



Delicious Alternatives

SWAP OUT THE REFINED FOR REAL SATISFACTION

Refined Product	Swap
Breads	Buckwheat bread , sesame bread , cloud bread , sweet potato bread
Wraps	Coconut wraps , flax wraps , cauliflower wraps , egg white wraps
Pasta	Kelp noodles , sweet potato , parsnip , zucchini or beet noodles , konjac or shirataki noodles , spaghetti squash , lentil or black bean pasta , chickpea pasta , hearts of palm pasta
Pizza	Cauliflower crust , almond crust , sweet potato crust , eggplant crust
Grains	Cauliflower rice , parsnip rice , broccoli rice , shirataki rice
Cakes, Cookies, Pastries	Nut or seed flours , banana flour , tiger nut flour
Refined or Instant Cereals	Grain free granolas made from nuts and or seeds , O oat porridge made from nuts, seeds , coconut flakes , chia or basil seed parfaits

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