

A top-down view of a dark blue bowl filled with a fresh salad. The salad consists of vibrant green spinach leaves, pieces of grilled chicken with visible char marks, and small red pomegranate seeds. A wooden spoon is partially submerged in the salad on the right side. In the background, a small portion of a green dip in a white bowl is visible. A semi-transparent light green rectangle with a white border is centered over the bowl, containing the text 'FULL SUBSTITUTION LIST' in white, bold, sans-serif capital letters.

FULL SUBSTITUTION LIST



Apple: Pear

Asparagus: Broccoli, Hearts of Palm, Green Beans

Avocado: Hummus, Edamame, Almond Butter

Banana: Canned Pumpkin

Beans: Lentils, Lima Beans

Berries: Strawberries, Blueberries, Blackberries, Raspberries

Breakfast Sausages: Chicken, Turkey

Butters: Almond Butter, Cashew Butter

Carrots: Parsnip, Turnip, Celery



Cauliflower: Broccoli, Cabbage

Celery: Bell Pepper

**Cheese: Goat, Feta, Cottage,
Ricotta**

Cherries: Berries

Cilantro: Parsley, Basil

**Coconut Flakes: Chopped Brazil
Nuts**

Cucumber: Zucchini

**Dates: Dried Cranberries,
Cherries, or Raisins**

**Eggs: Applesauce, Avocado,
Mashed Banana**



**Ghee: Coconut Oil, Almond Oil,
Avocado Oil**

Goji Berries: Dried Cranberries

**Green Beans: Asparagus, Wax
Beans**

Green Onion: Scallions

**Ground Beef: Ground Turkey,
Chicken, Beans, Lentils**

Flax Seeds: Chia Seeds

Honey: Agave

Kiwi: Strawberries

**Mango: Peach, Papaya,
Cantaloupe**

A green salad with spinach, mushrooms, and chicken in a blue bowl.

Maple Syrup: Honey, Agave

Mayonnaise: Avocado, Greek Yogurt, Hummus

Milks: Coconut, Soy, Almond, Cashew, Oat, or Rice Milk

Mixed Greens: Spinach, Kale, Romaine, Arugula

Mushrooms: Crimini, White Button, Portobello

Nuts: Brazil, Almond, Cashew, Hazelnuts, Pistachios

Oils: Almond, Avocado, Grapeseed, Coconut, EVOO

Onion: Leeks

Peaches: Nectarines, Mango



Pomegranate: Dried Cranberries

**Proteins: Tofu, Turkey, Seitan,
Tempeh, Lentils, Chickpeas**

**Protein Powders: Whey, Pea,
Hemp, Plant**

**Quinoa: Brown Rice, Moroccan
Couscous, Chickpeas, Cauliflower**

**Radishes: Turnip, Chopped
Cucumber**

Raisins: Dried Cranberries

**Raw Sauerkraut: Cabbage +
Vinegar**

**Salmon: Cod, Halibut, Pollack,
Tuna**



**Sun Dried Tomatoes: Plum or
Cherry Tomatoes**

**Sweet Potato/Yam: Pumpkin,
Butternut Squash**

Tomato: Red Bell Pepper

**Tuna: Tofu, Canned Trout,
Chicken, Cottage Cheese**

**Vinegars: Red Wine, Apple Cider,
Balsamic**

**Yogurts: Traditional, Greek,
Coconut, Almond, Soy * All Plain
and Unsweetened!**

Soy Sauce: Coconut aminos

**Zucchini: Eggplant, Cucumbers,
Carrots**

FAQs

1). I have diabetes, what are some low glycemic fruits to minimize my sugar intake?

Strawberries, Cherries, Grapefruits, Pears, Apples, Peaches, Blackberries, Blueberries!

2). I don't have protein powder or greens, what do I do?

You can omit these at this time, although it is recommended. You can substitute almonds, walnuts, pumpkin seeds, and hemp seeds for proteins. To substitute greens, use spinach, kale or celery for nutrients!

3). What if I don't like an ingredient or can't find it?

You can substitute or omit at this time, just make sure you are still packing in those vitamins and nutrients!

FAQs

**Don't forget to check out your
Vegan/Vegetarian Guide for meat-less
options!**

REMINDER!

**Try following your program as close to
a T as possible and to substitute AND
omit as needed! Don't forget proper
reset and hydration!!**

