



Easy Paleo Swaps

These easy paleo swaps trade out processed food for real food and gluten-free paleo ingredients.

Swap Out	Swap In
Pasta	Zucchini Noodles, Spaghetti Squash
Rice	Cauliflower Rice
Mashed Potatoes	Mashed Cauliflower
Hamburger Buns	Portobello Mushroom Caps, Lettuce Wraps
Latte	Coconut milk Latte
Soy Sauce	Coconut Aminos
Mayonnaise	Homemade Mayonnaise
Bottled Salad Dressing	Homemade Italian, Balsamic, Ranch
Milk	Almond Milk, Cashew Milk, Coconut Milk
Whipped Cream	Whipped Coconut Cream
Butter	Coconut Oil, Ghee
Sugar	Honey, Maple Syrup, Coconut Sugar
Flour	Almond Flour*, Coconut Flour*
Vegetable Oil	Avocado Oil, Coconut Oil
Peanut Butter	Almond Butter, Sunflower Seed Butter
Tortillas, Wraps	Lettuce Wraps, Collard Greens
Chips	Kale Chips
Ice Cream	Coconut Milk Ice Cream
Hummus	Cauliflower Hummus

*Almond and coconut flours are not cup for cup substitutes for wheat flour

New Direction Natural Medicine
321-972-2940

409 Montgomery Rd. Suite 145 Altamonte Springs, FL 32714
www.NewDirectionNaturalMedicine.com