

IH360

Food as medicine

A Taste of the Experience

Discover nourishing recipes, simple meal ideas, and practical tools for a healthier, happier you.



LET'S NOURISH WHAT MATTERS

This booklet is just a glimpse of what you can experience with IH360 Food as Medicine.



What is this program?

A nutrition support program that helps you improve your health through practical, realistic meals and healthier routines.



What will I receive?



Weekly meal plans



Grocery lists



Recipes



Meal prep tips



Practical swaps and guidance



Support from the IH360 team



How does it work?

Each week, you'll receive:



a meal plan



a grocery list



recipes



simple tips to make the week easier

Use the program as a guide and do what works best for you. There is no need to follow everything perfectly.



Who is this for?

Designed for people who want support with:

- ✓ Blood pressure
- ✓ Healthy weight
- ✓ Blood sugar
- ✓ General wellness



What is the goal?

To make healthy eating easier, more manageable, and fit your real life.

- ✓ Plan meals with confidence
- ✓ Make healthier choices
- ✓ Build sustainable habits
- ✓ Support your overall wellness



Food preferences or restrictions?

Your plan can be adjusted based on:

- Food allergies
- Food restrictions
- Food preferences
- Household needs
- Time and budget concerns



Questions?

If you have questions, need help, or feel something is not working for you, please **message us through Unity**.



A GLIMPSE OF YOUR FOOD AS MEDICINE EXPERIENCE



BREAKFAST OPTIONS

Cranberry Pecan
Breakfast BowlVeggie Breakfast
CasseroleApple Cinnamon French
Toast

LUNCH OPTIONS



Fall Harvest Lunch Box

Harvest Chicken Wrap

Roasted Sweet Potato &
Chickpea Bowl

SNACK IDEAS



Roasted Pumpkin Seeds

Crispy Parmesan Broccoli
BitesMini Turkey and Cheese
Wraps

Maple Roasted Pecans

DINNER INSPIRATION



Taco Soup

Sweet Potato &
Chickpea CurryBeef &
Mushroom
SkilletFrench Onion
Chicken &
Potato Bake

HEALTHY HABIT FOCUS

Build Variety Into Your Week

Eating well is about more than choosing healthy ingredients. Including different proteins, colorful vegetables, whole grains, and plant-based meals helps provide a wider range of nutrients. Small changes throughout the week can make balanced eating feel enjoyable and sustainable.

1. IMPORTANT INFORMATION

- ✓ Please review all ingredients and food labels carefully before preparing any recipe.
- ✓ Food allergies, sensitivities, and medical dietary restrictions can be serious.
- ✓ Ingredients and nutrition labels may vary by brand, manufacturer, and product availability.
- ✓ Only use ingredients that are safe and appropriate for your personal dietary needs.

MAKE IT WORK FOR REAL LIFE

- Make it your own: Mix and match breakfasts, lunches, and snacks based on your appetite and daily routine.
- Keep it practical: Choose pre-washed greens, canned chickpeas, and pre-sliced mushrooms to make meal prep easier.

A GLIMPSE OF YOUR FOOD AS MEDICINE EXPERIENCE



PRODUCE

- Sweet potatoes (4 medium) & baby potatoes (1 lb)
- Apples (3–4 medium)
- Yellow onions (4) & garlic (1 bulb)
- Bell pepper (2)
- Baby spinach (2 large bags)
- Broccoli florets (approximately 5 cups)
- Mushrooms (8 oz)
- Carrots & cucumber
- Cabbage or coleslaw mix
- Lemon (1)
- 1 lime (1)
- Fresh parsley (optional)

PROTEIN

- Chicken breasts (approximately 2½ lb)
- Lean ground turkey (1 lb)
- Lean ground beef (1 lb)
- Sliced turkey breast (6 oz)

DAIRY / REFRIGERATED

- Eggs (1 dozen) & liquid egg whites
- Plain Greek yogurt
- Milk or unsweetened almond milk
- Cheddar cheese (block & shredded)
- Feta & Parmesan cheese
- Gruyère or Swiss cheese

