

Food Substitutions

Milk

Coconut Milk
Almond/cashew Milk
Rice Milk

Cream

Coconut Cream
(full fat coconut
cream can be
whipped)

Grains

Rice-whole grain
Buckwheat
Millet
Amaranth
Quinoa

Pasta

Spaghetti squash
Non-gluten pasta
(check that corn &
soy are not
ingredients)

Gluten

Do NOT make the
mistake of replacing
gluten containing
junk foods with
gluten free junk
foods. The
carbohydrate and
additive levels are
not an improvement!

Drinks

Water
Green teas- organic
Herbal tea-organic
Unsweetened and
organic juice in
moderation

Oil and Butter for high heats

Coconut oil
Ghee
Palm oil

for low Heat

Avocado oil
Macadamia nut oil
Olive oil

Sugar

Brown rice syrup
Molasses
Raw Honey
Stevia

Soy Sauce

Balsamic vinegar
with a fair amount
of Celtic sea salt