



HEALTHIER FOOD SWAP

KICK IT

Cereal
Soda
Pancakes
Donut/Danish/Muffin
Fried Eggs
Latte
Ribeye
Fried Chicken
French Fries
White Pasta
Vegetable Oil
Bread
Candy Bar
Granola Bar
Flavored Yogurt
Ice Cream
Juice and Regular Milk
Spaghetti and Meatballs
Cheese Burger
Potato Chips
Dip
Rice
Couscous

REPLACE WITH

Steel Cut Oats/Old Fashioned Oat
Sparkling water
Protein Pancake topped with fruit
Gluten Free Bread w/nut butter & cinnamon
Scrambled Eggs with Veggies
Black Coffee/Green Tea
NY Strip Steak
Grilled Chicken
Baked Sweet Potato Fries
Black Bean Pasta/Quinoa/Spaghetti Squash
Olive Oil/Coconut Oil
Gluten Free Bread
Dates filled with an Almond
1/4 C Nuts and a Piece of Fruit
Plain Greek Yogurt w/ fresh fruit
Frozen Fruit blended in a food processor
Green Tea or Nut Milk
Spaghetti Squash and Meatballs
Burger without the bun and cheese
Baked Kale Chips
Hummus/Guacamole/Salsa
Brown or Wild Rice
Quinoa