PANTRY

- Chickpeas (2 cans)
- Black beans, corn & diced tomatoes (1 can each)
- Tomato sauce (1 can)
- Light coconut milk (1 can)
- Low-sodium broth: chicken (5 cups), vegetable (1 cup) & beef (½ cup).
- Olive oil & apple cider vinegar
- Worcestershire sauce & Dijon mustard
- Honey or pure maple syrup
- Dried cranberries & pecans
- Raw pumpkin seeds (pepitas)
- Vanilla extract
- Spices: cinnamon, smoked paprika, regular paprika, garlic powder, thyme, curry powder, cumin, turmeric & taco seasoning
- Salt & black pepper

GRAINS / STARCHES

- Whole-grain bread & wraps
- Whole-grain crackers
- Old-fashioned oats
- Quinoa
- Brown rice (optional)

OPTIONAL ADD-ONS / TOPPINGS

- Avocado or sour cream
- Red pepper flakes or pumpkin pie spice

EASY SWAPS

- Chicken breast → Boneless, skinless chicken thighs
- Ground beef → Lean ground turkey
- Sweet potatoes → Butternut squash
- Greek yogurt → Dairy-free high-protein yogurt



QUICK PREP IDEAS

- Wash and portion spinach, broccoli, and other vegetables for quick meals.
- Cook extra chicken breast for the Harvest Chicken Wrap.
- Prepare the Veggie Breakfast Casserole ahead for easy mornings.



BUDGET TIPS

- Choose frozen vegetables when fresh options are more expensive.
- Use canned beans and chickpeas for affordable, fiber-rich meals.
- Buy larger packages of chicken or ground turkey and freeze unused portions for later.



LET'S GET *Cooking!*

SIMPLE RECIPES.
REAL INGREDIENTS. BETTER HABITS.



CRANBERRY PECAN BREAKFAST BOWL



Prep Time:
5 min



Cook Time:
0 min



Servings:
2

NUTRITION (approx)

Calories
320

Protein
19g

Carbs
35g

Fat
13g



INGREDIENTS

- 1½ cups plain Greek yogurt
- ¼ cup dried cranberries
- ¼ cup chopped pecans
- ½ apple, diced
- 2 tbsp old-fashioned oats
- 1 tsp honey or maple syrup
- ½ tsp cinnamon

DIRECTIONS

1. Divide Greek yogurt between two bowls.
2. Top with apple, cranberries, pecans, and oats.
3. Sprinkle with cinnamon and drizzle with honey or maple syrup.
4. Serve immediately.



EASY SWAPS

- Pecans → walnuts or almonds
- Apple → pear
- Dried cranberries → fresh berries
- Greek yogurt → dairy-free high-protein yogurt

MAKE IT FOR REAL LIFE



Prep the toppings ahead and store separately. Assemble the bowl in just a few minutes in the morning.

LEFTOVERS / STORAGE

Store yogurt and toppings separately in the refrigerator for up to 3 days. Add pecans just before serving for the best crunch.

APPLE CINNAMON FRENCH TOAST



Prep Time:
10 min



Cook Time:
15 min



Servings:
2

NUTRITION (approx)

Calories:
340

Protein:
18g

Carbs:
46g

Fat:
10g



INGREDIENTS

- 4 slices whole-grain bread
- 2 large eggs
- ¼ cup unsweetened almond milk or low-fat milk
- 1 medium apple, thinly sliced or diced
- 1 tsp ground cinnamon, divided
- ½ tsp vanilla extract
- 1 tsp olive oil or butter, for cooking
- 2 tbsp plain Greek yogurt
- 1 tsp pure maple syrup (optional)

DIRECTIONS

1. In a shallow bowl, whisk eggs, milk, vanilla extract, and ½ tsp cinnamon.
2. Dip each bread slice into the egg mixture, coating both sides.
3. Heat a lightly greased nonstick skillet over medium heat. Cook bread for 2–3 minutes per side, until golden.
4. In the same skillet, cook apple with the remaining cinnamon and a splash of water for 3–4 minutes, until softened.
5. Divide French toast between two plates. Top with warm apples, Greek yogurt, and a light drizzle of maple syrup, if desired.



EASY SWAPS

- Whole-grain bread → Gluten-free bread
- Apple → Pear
- Almond milk → Low-fat milk or oat milk

MAKE IT FOR REAL LIFE



Slice the apples the night before and store them in the refrigerator. Use slightly stale bread for French toast that holds its shape and cooks evenly.

LEFTOVERS / STORAGE

Refrigerate cooked French toast in an airtight container for up to 3 days.

