato, Heirloom	Shallots	
Tomato, Orange		