

Sour Cream	Greek yogurt, low-fat cottage cheese
Ground Beef (for tacos, burgers)	Ground turkey or chicken, lentils, black beans
Creamy Salad Dressings	Olive oil and vinegar dressing, yogurt-based
Whole Milk	Skim milk, almond milk, soy milk
Cheese	Nutritional yeast, reduced-fat cheese, avocado
Pasta	Whole wheat pasta, zucchini noodles (zoodles), spaghetti squash
Pizza	Whole grain crust, cauliflower crust, veggie-based pizza
Fried Foods	Grilled, baked, or roasted versions (e.g., baked chicken)
Processed Meats (like sausage)	Lean cuts of meat (chicken breast, turkey), tofu, tempeh
Sugar	Stevia, honey, maple syrup (use in moderation)
Candy Bars	Dark chocolate (70% cocoa or higher), homemade trail mix with nuts and dried fruit
Regular Yogurt	Greek yogurt (higher in protein), coconut milk yogurt
Snack Cakes or Pastries	Homemade oatmeal energy bars, fresh fruit with nut butter



Original Food	Healthy Substitution
White Rice	Brown rice, quinoa, cauliflower rice
White Bread	Whole grain bread, whole wheat pita, wraps
Potato Chips	Baked vegetable chips, air-popped popcorn
Ice Cream	Greek yogurt with honey and fruit, "nice cream"
Soda	Sparkling water with fruit juice, herbal tea
Butter	Avocado, olive oil, mashed banana or applesauce
Mayonnaise	Greek yogurt, hummus, mashed avocado
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