



Easy FOOD SWAP GUIDE

The first step in transitioning to a healthy diet which will support weight loss, balance your gut microbiome, and decrease inflammation in the body, is to SWAP the culprits for a healthy alternative! **The Standard American Diet is full of chemicals, hormones, pesticides, and unhealthy oils which lead to weight gain and disease.** These EASY swaps will allow you to continue to prepare your favorite recipes with small changes.

When possible, purchase organic and non-GMO. Don't be afraid of healthy fats! We know it goes against everything you have learned to STOP EATING low-fat/nonfat foods; instead eat the whole fat version of natural foods! Sugar, grains, processed foods, chemicals, and highly processed oils make us fat, not natural fats found in dairy, coconut, avocado & olive oils, eggs, and meat.

Make this exciting and fun for your family. Take the members of your household shopping, meal plan together, and get everyone involved in the kitchen for some family fun time!

Basics

AVOID

INDULGE

Conventional Produce → Organic Produce

Conventional Meat → Hormone-free, Antibiotic-free, Organic, Grass-fed Meat

Farmed Fish → Wild Caught Fish

Conventional Deli Meat → Organic Nitrate/Nitrite-free, Uncured Meat

Conventional Eggs → Free-range Organic, Antibiotic-free Eggs

Conventional Butter or Margarine → Grass-fed Organic Butter, Ghee

Conventional Bread → Sprouted Grain Bread (Ezekiel)

Conventional Dairy → Organic, Grass-fed Dairy



A large, light green banner with the word "Pantry" written in a cursive, green font.A dark green rectangular banner with the word "AVOID" in white, uppercase letters.A medium green rectangular banner with the word "INDULGE" in white, uppercase letters.A collage of food items including lentils, bread, a jar of yellow pills, and a bottle of oil, positioned on the left side of the page.

Sugar	→	Stevia, Coconut Sugar, Lakanto (Monk Fruit & Erythritol), Xylitol, Cinnamon, Vanilla Extract
Canola, Soy, and all Vegetable Oils	→	Olive Oil, Avocado Oil, Coconut Oil, Ghee
Table Salt	→	Sea Salt or Himalayan Salt
Wheat Flour	→	Almond Flour, Coconut Flour, Garbanzo Bean Flour, Ground Golden Flaxseeds, Oat Flour
Soy Protein Powder	→	Bone or Pea Protein Powder
Chicken or Beef Bouillon	→	Bone Broth
Wheat Pasta	→	Quinoa Pasta, Brown Rice Pasta, Spaghetti Squash, Spiraled Zucchini
Peanut Butter	→	Almond Butter
Agave or Corn Syrup	→	Honey or Real Maple Syrup

A large, light green banner with the word "Snacks" written in a cursive, green font.A dark green rectangular banner with the word "AVOID" in white, uppercase letters.A medium green rectangular banner with the word "INDULGE" in white, uppercase letters.A collage of food items including a jar lid, a package of yellow sticks, and a bag of granola, positioned on the left side of the page.

Milk Chocolate	→	Dark Chocolate, 70-80% Cacao
Cereal/Granola	→	Nuts, Seeds, Sulfate-free Dried Fruit, Homemade Grain-free Muffins (make sure your nuts/seeds aren't roasted in vegetable oil)
Crunchy Processed Treats (Chips, Wheat Crackers)	→	Nuts, Cut Vegetables, Apple Slices, Kale Chips, Mary's Crackers, Nut Crackers, Cassava Chips



Dairy

AVOID

INDULGE

- Soy Milk → Almond Milk, Coconut Milk, Kefir, Cashew Milk, Oat Milk
- Flavored and Low-fat Yogurts → Plain Full-fat Greek Yogurt, Coconut Milk Yogurt
- Processed or Single Sliced Cheese → Organic Full-fat, Cultured Cheese, Nut Cheese
- Flavored Coffee Creamers → Organic Half & Half, Coconut Cream, Almond Milk, and add Vanilla Extract

Condiments

AVOID

INDULGE

- Conventional Mayonnaise → Homemade Mayo, Avocado Oil Mayo, Mashed Avocado
- Conventional Ketchup → Organic Ketchup Free of Corn Syrup or Hidden Sugars, Homemade Ketchup
- Store-bought Salad Dressing → Homemade Dressing with Healthy Oils, Vinegar (especially Apple-Cider), Lemons, Herbs and Mustard, Salsa. Try fermented foods: Sauerkraut, Kimchee, Pickles

Beverages

AVOID

INDULGE

- Flavored Drinks, Fruit Juice → Homemade Fruit-infused Water, Kombucha
- Energy Drinks → Green Tea, Kombucha
- Beer → Grain-free Vodka, Rum, Wine



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The Dirty Dozen

contain high levels of pesticides (purchase organic)

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

The Clean 15

contain low levels of pesticides

1. Avocado
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (Frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi

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This guide is not intended to diagnose, cure, treat, or prevent any disease.

