

Module 4

In with the new

The Swaps

Sugar Swaps:

Monk fruit
Stevia (SweetLeaf brand recommended)
Xylitol (Xyla brand)
75% or higher dark chocolate
Raw Cacao (powder and nibs)
Erythritol (to tolerance)

Oil Swaps:

Grass-fed butter or ghee
Avocado oil
Coconut oil
Extra virgin olive oil
Red palm oil
Macadamia oil

Slow Digesting Carbs

Black Beans
Lentils Boston
Navy Beans
Chickpeas
Fava Beans
French green beans
Great Northern beans
Green beans
Kidney beans
Lima beans
Mung beans

Pinto beans
Wax beans
Quinoa
Hummus
Coconut flour
Almond flour
Tigernut flour (root vegetable, not a nut so great if nut allergies exist)
Low sugar healthy treats (on occasion)