

| REPLACE THIS | WITH THIS |
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| Ice cream and soy-based ice cream alternatives | <i>Better</i> - Coconut based ice cream desserts, nut based ice cream desserts <i>Best</i> - Frozen banana or cashews + flavors (vanilla, fruit, cacao) in Vitamix® OR food processor. |
| Meat and all animal flesh <i>(Chicken and fish are animals!)</i> | <i>Better</i> - Upton's®, Beyond Meat®, Gardein® <i>Best</i> - Mushrooms, Walnuts, Eggplant, Jackfruit |
| Cheese | <i>Better</i> - Follow Your Heart®, Violife, Daiya (farmhouse block) <i>Best</i> - Miyoko's Cheese®, Kite Hill Cheese® |
| Cow and goat milk Cow's and goat yogurt | <i>Better</i> : Almond, hemp, coconut, or cashew milk, coconut yogurt, almond yogurt, cashew yogurt <i>Best</i> : Kite Hill, Foragers, Cocoyo |
| Peanut butter | <i>Better</i> - Sunflower seed butter <i>Best</i> - Raw cashew butter, raw almond butter |
| Margarine, butter and shortening | <i>Better</i> - Earth Balance®, Melt Organic Spread®, Coconut oil <i>Best</i> - Miyoko's Cultured Raw Butter®, Kite Hill, Wild Brine |
| Canola Oil, Vegetable oil, Olive oil | <i>Better</i> - Sunflower oil, Safflower oil <i>Best</i> - Avocado Oil, Coconut oil <i>Note</i> : Olive oil ok for salads, but should never be heated due to free radical damage. |
| Whipping cream, half and half | <i>Better</i> - Plain, unsweetened coconut milk, coconut cream <i>Best</i> - Make your own! |
| <i>Note: Coconut milk whipped cream; Let set in fridge overnight, separate fat from liquid, then whip. Add tsp vanilla flavoring and liquid sweetener of your choice. OR add arrowroot starch to recipe and apply heat to achieve body, texture and loft.</i> | |
| Eggs | <i>Better</i> : Just Egg, Follow Your Heart Vegan Egg <i>Best</i> : Replace each egg with one of the following: <ul style="list-style-type: none"> • 1 TBS flax seed + 3-4 TBS water (puree in blender 1-2 mins) • 1 TBS chia + 1/3 C water (mix, let sit for 15 mins) • 2 TBS arrowroot starch + 3 TBS water • ½ banana mashed • 2 TBS baking powder + 2 TBS water + 1 TBS oil • 3 TBS chickpea flour + 3 TBS water • ¼ C apple sauce |
| Cream of Wheat® cereal | Quinoa, oatmeal, millet or any combination, with WHOLE FRUITS and/or nuts/nutbutter |
| Breadcrumbs | Rolled oats, oatmeal, or nuts pulsed with nutritional yeast in food processor <i>(optional: add in onion powder, spices)</i> |
| Corn Chips and wheat crackers | <i>Better</i> - Marys® crackers, Siete cassava chips, Beanito Chips <i>Best</i> - Raw crackers or chips |
| Cheetos, Doritos, etc. | Beanfields®, Earth Balance Cheddar Chips®, Hippeas and Popcorn |
| Cornmeal/corn flour | Millet meal or whole grain gluten free flour |
| <i>Note: Add ¼ teaspoon cream of tartar for each cup of gluten-free flour to reduce crumbling and improve the rise and texture of GF baked goods.</i> | |
| Cornstarch | Arrowroot starch |
| Packaged waffles, Pop-Tarts | Nature's Path® organic gluten free, products <i>(READ LABEL: Make sure it's dairy and egg free!)</i> |