

These are great substitutes!

REPLACE Dressing, Marinades and Spices with plain olive oil, lemon juice, salt & pepper

I CAN EAT:

Dairy Options: Lactose-free dairy, butter, feta, cheddar, cottage cheese, goat cheese, brie, mozzarella, Swiss, almond milk, rice milk

Starches & Grains: rice, quinoa, rice based pasta

Vegetables: carrots, zucchini, spinach, kale, bell pepper, white potato, green beans, eggplant, bok choy, tomatoes, cucumber

Nuts & Seeds: peanuts, chestnuts, macadamia, flax seed, pine nuts, sunflower seeds - & up to 10 whole almonds, pecan halves or walnut halves

Fruits: strawberries, blueberries, raspberries, oranges, grapes, cantelope, papaya

Sweeteners: white sugar, maple syrup, stevia