



AWESOME LOW CARB HACKS

A List by Christine Knaus

SWAP THIS

Soda & Juice
 Burger & Fries
 Bread
 Snack Foods
 Ice Cream
 Processed Meats
 Pasta
 Sweets
 Cocktails



FOR THIS

Water
 Bunless Burgers
 Salad, Lettuce Wraps
 Cheese, Olives, Veggies
 Low Carb Cakes
 Real Meat
 Veggie Pasta
 Dark Chocolate
 Red Wine & Spirits



BAKING



SWAP THIS

Flour
 Breadcrumbs
 Margarine
 Frosting
 Sugar
 Chocolate



FOR THIS

Almond & Coconut Flour
 Ground Almond
 Butter, Coconut Oil
 Ganache, Cream Cheese
 Stevia, Honey or Sweetener
 unsweetened Chocolate



FRIDGE & SNACK HACKS



SWAP THIS

Toast & Jam
 Rice
 Fruit Yougurt
 Sweets
 Cereals
 Mashed Potatoes



FOR THIS

Smoothies
 Cauliflower Rice
 Natural Yougurt
 Dark Chocolate, Nuts
 Eggs & Bacon
 Mashed Cauliflower



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