

RECIPE SUBSTITUTIONS

REPLACE THIS	FOR THAT
WHITE FLOUR	WHOLE WHEAT FLOUR
	ALMOND FLOUR/MEAL
	OAT FLOUR
	NUT FLOURS
	COCONUT FLOUR
	QUINOA FLOUR
	CHICK PEA FLOUR
	BLACK BEANS (RINSED AND DRAINED)
BUTTER & OILS	UNSWEETENED APPLESAUCE
	PURE PUMPKIN PUREE
	AVOCADO PUREE
	BANANA PUREE
	PRUNES
	DATES
BREADING	GROUND CEREAL (BROWN RICE CEREAL, FIBER ONE, GRAPE NUTS)
	ANY FLOUR SUBSTITUTION (LISTED ABOVE)
	GROUND FLAXSEED
SUGAR	STEVIA
CHOCOLATE CHIPS	CACOA NIBS
MILK CHOCOLATE	>70% DARK CHOCOLATE
REGULAR NUT BUTTER	NATURAL NUT BUTTER
REFRIED BEANS	BLACK BEANS
	PINTO BEANS
	ANY WHOLE BEAN
WHITE BREAD	SPROUTED WHOLE WHEAT
	PUMPERNICKLE
	RYE
	MULTI GRAIN
WHITE RICE	BROWN RICE
	WILD RICE
	QUINOA
	BARLEY
	CAULIFLOWER (GRATED & SAUTÉED)
COUSCOUS	QUINOA
	BARLEY
RICE KRISPIES	BROWN RICE CEREAL
WHITE PASTA	WHOLE WHEAT PASTA
	BROWN RICE PASTA
	QUINOA PASTA
	NO/LOW CARB OPTIONS:
	SHIRATAKI NOODLES
	ZUCCHINI RIBBONS
	SPAGHETTI SQUASH
WHITE POTATOES	YAMS
	SWEET POTATOES
	RED POTATOES
MASHED POTATOES	MASHED TURNIPS
	MASHED CAULIFLOWER
	MASHED SWEET POTATOS OR YAMS
WHITE FLOUR TORTILLAS	WHOLE GRAIN TORTILLAS
	ORGANIC CORN TORTILLAS
	CABBAGE OR LETTUCE LEAVES
REGULAR DEEP DISH PIZZA DOUGH	THIN CRUST DOUGH (WHOLE WHEAT OR GLUTEN FREE BETTER OPTIONS)
TORTILLA CHIPS	CORN CHIPS
	FLAX CHIPS
	KALE CHIPS
BUTTER POPCORN	ORGANIC FRESHLY POPPED POPCORN (WITH COCONUT OIL)
FRIED CHIPS	BAKED CHIPS OR CRACKERS
1 WHOLE EGG	2 EGG WHITES
DARK POULTRY	WHITE POULTRY
GROUND BEEF	GROUND BISON
	GROUND TURKEY
	GROUND CHICKEN
CANNED BEANS	DRY BEANS
REGULAR DAIRY PRODUCTS	LOW FAT, NON FAT VERSIONS
REGULAR MILK	UNSWEETENED COCONUT MILK
	UNSWEETENED ALMOND MILK
REGULAR YOGURT	LOW FAT OR NON FAT GREEK YOGURT
SOUR CREAM	LOW FAT OR NON FAT GREEK YOGURT
REGULAR CHEESE	LOW FAT CHEESE
	ALMOND CHEESE
	NUTRITIONAL YEAST
MAYONNAISE	LOW FAT OR NON FAT GREEK YOGURT
	HUMMUS
SOUR CREAM	LOW OR NON FAT COTTAGE CHEESE
	LOW OR NON FAT GREEK YOGURT
ICE CREAM	FROZEN YOGURT
CANNED FRUIT & VEGGIES	FROZEN OR FRESH FRUIT & VEGGIES
ICEBERG LETTUCE	ARUGULA, ROMAINE, SPINACH, MIXED GREENS OR KALE
FRUIT JUICE	FRESH FRUIT
DRIED FRUIT	FRESH FRUIT
EGG YOLKS (IN DEVILED EGGS)	YELLOW CAULIFLOWER PUREE
SALT	GARLIC POWDER
	SEA SALT
REGULAR SOY SAUCE	LOW SODIUM SOY SAUCE
	BRAGG'S LIQUID AMINOS
	TAMARI SAUCE
REGULAR STORE BOUGHT SALAD DRESSING	HOMEMADE SALAD DRESSING (OIL AND VINEGAR WORKS GREAT)
REGULAR CHICKEN BROTH	LOW SODIUM CHICKEN OR VEGETABLE BROTH
SODA	SELTZER WATER WITH CITRUS SLICE
REGULAR TEAS OR JUICE	UNSWEETENED TEAS
CAFÉ LATTE	CAFÉ AMERICANO
WHITE WINE	RED WINE
DARK LIQUOR	CLEAR LIQUOR
TONIC WATER	SODA WATER
DEEP FRYING	OVEN OR PAN FRYING, BROIL OR STEAM