



# FOOD SUBSTITUTION LIST



# FRUIT

Please note, all fruits are listed in alphabetical order for your convenience.



## APPLES

- Pear
- Peaches
- Papaya



## AVOCADO

- Edamame
- Almond Butter
- Cashew Butter
- Mashed Banana
- Chia Seeds
- Chayote Squash
- Peas
- Asparagus
- Hummus



## BERRIES

- Strawberries
- Blueberries
- Raspberries
- Blackberries



## BANANAS

- Canned Pumpkin
- Avocado
- Sweet potato

## ALTERNATIVE TO ALL BERRIES

- Pomegranate
- Spinach
- Almonds

## HUMMUS SERVING SIZES:

- Snack 2 tbsp
- Lunch 4 tbsp



## CHERRIES

- Strawberries
- Blueberries
- Blackberries
- Raspberries



## DATES

- Dried Cranberries
- Cherries
- Raisins



## GOJI BERRIES

- Dried Cranberries
- Dried Cherries

# FRUIT

Please note, all fruits are listed in alphabetical order for your convenience.



## GRAPES

- Apples
- Pears
- Cherries



## KIWI

- Strawberries
- Pear
- Dragonfruit



## MANGOES

- Peach
- Papaya
- Cantaloupe



## MELON

- Papaya
- Mango
- Peaches



## PEACHES

- Nectarines
- Mangoes



## PINEAPPLE

- Apples
- Oranges
- Mango



## POMEGRANATES

- Dried Cranberries
- Cranberries
- Raspberries



## RAISINS

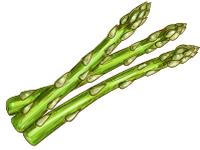
- Dried Cranberries
- Dates
- Prunes

## IF YOU ARE ALLERGIC TO CITRUS FRUITS TRY:

- Berries
- Apples
- Mangoes
- Greens
- Kiwis
- Peaches
- Papayas

# VEGETABLES

Please note, all vegetables are listed in alphabetical order for your convenience.



## ASPARAGUS

- Broccoli
- Celery
- Leeks
- Green Beans
- Peas
- Avocado
- Artichokes
- Okra



## BEANS

- Lentils
- Lima Beans



## CARROTS

- Parsnip
- Turnip
- Celery

## ALTERNATIVE TO ALL BEANS

- Tempeh
- Cauliflower Florets
- Mushrooms
- Nuts



## CELERY

- Bell Peppers
- Fennel
- Carrots
- Shallots
- Leeks



## CAULIFLOWER

- Broccoli
- Cabbage
- Zucchini
- Root Vegetables

# VEGETABLES

Please note, all vegetables are listed in alphabetical order for your convenience.



## CUCUMBER

- Zucchini
- Green Beans
- Squash



## GREEN BEANS

- Asparagus
- Wax Beans
- Okra



## GREEN ONION

- Chives
- Scallions



## MIXED GREENS

- Spinach
- Kale
- Romaine
- Arugula
- Swiss Chard



## MUSHROOMS

- Cremini
- White Button
- Portobello



## NIGHTSHADES

- Beets
- Carrots
- Mushrooms
- Celery
- Zucchini
- Radishes

## ALTERNATIVES TO ALL MUSHROOMS

- Zucchini
- Eggplant
- Sun Dried Tomatoes
- Garbanzo Beans

# VEGETABLES

Please note, all vegetables are listed in alphabetical order for your convenience.



## ONIONS

- Leeks
- Chives
- Scallions
- Celery
- Shallots
- Carrot



## RADISHES

- Turnip
- Chopped Cucumber
- Cabbage
- Beet Root



## SAUERKRAUT

- Kimchi
- Cabbage & Vinegar



## SUNDRIED TOMATOES

- Plum Tomatoes
- Cherry Tomatoes
- Roma Tomatoes
- Beefsteak Tomatoes



## SWEET POTATO

- Pumpkin
- Butternut Squash
- Carrots
- Parsnips



## TOMATO

- Red Bell Peppers
- Olives (in moderation)



## ZUCCHINI

- Eggplant
- Cucumber
- Carrots
- Other Summer Squash

# PROTEIN MEAT

Please note, all proteins are listed in alphabetical order for your convenience.



## BREAKFAST SAUSAGE

- Turkey sausage
- Chicken sausage



## TURKEY

- Salmon
- Chicken
- Beef
- Shrimp
- Pork

## ALTERNATIVE VEGAN OPTIONS

- Tofu
- Tempeh
- Seitan (in moderation)



## GROUND BEEF

- Ground Chicken
- Ground Turkey



## CHICKEN

- Turkey
- Beef
- Salmon
- Shrimp
- Pork

## ALTERNATIVE VEGAN OPTIONS

- Tofu
- Tempeh
- Seitan (in moderation)
- Lentils

## ALTERNATIVE VEGAN OPTIONS

- Tofu
- Tempeh
- Seitan (in moderation)
- Nuts
- Beans & Sprouts

# PROTEIN FISH

Please note, all proteins are listed in alphabetical order for your convenience.



