

Clean Eating Swaps

Swap This  With This

Art from my table

Sugar

Honey, Maple Syrup or Stevia

White Flour

Whole Grain Unbleached or Whole Wheat

White Potatoes

Sweet Potatoes

Mashed Potatoes

Mashed Cauliflower

Rice

Quinoa or Cauli-Rice

Spaghetti

Spaghetti Squash or Spiralized Zucchini

Lasagna Noodles

Zucchini or Eggplant Ribbons

Ice Cream

Blended Frozen Bananas

Sour Cream

Plain Nonfat Greek Yogurt

Vegetable Oil

Olive oil / Avocado Oil / Coconut Oil

Vegetable Oil in Baking

Unsweetened Applesauce

Tortillas/Bread/Buns

Romaine Lettuce / Bibb Lettuce Leaves

Milk Chocolate

Dark Chocolate - the darker the better

Breadcrumbs

Rolled Oats

Cornstarch

Arrowroot Powder or Glucomannan

Table Salt

Himalayan Sea Salt

Peanut Butter

Natural Peanut Butter or Peanut Flour

Soda

Naturally Flavored Seltzer Water (No Sugar)

Flavored Creamer

Add Ground Cinnamon to Coffee before Brewing

Potato Chips

Kale Chips or Root Vegetable Chips

CROUTONS

Walnuts