



*The Simply Real Health*

# Swap This For That

*A Real Food Guide*

# To Swap

## CEREAL

- > ◇ Sarah's grain-free granola
- > ◇ green smoothie
- > ◇ 1/2 avocado with sea salt and pepper
- > ◇ chia seed pudding with chopped nuts



## INSTANT OR ROLLED OATMEAL

- > Apple cinnamon quinoa/steel cut oats

## LIGHT N FIT YOGURT

- > Organic whole milk greek yogurt (with fruit, nuts, honey and/or maple syrup)

## GRANOLA BAR/ MID MORNING SNACK

- > ◇ 1/2 avocado with sea salt and pepper
- > ◇ Homemade trail mix
- > ◇ Banana/apple
- > ◇ Hard boiled egg (with nut butter or a real food bar)



## SKINNY VANILLA LATTE

- > ◇ Organic whole milk/almond milk cappuccino
- > ◇ Organic whole milk macchiato, or latte
- > ◇ Organic espresso, or black coffee (with cinnamon, honey or maple syrup)

## CHAI TEA LATTE

- > real brewed chai tea bags + clean almond/organic whole milk + honey

## MAYONNAISE

- > mashed avocado, hummus, or Primal Mayo brand mayo

## SKIPPY PEANUT BUTTER

- > Maranatha/Adams/TJ/WF brand natural peanut butter (with 2 ingredients: peanuts + sea salt)

## POWERBAR/LUNABAR/ CLIFFBAR/MOST ENERGY BARS

- > ◇ Larabars
- > ◇ Kit's Organic Food Bar
- > ◇ That's It Bars

## CHIPS AHOY COOKIES/ BOXED COOKIES

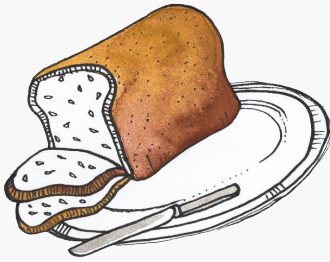
- > fresh baked cookies with real flour (gf), butter, maple syrup, chocolate chips, eggs, etc.

## CHEETOS

- > clean crackers with artisan cheese (nothing orange)



## WHEAT TOAST/BREAD



## PITA CHIPS

## WHEAT THINS

## BOXED MAC N CHEESE



## PASTA

## PIZZA

## BOTTLED DRESSING

## SANDWICH

## SOY SAUCE

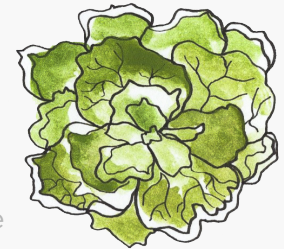
## SODA

## HOT DOGS

## BACON



- > Sprouted grain/millet toast/mochi (with butter, nut butter or banana)
- >
  - ◇ olive oil potato chips
  - ◇ root veggie chips
  - ◇ organic corn chips
  - ◇ apple chips
- > Almond meal or rice crackers
- > Fresh pasta noodles/brown rice noodles + real grated cheese + real butter + whole milk
- > zucchini noodles/brown rice noodles (with clean tomato or pesto sauce)
- >
  - ◇ brown rice pizza crust
  - ◇ Quinoa Stuffed Tomatoes
  - ◇ Pizza Quinoa Bites
  - ◇ Cauliflower Pizza
- >
  - ◇ Sarah's 60 second 3 ingredient dressing
  - ◇ hummus
  - ◇ pesto
  - ◇ salsa
- > Salad
- > Tamari (gf), or shoyu sauce
- >
  - ◇ kombucha
  - ◇ cola flavored la croix sparkling water
  - ◇ homemade water infusions
- > organic and nitrate free chicken/turkey/beef or pork sausages
- > Organic and nitrate free bacon/turkey bacon



Check out the Cookbook for all the recipes listed!

# Samesies:

Food that is surprisingly real food already!



**FRENCH FRIES**



french fries

**WINE**



wine

**NACHOS**



nachos with organic corn chips, artisan shredded cheese and organic meat

**CHOCOLATE**



dark chocolate (soy free preferred)

**MARGARITA**



skinny margarita

**GIN & TONIC**



gin and soda, with a splash of tonic

**CHIPS & GUAC**



Organic chips & guacamole

**TACOS / FAJITAS**



tacos/fajitas made with organic corn torillas

**POPCORN**



Organic popcorn with coconut oil, grass-fed buter or olive oil and sea salt

**EGGS AND BACON**



Organic, pastured eggs and nitrate free bacon

