

## Food Substitutions

Regular or Diet fizzy drinks like cola, sprite, 100 plus, red bull	Kombucha, Coconut water, Herbal Tea with Stevia if you need a bit of sweet
Store bought juice cartons like Tropicana,	Freshly squeeze orang juice, flavoured infused water
Coffee	Organic Coffee with cinnamon or green tea
Crackers or biscuits	Quinoa crackers or sprouted seed crackers
Cereal Bars or chocolate bars	Energy Bar <a href="#">Energy Bar Recipe</a>
Milk Chocolate bars	70% Organic Dark Chocolate
Commercial Meats	100% Grass-Fed Organic Beef, Lamb and Venison, Free-range poultry, nitrate, free turkey bacon and eggs from free roaming chickens.
Lunch Meat, or Hams	Grass - Fed Organic Hams and meats Organic Turkey, Grass-fed beef jerky
Fish	Wild Caught Salmon and other wild caught fish like Halibut, Tuna, Sardines, Grouper
Milk	Home made Nut Mylk, coconut mylk, Goats Mylk
Processed Cheese	Raw organic cheeses from goats, sheep milk
Vegetable & Canola Oil	Raw grass fed butter, coconut oil, olive oil Flax oil but not for cooking
White four and Wheat	Coconut flour, almond flour, gluten free flour - Bob' s Red Mill
Breads	Sprouted breads, Ezekiel but only in phase 4. Paleo bread if you can find it. Bread made with the almond and coconut flour.

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by Tania Schruppe

Salad Dressing	Extra Virgin Olive Oil, Vinegar, Hummus, Apple cider vinegar. Coconut vinegar
Dips	Hummus, Guacamole, Salsa, Nut Butters (cashew, almond, macadamia - peanut if you must but almond preferred.
Sugar and artificial sweeteners	Stevia, Dates, Cinnamon  Raw honey in phase 4
Spices	Celtic sea salt, Himalayan salt, turmeric, basil, cracked black pepper
Tortillas / Wraps	Gluten Free Tortillas, Lettuce leaves as cups, Coconut wraps, sprouted corn tortillas
Pasta	Serialized zucchini, cucumber, sweet potato,  Quinoa noodles,
Fries	Baked Sweet Potato fries, Eggplant fries, turnip or parsnip fries baked in the oven
Refined Oatmeal	Steel cut oats, chia seed pudding,
Cereal	Sprouted nut granola, sprouted almonds, pecans, chia seeds, raisins, coconut flakes, cinnamon, Celtic sea salt and cinnamon
White Rice	Wild Rice, cauliflower rice,

