



# KETO FRIENDLY SUBSTITUTES

**MAKING THE RIGHT FOOD CHOICES IS THE FIRST STEP TO HEALTHY LIVING**

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<b>Regular Flour</b> - . . . . .	<b>Almond Flour, Coconut Flour</b>
<b>Flavored Yogurt</b> - . . . . .	<b>Plain Full Fat Greek Yogurt</b>
<b>Tortillas</b> - . . . . .	<b>Low Carb Tortillas, Lettuce Wraps</b>
<b>Pasta</b> - . . . . .	<b>Zucchini Noodles</b>
<b>Mashed Potatoes</b> - . . . . .	<b>Mashed Cauliflower</b>
<b>Hashbrowns</b> - . . . . .	<b>Cauliflower Hashbrowns</b>
<b>Potato Chips</b> - . . . . .	<b>Pork Rinds, Zucchini Chips, Bacon</b>
<b>Breadcrumbs</b> - . . . . .	<b>Crushed Pork Rinds, Ground Almonds</b>
<b>Croutons</b> - . . . . .	<b>Parmesan Crisps</b>
<b>French Fries</b> - . . . . .	<b>Zucchini Fries</b>
<b>Latta</b> - . . . . .	<b>Bulletproof Coffee</b>
<b>Sugar</b> - . . . . .	<b>Stevia, Erythritol</b>
<b>Ice Cream</b> - . . . . .	<b>Halo Top Ice Cream</b>
<b>Milk</b> - . . . . .	<b>Unsweetened Almond or Coconut Milk</b>
<b>Half &amp; Half</b> - . . . . .	<b>Heavy Whipping Cream</b>
<b>Pizza Crust</b> - . . . . .	<b>FatHead Pizza</b>
<b>Hamburger Buns</b> - . . . . .	<b>Oopsie Bread Buns</b>
<b>Rice</b> - . . . . .	<b>Cauliflower Rice Pilaf</b>
<b>Oatmeal</b> - . . . . .	<b>Chia Seed Pudding</b>
<b>Waffles</b> - . . . . .	<b>Cream Cheese &amp; Egg White Waffles</b>
<b>Pancakes</b> - . . . . .	<b>Almond Flour Pancakes</b>
<b>Pasta Sauce</b> - . . . . .	<b>Rao's Brand Marinara</b>
<b>Cocktails</b> - . . . . .	<b>Vodka, Tequila, Low Carb Beer</b>
<b>Sodas</b> - . . . . .	<b>Seltzer with Lemon or Lime</b>

