



FOOD SUBSTITUTION LIST



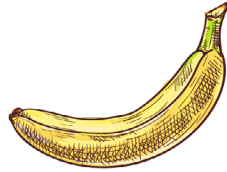
FRUIT

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



APPLES

- Pear
- Peaches
- Papaya



BANANAS

- Canned Pumpkin
- Avocado
- Sweet potato



BERRIES

- Strawberries
- Blueberries
- Raspberries
- Blackberries

ALTERNATIVE TO ALL BERRIES:

- Pomegranate
- Spinach
- Almonds



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



PEACHES

- Nectarines
- Mangoes



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



AVOCADO

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



BEANS

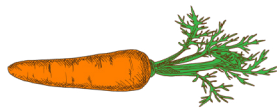
- Lentils
- Lima Beans

ALTERNATIVE TO ALL BEANS:

- Tempeh
- Cauliflower Florets
- Mushrooms
- Nuts

HUMMUS SERVING SIZES:

- Snack 2 tbsp
- Lunch 4 tbsp



CARROTS

- Parsnip
- Turnip
- Celery



CAULIFLOWER

- Broccoli
- Cabbage
- Zucchini
- Root Vegetables



CELERY

- Bell Peppers
- Fennel
- Carrots
- Shallots
- Leeks

VEGETABLES

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



CUCUMBER

- Zucchini
- Green Beans
- Squash



GREEN BEANS

- Asparagus
- Wax Beans
- Okra



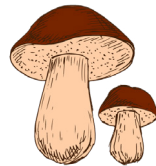
GREEN ONION

- Chives
- Scallions



MIXED GREENS

- Spinach
- Kale
- Romaine
- Arugula
- Swiss Chard



MUSHROOMS

- Crimini
- White Button
- Portobello



NIGHT SHADES

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

ALTERNATIVE TO ALLMUSHROOMS:

- 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



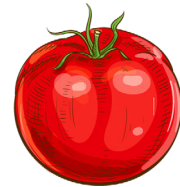
SUNDRIED TOMATOES

- 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



BREAKFAST SAUSAGE

- Turkey sausage
- Chicken sausage

ALTERNATIVE VEGAN OPTIONS:

- Tofu
- Tempeh
- Seitan (in moderation)

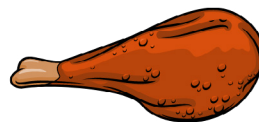


GROUND BEEF

- Ground Chicken
- Ground Turkey

ALTERNATIVE VEGAN OPTIONS:

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

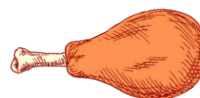


TURKEY

- Salmon
- Chicken
- Beef
- Shrimp
- Pork

ALTERNATIVE VEGAN OPTIONS:

- Tofu
- Tempeh
- Seitan (in moderation)



CHICKEN

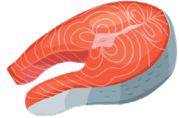
- Turkey
- Beef
- Salmon
- Shrimp
- Pork

ALTERNATIVE VEGAN OPTIONS:

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

PROTEIN FISH

For ALL FISH ingredients, when available try to use Fresh Wild Caught vs Farm Raised



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:

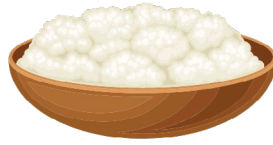
- Tofu
- Tempeh
- Seitan
(in moderation)
- Cottage cheese

DAIRY



CHEESE

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



COTTAGE CHEESE

- Ricotta Cheese
- Greek Yogurt



MAYONNAISE

- Greek Yogurt

ALTERNATIVE VEGAN OPTIONS:

- Avocado
- Hummus

ALTERNATIVE VEGAN OPTIONS:

- Crumbled Tofu
- Soaked Raw Nuts
- Cashew Cheese

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

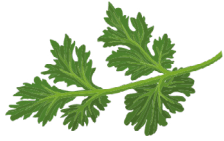
- Traditional Low Fat/Non Fat Plain & Unsweetened
- Greek Yogurt Plain & Unsweetened
- Cottage cheese

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

MISCELLANEOUS

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



PROTEIN POWDER

- Whey
- Hemp
- Pea
- Plant Based



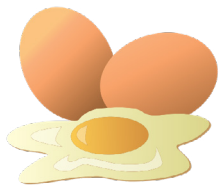
VINEGARS

- Red Wine Vinegar
- Apple Cider Vinegar
- Balsamic Vinegar



SOY SAUCE

- Coconut Aminos



EGGS

- Tofu Scramble
- Applesauce
- Avocado
- Mashed Banana

OR TRY THESE:

- 1 tbsp of Ground Flaxseed & 3 Tbsp of water
*Blend until thick.
- 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!

★ If you liked these bonus tips and want to learn more about how to buy the right ingredients to maximize your weight loss results then keep an eye out for my new guide jam packed with all the little known shopping tricks that guarantees you get the best results possible! It's called...

CLEAN HACKS

for The Dirty Shopper



Coming soon to your Member's dashboard!

SOURCES

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