



Approved Food List

Keto With Crystal

PROTEIN:

- Whole eggs
- Chicken
- Turkey
- Duck
- Pheasant
- Goose
- Hen
- Quail
- Ground beef
- Steak
- Pork
- Bacon
- Lamb
- Veil
- Venison
- Buffalo
- Jerky
- Goat
- Sausage
- Ham
- Pepperoni
- Pastrami
- Proscuitto
- Bacon
- Salmon
- Tuna
- Bass
- Catfish
- Cod
- Anchovy
- Sardines
- Trout
- Mackerel
- Flounder
- Grouper
- Halibut
- Sole
- Mahi-Mahi
- Perch

DAIRY:

- Butter
- Heavy whipping cream
- Cream cheese
- Cottage cheese
- Cheese

SWEETENERS:

- Stevia
- Erythritol
- Xylitol
- Monk fruit
- Truvia
- Swerve

- Scallops
- Lobster
- Crab
- Shrimp
- Crawfish
- Octopus
- Squid
- Eel
- Clams
- Mussels
- Oysters

VEGETABLES:

- Broccoli
- Spinach
- Cauliflower
- Salad greens
- Cabbage
- Green beans
- Celery
- Bell Peppers
- Cucumbers
- Zucchini
- Bok choy
- Mushrooms
- Pickles
- Saurkraut
- Yellow squash
- Brussel sprouts
- Carrots
- Onions
- Tomatoes
- Eggplant
- Asparagus
- Kale
- Bean sprouts

FRUITS:

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Avocados
- Olives
- Lemons
- Limes

FATS & OILS:

- Coconut oil
- Coconut butter
- Olive oil
- Ghee
- Lard
- Tallow
- Duck fat
- Avocado oil
- Macadamia oil
- Butter
- Sesame oil
- Flaxseed oil
- Cocoa Butter
- MCT oil
- Mayo
- Sour cream





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NUTS & SEEDS:

- Almonds
- Macadamia
- Walnuts
- Pecans
- Hazelnuts
- Cashews
- Pili nuts
- Pine nuts
- Hemp seeds
- Brazil nuts
- Pistachios
- Peanuts
- Coconut
- Sunflower seeds
- Pumpkin seeds
- Sesame seeds
- Chia seeds
- Flax seeds

NUT BUTTERS

- Almond butter
- Peanut butter
- Cashew butter
- Pecan butter
- Coconut Butter
- Sunflower seed butter

NUT FLOURS:

- Almond flour
- Coconut flour
- Hazelnut flour
- Macadamia flour
- Sunflower seed flour
- Chia flour
- Flax meal

CONDIMENTS & SPICES

- | | | | |
|------------------------|---------------------|-------------------|-------------------|
| • Ranch dressing | • Nutritional yeast | • Oregano | • Turmeric |
| • Italian dressing | • Salt | • Thyme | • Curry powder |
| • Caesar dressing | • Pepper | • Rosemary | • Coriander |
| • Blue cheese dressing | • Garlic | • Basil | • Cardamom |
| • Vinaigrette dressing | • Onion | • Dill | • Clove |
| • Worcestershire sauce | • Radish | • Chives | • Nutmeg |
| • Apple cider vinegar | • Paprika | • Parsley | • Ginger |
| • Mayonnaise | • Cumin | • Cilantro | • Chili flake |
| • Ketchup | • Cayenne | • Cocoa powder | • Chili powder |
| • Mustard | • Cinnamon | • Flavor extracts | • White pepper |
| • Sriracha | | | • Cream of tartar |
| • Hot sauce | | | |
| • Soy sauce | | | |
| • Tartar sauce | | | |
| • Salsa | | | |
| • Hummus | | | |

BEVERAGES:

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|----------|-------------------|-------------------|
| • Water | • Almond milk | • Almond milk |
| • Coffee | • Coconut milk | • Coconut milk |
| • Tea | • Macadamia milk | • Sparkling water |
| • Broth | • Sparkling water | |