VEGGIE BREAKFAST CASSEROLE



Prep Time:
10 min



Cook Time:
30 min



Servings:
6

NUTRITION (approx)

Calories
220

Protein
19g

Carbs
9g

Fat
12g



INGREDIENTS

- 8 large eggs
- 1 cup egg whites
- 1 cup broccoli, chopped small
- 1 red bell pepper, diced
- 1 cup baby spinach, chopped
- ½ small onion, diced
- ½ cup shredded cheddar cheese
- 1 tsp olive oil
- ½ tsp garlic powder
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F and lightly grease an 8×8-inch baking dish.
2. Sauté broccoli, bell pepper, and onion for 4–5 minutes. Add spinach and cook until just wilted.
3. Whisk eggs, egg whites, garlic powder, salt, and pepper.
4. Spread vegetables in the baking dish, pour egg mixture over them, and sprinkle with cheese.
5. Bake for 25–30 minutes, until the center is set. Cool slightly before slicing.



EASY SWAPS

- Broccoli → cauliflower
- Spinach → kale
- Cheddar → feta or mozzarella
- Add mushrooms or any leftover vegetables

MAKE IT FOR REAL LIFE



Bake once and portion into individual servings for quick breakfasts throughout the week

LEFTOVERS / STORAGE

Refrigerate in an airtight container for up to 4 days. Reheat individual portions in the microwave or oven.

ROASTED SWEET POTATO & CHICKPEA BOWL



Prep Time:
10 min



Cook Time:
25 min



Servings:
4

NUTRITION (approx)

Calories
390

Protein
15g

Carbs
55g

Fat
14g



INGREDIENTS

- 2 medium sweet potatoes, diced
- 1 can (15 oz) chickpeas, drained and rinsed
- 4 cups baby spinach or kale

- 1 cup cooked quinoa
- ¼ cup crumbled feta
- 1½ tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt & pepper to taste

Dressing

- 2 tbsp plain Greek yogurt
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey
- 1–2 tbsp water

DIRECTIONS

1. Preheat oven to 425°F.
2. Toss sweet potatoes and chickpeas with olive oil, paprika, garlic powder, salt, and pepper.
3. Roast for 20–25 minutes, stirring halfway through.
4. Whisk together the dressing ingredients.
5. Divide greens and quinoa among bowls. Add roasted sweet potatoes, chickpeas, and feta. Drizzle with dressing.



EASY SWAPS

- Sweet potato → butternut squash
- Quinoa → brown rice
- Spinach → kale
- Feta → goat cheese or omit for dairy-free

MAKE IT FOR REAL LIFE



- Roast the sweet potatoes and chickpeas and cook the quinoa ahead of time. Assemble bowls throughout the week.

LEFTOVERS / STORAGE



Store components separately in the refrigerator for up to 4 days. Add the dressing just before serving

FALL HARVEST LUNCH BOX



Prep Time:
10 min



Cook Time:
0 min



Servings:
2

NUTRITION (approx)

Calories
390

Protein
26g

Carbs
35g

Fat
17g



INGREDIENTS

- 6 oz sliced turkey breast
- 1 medium apple, sliced
- 2 oz sharp cheddar cheese, cubed
- ½ cup baby carrots
- ½ cup cucumber slices
- 8 whole-grain crackers
- 2 tbsp dried cranberries
- 2 tbsp pecans

DIRECTIONS

1. Divide turkey, apple, cheddar, carrots, cucumber, crackers, cranberries, and pecans between two meal-prep containers.
2. Keep crackers separate until ready to eat for the best texture.
3. Serve chilled.



EASY SWAPS

- Apple → pear
- Turkey → grilled chicken
- Cheddar → mozzarella or Swiss
- Pecans → walnuts or almonds
- Crackers → whole-grain pita wedges

MAKE IT FOR REAL LIFE



- Use pre-sliced turkey, cheese cubes, and pre-cut vegetables for a lunch that takes just a few minutes to assemble

LEFTOVERS / STORAGE



Refrigerate for up to 3 days. Add sliced apple the day of eating or toss with a little lemon juice to prevent browning.

