

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

## BEVERAGES:

- Water
- Coffee
- Tea
- Broth
- Almond milk
- Coconut milk
- Macadamia milk
- Sparking water

