

EAT THIS, NOT THAT: SWAP LIST

EAT THIS, NOT THAT!

Week 4 Goal: Avoid as much 'white stuff' as possible. Start making swaps and finding new, healthier options. We know some of the healthier options may still have sugar, however, they are much better options and will reduce 'white' sugar quite a bit overall.

Here is a quick reference for some healthy swaps to help you minimize and replace common 'white stuff'. Share with us your swaps!

Instead of...	Try this...
 Ranch dressing	 0% plain greek yogurt + dry Hidden Valley Ranch seasoning 0% plain greek yogurt + ranch popcorn seasoning
 Pizza Crust	 Cauliflower or veggie crust
 Mashed Potatoes	 Mashed cauliflower, mashed sweet potato
 Cereal	 whole oats
 Pasta	 Spiralled veggies. "Healthy Noodles" from Costco
 White bread, tortillas, buns	 Lettuce wraps, gluten free or sprouted wraps & bread
 Milk, Coffee Creamers	 Almond milk, cashew milk, coconut milk, protein powder
 Ice Cream	 Halo Top, Enlightened
 White Rice	 Cauliflower rice, brown rice, quinoa, lentils
 White potatoes	 Sweet potatoes, beets, squash
 Ketchup	 Siracha, Chulula, 0 sugar BBQ sauce, Salsa
 Chocolate candies	 Dark chocolate, sugar free choc pudding, JoJo Bars
 Sauces and other dressings	 Lemon juice, salsa, avocado, vinegar, crushed veggies Light dressings like Bolthouse, Skinny Girl, Dan Pancho
 Syrup/Coffee add ins	 skinnymixes.com, stevia, spices like cinnamon, nutmeg