

## Vegetables

Aloe Vera	Brussels Sprout	Collard Greens
Artichoke (not pickled)	Burdock	Corn (Gluten-free & Non-GMO)
Arugula	Cabbage, Chinese (see also Bok	Corn, Blue
Asparagus	Cabbage, Green	Corn, White
Avocado	Cabbage, Purple	Cucumber
Avocado Oil	Cactus (Nopales)	Daikon Radish
Bamboo Shoot	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	Carrot Juice	Eggplant
Beet	Carrot, Orange	Endive
Beet Greens	Carrot, Purple	Fennel
Bell Pepper	Carrot, White	Garlic
Bell Pepper, Green	Carrot, Yellow	Hearts of Palm
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Red	Cauliflower	Jicama
Bell Pepper, Yellow	Cauliflower, Purple	Kale, all types
Bok Choy	Celery	Kelp/Dulse
Broccoli	Chard	Kohlrabi
Broccoli Rabe	Chayote	Kombu
Broccoli Sprouts	Chives	Leeks
Broccolini	Coconut (raw and unsweetened)	Lettuce, all types
	Coconut Concentrate	Mushrooms

Mushrooms, Button	Pepper, Chili	Rhubarb
Mushrooms, Cremini/Crimini	Pepper, Green	Rutabaga
Mushrooms, Maitake	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Mushrooms, Shiitake	Pepper, Jalapeño	Scallions
Mustard Greens	Pepper, Poblano	Sea Vegetables
Nori	Pepper, Red	Seaweed
Okra	Pepper, Serrano	Shallots
Olives (without vinegar)	Pickles, Bubbies® brand only	Spinach
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

Tomato Paste (gluten &	<b>Fruits</b>	Goji Berry
Tomato Sauce (gluten &	Acai	Golden Berry
Tomato	Agar Gum	Gooseberry
Tomatoes, Big Beef	Apple (all types)	Grape
Tomato, Cherry	Apple Cider	Grape, Green
Tomato, Heirloom	Apple Juice	Grape, Purple
Tomato, Orange	Apple Sauce	Grape, Red
Tomato, Red	Bilberry	Grape, White
Tomato, Roma	Blackberry	Grapefruit
Tomato, Sun-dried	Blueberry	Grapefruit Juice
Tomato, Yellow	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
Yams, Japanese	Date(s)	Lemon Rind/Peel
Yucca	Dragon Fruit (Pitaya)	Lime
Zucchini	Dried Fruit	Lime Juice
Alfalfa Sprouts	Elderberry	Litchi (aka Lychee)
Psyllium Husk	Fig	Loganberry

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

		Legumes & Pulses
Hazelnut/Filbert	Safflower/Safflower Seed Oil	
Hemp Meal	Sacha Inchi Seeds	Bean, Azuki
Hemp Protein (Powder)	Sesame Seed Oil	Bean, Black
Hemp Seed	Sesame Seeds	Bean, Butter
Hydrogenated Oils	Sesame Seeds, Black	Bean, Cannellini
Macadamia Nut Oil	Sunflower Seed Butter	Bean, Chana Dahl
Macadamia Nuts	Sunflower Seed Lecithin	Bean, Chili
Olive Leaf Extract	Sunflower Seed Oil	Bean, Green
Olive Oil, Virgin	Sunflower Seeds	Bean, Italian
Palm Kernel Oil	Tahini	Bean, Kidney
Pecan	Tea, Ramon	Bean, Lima
Pecan Flour	Tiger Nuts	Bean, Mung
Pepitas	Vegetable Oil	Bean, Navy/Ninja
Pili Nuts	Vegetable Shortening (Spectrum®)	Bean, Pinto/Frijole
Pine Nut	Walnut (few)	Bean, Red (see also Bean, Kidney)
Pistachios	Walnut Oil	Chickpea (see also Garbanzo
Poppy seeds	Walnut, Black (few)	Edamame (must be organic)
Pumpkin Oil	Almond	Fava Bean
Pumpkin Seed Oil	Psyllium Husk	Fava Bean Flour
Pumpkin Seeds		Garbanzo Bean
Ramon Seeds		Garbanzo Flour
Rice, Wild (Lundberg® - not the		Lentil(s)

Miso

Crab

Swordfish

Pea, Snap

Crayfish

Tilapia (Non-farmed)

Pea, Snow

Flounder

Trout

Pea, Split

Haddock

Tuna

Peanut (Organic, Valencia)

Hake

Walleye Pike

Peanut Butter (Organic,

Halibut

Whitefish/Turbot

Peanut Oil (Organic)

Herring

Crab, Immitation

Red Bean Paste

Lobster

Soy Beans (must be organic)

Mackerel

**Meat & Poultry**

Soy Beans Oil (must be organic)

Mahi Mahi

Applegate® organic bacon

Vanilla Bean

Mussel

Applegate® organic black forest

Vanilla Powder

Orange Roughy

Applegate® organic chicken

White Beans

Oyster

Applegate® organic ham

Perch

Applegate® organic herb roasted

**Fish & Shellfish**

Red Snapper

Applegate® organic hot dogs

Anchovy

Salmon, wild (fresh)

Applegate® organic roast beef

Bass

Sardines

Applegate® organic andouille

Catfish

Scallop

Applegate® organic chicken/apple

Chilean Sea Bass

Shrimp

Applegate® organic red pepper

Clam

Sole

Applegate® organic spinach &amp; feta

Cod/ Cod Liver Oil

Squid

Applegate® organic sausage sweet

Corvina

Swai

Applegate® organic smoked

Applegate® organic smoked turkey

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken Broth (Imagine® gf/low

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb (organic)

Lard (pork)

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture

Egg, Whites, Pasture-raised

Egg, Yolks Pasture-raised

Milk, Soy (Organic)

Sriracha Sauce Organicville

Egg

**Condiments**

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella

Balsamic Vinegar (with Red Wine

Balsamic Vinegar (Caramel/Red W.

