

Swap 'em Out:

Upgrade Your Unhealthy Choices with These Healthy Alternatives

Swap your...

✗ Butter	✓ Nut butters, avocado
✗ Butter substitute	✓ Coconut cream
✗ Cheese	✓ Nut cheese
✗ Cool whip	✓ Full-fat coconut milk (whipped)
✗ Creamer	✓ Coconut creamer, or organic creamer*
✗ Fat-free pudding	✓ Mousse made w/ avocado, coconut cream, & coconut milk
✗ Frozen yogurt	✓ Virgin Anti-Diet Loaded Smoothie
✗ Fruit on the bottom yogurt	✓ Plain cultured coconut, almond, cashew or yogurt (no sugar)
✗ Ice cream	✓ Monk fruit-sweetened coconut ice cream, nut ice creams
✗ Light cream cheese	✓ Avocado
✗ Margarine	✓ Nut butters, avocado
✗ Skim milk	✓ Nut, flax, pea, hemp, oat or quinoa milks
✗ Sweetened creamer	✓ Coconut milk creamer (unsweetened)
✗ Sweetened soy milk	✓ Unsweetened coconut milk
✗ Corn	✓ Wild rice – a grass, not a grain
✗ Corn soup	✓ White bean soup

Swap your...

✗ Cornstarch	✓ Arrowroot powder
✗ Creamed corn	✓ Black beans
✗ GF pasta with corn	✓ Quinoa Pasta
✗ Popcorn	✓ Nice try! :); roasted chickpeas
✗ 55% Dark Chocolate	✓ 85% Dark Chocolate
✗ Agave	✓ Allulose
✗ BBQ sauce	✓ Dry rub
✗ Beet juice	✓ Beets
✗ Carrot juice	✓ Green juice
✗ Cocktail sauce	✓ Horseradish
✗ Dried cranberries	✓ Fresh cranberries
✗ Dried fruit	✓ Freeze-dried berries
✗ Energy drinks	✓ Organic coffee or green tea
✗ French dressing	✓ Champagne vinegar and extra virgin olive oil
✗ Fruit juice	✓ JJ's Lemon-Aid
✗ Fruit juice concentrate	✓ Monk fruit, stevia
✗ Gatorade	✓ Unsweetened coconut water
✗ Honey mustard	✓ Dijon mustard

Swap your...

✗ Hot and sour sauce	✓ Hot sauce
✗ Hot chocolate powder	✓ Warm coconut milk and chocolate protein
✗ Instant oatmeal	✓ Long-cooking oatmeal
✗ Italian dressing	✓ EVOO, lemon juice, and oregano vinaigrette
✗ Jamba Juice smoothie	✓ The Virgin Anti-Diet Loaded Smoothie
✗ Jellies and jams	✓ Fresh fruit or nut butters
✗ Ketchup	✓ Salsa
✗ Latte	✓ Espresso with coconut creamer
✗ Maple syrup	✓ Chicory syrup
✗ Milk chocolate	✓ 85% Dark Chocolate
✗ Nutella	✓ Almond butter
✗ NutraSweet	✓ Monk fruit
✗ Pasta	✓ Spaghetti squash, shirataki noodles
✗ Peanut butter	✓ Cashew butter
✗ Processed brown sugar	✓ Raw brown sugar
✗ Processed honey	✓ Raw organic local honey

Swap your...

✗ Processed molasses	✓ Blackstrap molasses
✗ Protein bar	✓ Wild salmon jerky
✗ Raisins	✓ Grapes
✗ Regular/diet soda	✓ Sparkling water
✗ Sorbet	✓ So Delicious 1g of sugar Coconut ice cream
✗ Splenda	✓ Stevia
✗ Steak sauce	✓ Au jus
✗ Sugar	✓ Xylitol from birch trees
✗ Sweet dressing	✓ Savory dressings like Dijon vinaigrette
✗ Sweet sauces	✓ Savory sauces like pesto
✗ Sweet tea	✓ Brewed tea with lemon
✗ Sweet wine	✓ Pinot noir
✗ Teriyaki sauce	✓ Coconut aminos with orange zest and stevia
✗ White rice	✓ Wild rice
✗ Whole wheat pasta	✓ Corn-free quinoa pasta
✗ Vitaminwater	✓ Hint water