



USE THIS

AVOCADO
HONEY
CAULIFLOWER
GREEK YOGURT
DARK CHOCOLATE
AVOCADO OIL
COCONUT OIL
ZUCCHINI NOODLES
ALMOND MILK
FRUIT
CUCUMBER SLICES
HUMMUS
FRUIT SMOOTHIE
GREEN TEA
POPCORN
SELTZER

Healthy Swaps

INSTEAD OF THIS

MAYO
SUGAR
WHITE RICE
SOUR CREAM
WHITE CHOCOLATE
VEGETABLE OIL
BUTTER
PASTA
COW'S MILK
CANDY
TORTILLA CHIPS
RANCH
MILKSHAKE
COFFEE
POTATO CHIPS
SODA