

THE FRESH 20

FOOD SUBSTITUTIONS

for

HEALTH & HAPPINESS

Choose which food substitutions work best for you and your family.

MUSHROOMS <i>Substitute with:</i> -zucchini -eggplant -potatoes	FENNEL <i>Substitute with:</i> -leeks -jicama -endive	OLIVES <i>Substitute with:</i> -pine nuts -capers -tomato	EGGPLANT <i>Substitute with:</i> -zucchini -summer squash -potato	ONIONS <i>Substitute with:</i> -leeks -garlic -shallots
RADICCHIO <i>Substitute with:</i> -arugula -cabbage -spinach	CILANTRO <i>Substitute with:</i> -parsley -thai basil -basil	BRUSSELS SPROUTS <i>Substitute with:</i> -broccoli -cauliflower -artichoke hearts	PEPPERS <i>Substitute with:</i> -cucumber (raw) -zucchini -carrots	BEETS <i>Substitute with:</i> -carrots -parsnips -sweet potato
TOMATOES <i>Substitute with:</i> -mango -red pepper -watermelon	KALE <i>Substitute with:</i> -spinach -swiss chard -bok choy	COCONUT <i>Substitute with:</i> -almonds -oats -chopped nuts	AVOCADO <i>Substitute with:</i> -olive -squash -banana (pureed)	GOAT CHEESE <i>Substitute with:</i> -feta -ricotta -cotija
QUINOA <i>Substitute with:</i> -brown rice -cous cous -bulgar	BEANS <i>Substitute with:</i> -mushrooms -chopped cauliflower -potatoes	SEAFOOD <i>Substitute with:</i> -chicken -tofu -mushrooms	PORK <i>Substitute with:</i> -chicken -lamb -tofu	SOY & TOFU <i>Substitute with:</i> -beans -greek yogurt -mushrooms



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HAPPINESS STARTS HERE