Barbeque Sauce, GF Annie's®

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

BodyPro Avocado Oil Mayonnaise

Carob

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Greek

Dressing, Primal Kitchen Honey

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter

Horseradish Sauce, Gluten-free

Hummus

Ketchup (Organicville)

Mayonnaise

Mayonnaise, Primal Kitchen

Mayonnaise, Primal Kitchen

Mustard, Brown (Eden® gf

Sauerkraut (Bubbies® Brand only)

Sriracha Sauce Organicville

Ume Plum Vinegar

Veganise Soy-free (Follow Your

Vinegar

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Lo Han

Maltodextrin (Can be

Maltodextrin (Corn-based,

Maple Sugar

Maple Syrup (Grade A Dark Amber

Molasses

Monk Fruit

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Xyla (Birchwood Xylitol/non-corn

Yacon Syrup

**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

**Sweeteners**

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B

BodyPro Almond Mayo with Yacon

Brown Rice Syrup (contains

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)



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
Garlic	Liquid Smoke (can have gluten)	Pepper/Peppercorns
Garlic Pepper	Liquid Smoke gluten free (natural)	Pepper/Peppercorns, Szechuan
Garlic Powder	Maca Root	Pepper, Red
Garlic Salt	Mace Spice	Peppermint
Ginger	Marjoram	Pine Bark Extract
Ginkgo Biloba	Mesquite	Red Chili Paste Thai Kitchen®
Ginseng (All Types)	Milk Thistle	Red Pepper Flake
Goldenseal	Mint	Rosemary
Grapefruit Seed Extract	Mustard (as a Powder)	Saffron
Grapeseed Extract	Mustard Seeds (gluten free)	Sage
Guarana	Nutmeg	Saw Plametto
Gymnema Silvestre	Olive Leaf Extract	Sesame Seeds

Sesame Seeds, Black	<b>Milk-Containing Foods</b>	Cheese, Raw and Pasture-raised
Shallots	Applegate® organic spinach & feta	Cheese, Ricotta
Spearmint	Butter, Raw and Pasture-raised	Cheese, Romano
St. John's Wort	Buttermilk	Cheese, Provolone
Taco Seasoning	Casein	Cheese, Sheep
Tamari (Wheat Free)	Cheese, American	Cheese, String (Mozzarella)
Tarragon	Cheese, Asiago	Cheese, Swiss
Thyme	Cheese, Bleu	Chocolate, Milk
Tomatillo	Cheese, Brie	Chocolate, White
Turmeric	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Uva Ursi	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Valerian	Cheese, Cream	Goat Cheese
Vanilla (gluten and corn-free)	Cheese, Goat	Goat Kefir
Vanilla Bean	Cheese, Gorgonzola	Kefir, Raw
Vanilla Powder	Cheese, Gouda	Lactoalbumin
White Willow Bark Extract	Cheese, Havarti	Milk Chocolate
Wintergreen	Cheese, Machego	Milk, Cow
Rose Hips	Cheese, Marscapone	Milk, Goat
	Cheese, Mozzarella (Raw)	Milk, Sheep
	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and
	Cheese, Pecorino	Whey

Yogurt (See Xanthan Gum)

Cheese, Feta

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

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

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

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)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills Grnd Sea Salt Almond

Simple Mills Rosemary &amp; Sea Salt

Simple Mills Tomato &amp; Basil

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

Simple Mills

Corn Meal (gluten free)

**Gluten-Containing Foods**

Barley

Barley Greens (Not for

Barley Juice (Not for

Beer

Bran

Bread

Brown Rice Syrup (contains

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is

Crab, Immitation

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®

Cheese, Cream

Cheese, Daiya

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and

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

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap

Maltodextrin (Corn-based,

Sriracha Sauce Organicville

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**

Almond Milk, unsweetened (no

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca,

Coconut Milk(Native Forest or

Coconut Water (low sugar)

Coffee Bean, Organic

Coffee

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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/cafeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

**Miscellaneous**

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm &amp; Hammer®)

Beef broth (Imagine® low

Carrageenan Gum

Chewing Gum (has gluten and

Chewing Gum, Xylitew®

Chicken Broth (Imagine® gf/low

Chicory Root

Cocoa/Cacao (raw, pure, &amp;

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

GemWraps®, Sandwich Wrap

Glucomannon Flour

Great Lake's® Beef Gelatin	Tamari (Wheat Free)
Guar Gum	Tofu (Organic)
Hops	Tomato Paste (gluten &
Julian Bakery Paleo Wraps	Tomato Sauce (gluten &
Julian Bakery Almond Bread	Tagacanth Gum
Julian Bakery Coconut Bread	Vegetable broth (Imagine® Low
Konjac Glucomannon Flour	Vegetable Oil
Lard (pork)	Vegetable Shortening (Spectrum®)
Liquid Aminos (Braggs®)(has Soy)	Vinegar, Red Wine
Locust Bean Gum	Vinegar, Rice
Lycopene	Vinegar, White Wine
Malt	Xanthan Gum
Maltodextrin (Can be	Yeast, Baker's
Palm Wax	Yeast, Brewer's
Pycnogenol	Yeast, Nutritional
Red Chili Paste Thai Kitchen®	Latex
Red Tomato Paste (gluten free)	Formaldehyde
Resveratrol	Red Dye
Sherry Vinegar	Acacia Gum
Silver	Ispaghula/Psyllium
Skinny Crisps®(Plain Jane)	
Tagacanth Gum	