



EASY new year SWAPS

Butter/Oil ----- Coconut Oil

Mayo ----- Avocado

Unhealthy Snacks --- Nutritious Options

Fries ----- Sweet Potato Fries

Soda ----- Carbonated Water

Juice ----- Water/Herbal Teas

Salt ----- Pink Himalayan Salt

Dairy Milk ----- Almond Milk

Sugar ----- Honey/Coconut Sugar

Rice ----- Cauliflower Rice

Mashed Potatoes ---- Cauliflower Mash

Sour Cream ----- Greek Yogurt

Store Dressings ----- Homemade

