

EASY KETO SWAPS

Swap This



Regular Noodle
Whole Wheat Noodles

For This



Zucchini Noodles (Zoodles)
Spaghetti Squash
Miracle Noodles

Pasta

Flour

Regular Flour
Whole Wheat Flour.

Almond Flour
Coconut Flour

Sugar

Regular Sugar
Coconut Sugar
Maple Syrup

Swerve
Erythritol
Stevia
Monk Fruit

Oils

Vegetable Oil
Canola Oil
Corn Oil
Sunflower Oil

Coconut Oil
Olive Oil
Avacado Oil
Butter

Others

Rice
Potatoes
Milk
Sweets

Cauliflower Rice
Mashed Cauliflower
Almond or Coconut Milk
Dark Chocolate/ Fat Bombs

Learn more about the Keto Lifestyle
at www.bewholefullyyyou.com