



Food Plan Quick Reference: Food Swaps

Make almost any meal **Fresh & Full**: When you find these items in a cooking lesson or recipe, or on a menu, **SWAP IT!**

Breadcrumbs

- Chopped nuts (almonds, macadamia, pistachios, walnuts, pecans)

Bread/Burger Buns

- Cabbage leaves
- Lettuce leaves (butter, romaine)
- Portobello mushrooms

Canola/Vegetable oil

- Avocado oil
- Coconut oil
- Olive oil
- Peanut oil

Chips

- Chard
- Kale
- Zucchini

Corn

- Chopped snap peas
- Diced bell pepper (red, orange, yellow)
- Diced carrots
- Diced tomatoes

Croutons

- Baked cheese crisps
- Nuts & seeds (almond, sunflower, pumpkin, walnut)

Fruit, Higher Carb

(e.g pineapple or banana)

- Apples
- Berries (cherries, blueberries, raspberries, strawberries, blackberries)
- Pears

Grains

- Riced or finely chopped broccoli
- Riced or finely chopped carrots
- Riced or finely chopped cauliflower

Honey (in recipes)

- Orange juice (fresh squeezed)

Pasta, Hot

- Carrot noodles
- Parsnip noodles
- Shirataki noodles
- Spaghetti squash
- Summer squash noodles (yellow, zucchini)

Pasta, Cold

- Carrot noodles
- Cucumber noodles
- Jicama noodles
- Kelp noodles
- Parsnip noodles
- Summer squash noodles
- Turnip noodles

Pasta, Lasagna

- Eggplant strips or rounds
- Zucchini strips (cut lengthwise)

Potatoes, French Fries

- Baked carrot sticks
- Baked green beans
- Baked zucchini sticks

Potatoes, Mashed

- Mashed cauliflower
- Mashed parsnip
- Mashed turnip

Potatoes, Sweet

- Carrot

Sodas

- Cucumber water
- Fruit-infused water (lemon, lime, orange, berries)
- Iced tea, unsweetened (black, green, herbal)
- Sparkling water

Tortillas/Taco Shells

- Cabbage leaves
- Lettuce leaves (butter, romaine)

Flour

- Almond flour
- Coconut flour