HARVEST CHICKEN WRAP



Prep Time:
10 min



Cook Time:
0 min



Servings:
2

NUTRITION (approx)

Calories
395

Protein
32g

Carbs
39g

Fat
14g



INGREDIENTS

- 2 large whole-grain tortillas
 - 6 oz cooked chicken breast, sliced or shredded
 - 1 cup shredded cabbage or kale
 - ½ medium apple, thinly sliced
 - ¼ cup shredded carrots
 - 2 tbsp dried cranberries
 - 2 tbsp chopped pecans
 - 2 tbsp crumbled feta
- Dressing**
- 2 tbsp plain Greek yogurt
 - 1 tsp Dijon mustard
 - 1 tsp apple cider vinegar
 - 1 tsp honey
 - Salt & pepper to taste

DIRECTIONS

1. Mix Greek yogurt, Dijon, apple cider vinegar, honey, salt, and pepper.
2. Spread dressing over each tortilla.
3. Layer chicken, cabbage or kale, apple, carrots, cranberries, pecans, and feta.
4. Roll tightly, slice in half, and serve.



EASY SWAPS

- Chicken → turkey
- Apple → pear
- Cabbage → kale
- Pecans → walnuts or almonds
- Feta → cheddar or omit

MAKE IT FOR REAL LIFE



- Use rotisserie chicken and pre-shredded cabbage or slaw mix for a lunch that comes together in minutes

LEFTOVERS / STORAGE



Prep the filling for up to 3 days. Assemble the wrap shortly before eating to keep the tortilla from getting soggy.

TACO SOUP



Prep Time:
10 min



Cook Time:
30 min



Servings:
4

NUTRITION (approx)

Calories:
430

Protein:
30g

Carbs:
26g

Fat:
20g



INGREDIENTS

- 1 lb lean ground turkey or beef
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1 can diced tomatoes
- 1 cup tomato sauce
- ½ onion, diced
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 4 cups low sodium broth
- 1 tbsp olive oil
- 1 tbsp taco seasoning
- Salt & pepper

Optional

Avocado
Shredded cheese
Greek yogurt or sour cream
Fresh cilantro

DIRECTIONS

1. Heat olive oil in a large pot over medium heat
2. Cook onion, garlic, and bell pepper until softened
3. Add ground turkey or beef and cook until browned
4. Stir in beans, corn, tomatoes, tomato sauce, broth, and seasonings
5. Bring to a boil, then reduce heat and simmer for 20–25 minutes
6. Serve warm with desired toppings



EASY SWAPS

- Turkey → chicken or lean beef
- Corn → extra beans or zucchini

MAKE IT FOR REAL LIFE



- Use rotisserie chicken for a quicker version
- Great freezer-friendly dinner option

LEFTOVERS / STORAGE



- Store in the fridge for up to 4 days
- Freeze for up to 2 months

SWEET POTATO & CHICKPEA CURRY



Prep Time:
10 min



Cook Time:
25 min



Servings:
4

NUTRITION (approx)

Calories
410

Protein
14g

Carbs
58g

Fat
15g



INGREDIENTS

- 2 medium sweet potatoes, peeled and cubed
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups baby spinach
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp curry powder
- ½ tsp ground cumin
- ½ tsp ground turmeric
- 1 can (14 oz) light coconut milk
- 1 cup low-sodium vegetable broth
- Juice of ½ lime
- Salt & black pepper to taste
- Fresh cilantro, optional

DIRECTIONS

1. Heat olive oil in a large skillet or pot over medium heat. Add onion and cook for 3–4 minutes, until softened.
2. Add garlic, curry powder, cumin, and turmeric. Cook for about 30 seconds, until fragrant.
3. Add sweet potatoes, chickpeas, coconut milk, and vegetable broth. Stir to combine.
4. Bring to a gentle simmer, cover, and cook for 15–20 minutes, or until the sweet potatoes are tender.
5. Stir in spinach and cook for another 2–3 minutes, until wilted.
6. Finish with fresh lime juice and season with salt and pepper.
7. Top with cilantro, if desired, and serve warm.



EASY SWAPS

- Sweet potato → butternut squash
- Chickpeas → white beans
- Spinach → kale

MAKE IT FOR REAL LIFE



- Use pre-cut sweet potatoes and canned chickpeas to keep prep minimal.

LEFTOVERS / STORAGE



- Store in an airtight container in the refrigerator for up to 4 days.

