



# Swap Sheet

Swap this....

...for this



All oils



Processed white sugar



Processed grains (unorganic wheat)



Beverages: soda, beer, coffee



Pasta



Meat



Cheese



Egg



Milk



1:1 Pureed pumpkin, applesauce, banana, 1:1 water (sautéing)



Monk fruit (1/3 C per cup of sugar), Stevia (1 tsp per cup sugar)



Kamut flour, einkorn flour, almond flour, organic brown rice



Zevia, carbonated water, green tea, organic black coffee



Spiralized zucchini, spaghetti squash, organic gluten free options



Diced potato, jackfruit, beans, organic tofu



Nutritional yeast, avocado, soaked and pureed cashews



1/4 C carbonated water OR 1/4 cup mashed banana OR 1 Tbsp flaxseed meal w/ 3 Tbsp water



Almond, oat, other nut milks w/o carrageenan