## SALMON

- Cod
- Halibut
- Pollack
- Tuna
- Mackerel
- Lake Trout
- Bass
- Shrimp
- Lobster
- Alaskan Crab
- Scallops
- Oysters



## TUNA

- Canned Trout
- Chicken
- Shrimp
- Lobster
- Alaskan Crab
- Scallops
- Oysters

## ALTERNATIVE VEGAN OPTIONS

- Tofu
- Tempeh
- Seitan (in moderation)

## ALTERNATIVE VEGAN OPTIONS

- Tofu
- Tempeh
- Seitan (in moderation)

# DAIRY

Please note, all dairy products are listed in alphabetical order for your convenience.



## CHEESE

- Goat
- Feta
- Cottage
- Mozzarella
- Cheddar
- Ricotta
- Parmesan  
(lactose free cheese)



## COTTAGE CHEESE

- Ricotta Cheese
- Greek Yogurt



## MAYONNAISE

- Greek Yogurt

## ALTERNATIVE VEGAN OPTIONS

- Crumbled Tofu
- Soaked Raw Nuts
- Cashew Cheese

## ALTERNATIVE VEGAN OPTIONS

- Avocado
- Hummus

## ALTERNATIVE VEGAN OPTIONS

- Sweet Potato Sauce
- Vegan Cheeses
- Cashew Cheese
- Zucchini Cheese
- Tahini



## MILK

- Almond Milk
- Cashew Milk
- Oat Milk
- Coconut Milk
- Hemp Milk
- Rice Milk



## YOGURT

- Traditional  
Low Fat/Non Fat Plain  
& Unsweetened
- Greek Yogurt Plain  
& Unsweetened
- Cottage cheese

## ALTERNATIVE VEGAN OPTIONS

- Almond
- Cashew
- Coconut
- Oat

# MISCELLANEOUS

Please note, all items are listed in alphabetical order for your convenience.



## CILANTRO

- Parsley
- Basil



## COCONUT FLAKES

- Chopped Brazil Nuts
- Raisins
- Dried Cranberries
- Sunflower Seeds



## GHEE

- Coconut Oil
- Almond Oil
- Avocado Oil



## HONEY

- Agave
- Maple Syrup



## OILS

- Extra Virgin Olive Oil
- Almond Oil
- Avocado Oil
- Sunflower Oil
- Grapeseed Oil
- Coconut Oil



## BUTTERS

- Almond Butter
- Cashew Butter
- Sunflower Butter
- Walnut Butter



## VINEGARS

- Red Wine Vinegar
- Apple Cider Vinegar
- Balsamic Vinegar



## PROTEIN POWDER

- Whey
- Hemp
- Pea
- Plant Based



## EGGS

- Tofu Scramble
- Applesauce
- Avocado
- Mashed Banana



## SOY SAUCE

- Coconut Aminos

## OR TRY:

1 tbsp of Ground Flaxseed & 3 Tbsp of water \*Blend until thick. OR 1 tbsp Chia Seed & 1/3 cup of water \*Mix & let sit for 15 minutes

# GRAINS, NUTS & SEEDS



## QUINOA

- Brown Rice
- Moroccan Couscous
- Chickpeas
- Cauliflower



## NUTS

- Brazil
- Almond
- Cashew



## SEEDS

- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds (or Pepitas)
- Flaxseeds
- Chia seeds

## ALTERNATIVE TO ALL NUTS

- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Chickpeas
- Avocado
- Carrot Sticks
- Raisins
- Craisins (no added sugars)
- Bean Sprouts

# Are you Eating Healthy Recipes but Buying Unhealthy Ingredients?



Be aware most VEGAN options are often made up of soy. Be wary of any unwanted additives, preservatives or additional modified ingredients like sugars, artificial flavorings and dyes that can hinder your weight loss efforts.



When purchasing fish always choose fresh wild caught over farm raised. Farm raised fish typically have a higher content of fatty omega 6 acids which can add to an accumulation of belly fat!



When possible, always buy organic produce in order to guarantee a higher amount of fiber and nutritional value than you'd get with other non organic options.



Some substitutions have higher sodium content than others and remember sodium can cause bloating and weight gain so make sure you're looking at the label and don't purchase anything with more than 230 mg of sodium per serving!



When purchasing anything always check the sugar content. Never purchase anything with sugar listed in the first 3 ingredients. The ingredients list is usually listed in order from the greatest quantity to least so if the sugar is one of the first few ingredients, it implies a higher sugar content. This is especially important for yogurts and milks that contain unexpected sugar additives!



Chocolates should never have added sugars, it should be all natural and contain at least 70% cacao to guarantee you're getting maximum weight loss benefits!

# SOURCES

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