

Eat This, Not That

LOW CARB FOOD SWAPS

Swap This

For This

WHITE RICE

CAULIFLOWER
RICE

PASTA

SPIRALIZED
VEGGIES

MASHED
POTATOES

CAULIFLOWER
MASH

FLOUR
TORTILLA

LETTUCE
WRAP

FRENCH
FRIES

ZUCCHINI
FRIES

POTATO
CHIPS

KALE
CHIPS

FLOUR

ALMOND
FLOUR

JUICE &
SODA

INFUSED
WATER