

3 WAYS TO SAVE MONEY ON HEALTH FOOD

1. Consider purchasing online

Most of the healthy food products and supplements mentioned within Keto Crush can be purchased online at discounted prices through the following websites:

[http:// www. vitacost.com](http://www.vitacost.com)

[http:// www. thrivemarket.com](http://www.thrivemarket.com)

[http:// www. butcherbox.com](http://www.butcherbox.com)

2. Consider a Meal Delivery Service

If you're looking to save money AND time, check out:

[http:// www. ketonedbodies.com](http://www.ketonedbodies.com)

Ketoned Bodies focuses on creating and delivering keto meals in the most eco-friendly way possible. They source their ingredients from farms that practice regenerative agriculture (which is better for the environment, and better for you). Meals are delivered frozen (just heat and enjoy).

3. Consider the Dirty Dozen + Clean Fifteen

Ever heard of the Dirty Dozen or Clean Fifteen?

When purchasing produce it's extremely important to be conscientious of selecting organics. However, if you're on a budget you may want to take into consideration that not all produce is contaminated alike.

Some produce is inclined to retain residue and harbor pesticides, whereas others may be protected by an outer layer of skin or undergo less chemical exposure. When it comes to organics on a budget, spurge on the Dirty Dozen and pinch your pennies on the Clean Fifteen.

Dirty Dozen

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumber
5. Grapes
6. Peaches
7. Potatoes
8. Kale/Collard Greens
9. Spinach
10. Strawberries
11. Sweet Bell Peppers
12. Hot Peppers

Clean Fifteen

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| 1. Asparagus | 11. Kiwi |
| 2. Avocado | 12. Mango |
| 3. Cabbage | 13. Onions |
| 4. Cantaloupe | 14. Papaya |
| 5. Sweet Corn | 15. Sweet
Potato |
| 6. Eggplant | |
| 7. Grapefruit | |
| 8. Mushrooms | |
| 9. Pineapple | |
| 10. Sweet Peas
(frozen) | |