

## LATERAL **SHIFTS**

**SWAP** sandwich bread for brown rice wraps, or lettuce leaves

**SWAP** cow's milk for coconut milk

**SWAP** your breakfast eggs for a high quality protein shake

**SWAP** mashed potatoes for mashed cauliflower

**SWAP** white rice for brown or wild rice

**SWAP** white potatoes for sweet potatoes or yams

**SWAP** corn tortillas for brown rice tortillas

**SWAP** corn for beans, especially lentils

**SWAP** white pasta for quinoa or brown rice pasta

**SWAP** pasta for spaghetti squash

**SWAP** soy sauce for coconut aminos

**SWAP** bottled salad dressing for olive oil & a specialty vinegar

**SWAP** soda & juice for sparkling water with lemon or lime wedges

**SWAP** sugar for Xylitol (from birch), monk fruit, stevia or erythritol

**SWAP** your carbs for non-starchy vegetables

**SWAP** latte for half-caf with a splash of coconut milk

**SWAP** peanut butter for almond butter

**SWAP** sweetened ice tea for fruit-essence-infused green tea

**SWAP** ketchup for salsa