



REPLACE THIS... FOR THAT

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FOR THAT

WHITE FLOUR	WHOLE WHEAT FLOUR ALMOND FLOUR/MEAL OAT FLOUR NUT FLOURS COCONUT FLOUR QUINOA FLOUR BLACK BEANS (RINSED AND DRAINED) – in brownies
BUTTER & OILS	UNSWEETENED APPLESAUCE 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 CAROB NIBS
MILK CHOCOLATE	>70% DARK CHOCOLATE

DISCOVER YOUR INNER FIRE



REGULAR NUT BUTTER	NATURAL NUT BUTTER
REFRIED BEANS	WHOLE BLACK BEANS WHOLE PINTO BEANS
WHITE BREAD	WHOLE WHEAT PUMPERNIKLE RYE SPROUTED (EZEKIEL)
WHITE RICE	BROWN RICE WILD RICE QUINOA BARLEY CAULIFLOWER (Grated & Sautéed)
COUSCOUS	QUINOA BARLEY
RICE CRISPIES	BROWN RICE CEREAL
WHITE PASTA	WHOLE WHEAT PASTA BROWN RICE PASTA QUINOA PASTA SHIRATAKI NOODLES (LOW CARB) ZUCCHINI RIBBONS (LOW CARB) SPAGHETTI SQUASH (LOW CARB)
WHITE POTATOES	YAMS SWEET POTATOES RED POTATOES
MASHED POTATOES	MASHED TURNIPS (LOW CARB) MASHED CAULIFLOWER (LOW CARB)

DISCOVER YOUR INNER FIRE



	MASHED SWEET POTATOS OR YAMS
WHITE FLOUR TORTILLAS	WHOLE GRAIN TORTILLAS CORN TORTILLAS CABBAGE OR LETTUCE LEAVES (LOW CARB)
REGULAR DEEP DISH PIZZA DOUGH	THIN CRUST DOUGH (WHOLE WHEAT BEST) CAULIFLOWER CRUST (LOW CARB) ZUCCHINI CRUST (LOW CARB)
TORTILLA CHIPS	CORN CHIPS FLAX CHIPS KALE CHIPS (LOW CARB)
BUTTER POPCORN	ORGANIC FRESHLY POPPED POPCORN WITH COCONUT OIL
FRIED CHIPS	BAKED CHIPS OR CRACKERS ALMOND CRACKERS
1 WHOLE EGG	2 EGG WHITES
DARK POULTRY	WHITE POULTRY
GROUND BEEF	GROUND BISON GROUND TURKEY
CANNED BEANS	DRY BEANS
REGULAR DAIRY PRODUCTS	LOW FAT, NON FAT VERSIONS
REGULAR MILK	UNSWEETENED COCONUT MILK ALMOND MILK
REGULAR YOGURT	GREEK YOGURT
SOUR CREAM	GREEK YOGURT

DISCOVER YOUR INNER FIRE



REGULAR CHEESE	LOW FAT CHEESE ALMOND CHEESE
MAYONNAISE	GREEK YOGURT HUMMUS
SOUR CREAM	NON FAT OR LOW FAT COTTAGE CHEESE GREEK YOGURT
ICE CREAM	FROZEN YOGURT
CANNED FRUIT & VEGGIES	FROZEN OR FRESH FRUIT & VEGGIES
ICEBURG LETTUCE	ARUGULA, ROMAINE, SPINACH OR KALE
FRUIT JUICE	FRESH FRUIT
DRIED FRUIT	FRESH FRUIT
EGG YOLKS (in deviled eggs)	YELLOW CAULIFLOWER PUREE
SALT	GARLIC POWDER
REGULAR SOY SAUCE	LOW SODIUM SOY SAUCE BRAGG'S LIQUID AMINOS
REGULAR STORE BOUGHT SALAD DRESSING	HOMEMADE SALAD DRESSING
REGULAR CHICKEN BROTH	LOW SODIUM CHICKEN BROTH
SODA	SELTZER WATER WITH CITRIS 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

DISCOVER YOUR INNER FIRE



BROIL	STEAM
BOIL	STEAM

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