BEEF & MUSHROOM SKILLET



Prep Time:
10 min



Cook Time:
20 min



Servings:
4

NUTRITION (approx)

Calories:
350

Protein:
34g

Carbs:
12g

Fat:
19g



INGREDIENTS

- 1 lb lean ground beef
- 8 oz cremini or button mushrooms, sliced
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups baby spinach
- 1 tbsp olive oil
- ½ cup low-sodium beef broth
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- ½ tsp dried thyme
- Salt and black pepper, to taste
- Fresh parsley, optional

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Add mushrooms and onion and cook for 5–6 minutes, until softened and lightly browned.
3. Add garlic and cook for 30 seconds.
4. Add ground beef and cook until browned, breaking it apart as it cooks. Drain excess fat if needed.
5. Stir in beef broth, Worcestershire sauce, Dijon mustard, and thyme.
6. Simmer for 4–5 minutes, until the sauce slightly reduces.
7. Stir in spinach and cook until wilted. Season with salt and pepper and top with parsley.



EASY SWAPS

- Ground beef → lean ground turkey
- Mushrooms → zucchini
- Spinach → kale

MAKE IT FOR REAL LIFE



- Buy pre-sliced mushrooms to reduce prep time.

LEFTOVERS / STORAGE



- Store in an airtight container in the refrigerator for up to 4 days.

FRENCH ONION CHICKEN & POTATO BAKE



Prep Time:
15 min



Cook Time:
40 min



Servings:
4

NUTRITION (approx)

Calories
430

Protein
40g

Carbs
35g

Fat
15g



INGREDIENTS

- 1½ lb boneless, skinless chicken breast, cut into pieces
- 1 lb baby potatoes, halved or quartered
- 1 large yellow onion, thinly sliced
- 2 cups broccoli florets
- 1 tbsp olive oil
- 1 cup low-sodium chicken broth
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ cup shredded Gruyère or Swiss cheese
- Salt & black pepper to taste
- Fresh parsley, optional

DIRECTIONS

1. Preheat oven to 400°F (200°C) and lightly grease a large baking dish.
2. Add chicken, potatoes, onion, and broccoli to the baking dish. Drizzle with olive oil and season with thyme, garlic powder, salt, and pepper.
3. Pour chicken broth and Worcestershire sauce over the mixture and gently toss to combine.
4. Cover tightly with foil and bake for 25 minutes.
5. Remove foil, stir, and sprinkle cheese evenly over the top.
6. Bake uncovered for another 12–15 minutes, until the potatoes are tender, the chicken reaches 165°F, and the cheese is melted and lightly golden.
7. Top with fresh parsley, if desired, and serve warm.



EASY SWAPS

- Gruyère → Swiss or part-skim mozzarella
- Worcestershire sauce → low-sodium soy sauce

MAKE IT FOR REAL LIFE



- Use baby potatoes and pre-cut broccoli to minimize prep. Everything cooks in one baking dish, so this works well as a true dump-and-bake dinner.

LEFTOVERS / STORAGE



- Store in an airtight container in the refrigerator for up to 4 days. Reheat in the oven or microwave until warmed through.



MAPLE ROASTED PECANS

Crunchy roasted pecans with a lightly sweet maple flavor and a touch of cinnamon.



170
CALORIES



3g
PROTEIN



3g
FIBER

INGREDIENTS

- ¼ cup raw pecans
- 1 tsp light or sugar-free maple syrup
- ¼ tsp cinnamon
- Pinch of salt

OPTIONAL ADD ONS

- Pumpkin pie spice
- Vanilla extract
- Pinch of nutmeg
- Cayenne pepper
- Sea salt

QUICK TIP

Toss pecans with maple syrup, cinnamon, and salt. Roast at 350°F for 8–10 minutes, stirring halfway through. Let cool completely—they'll get crispier as they cool.



CRISPY PARMESAN BROCCOLI BITES

Crispy roasted broccoli with Parmesan for a simple, savory veggie-packed snack.



150
CALORIES



8g
PROTEIN



5g
FIBER

INGREDIENTS

- 2 cups broccoli florets
- 1 tbsp olive oil
- ¼ cup grated Parmesan
- ½ tsp paprika
- Salt & pepper

OPTIONAL ADD ONS

- Lemon juice
- Red pepper flakes
- Italian seasoning
- Everything seasoning
- Greek yogurt dip

QUICK TIP

Cut the broccoli into small, even florets so they get extra crispy. Roast at 425°F for 18–20 minutes, flipping halfway through.



ROASTED PUMPKIN SEEDS

Crunchy oven-roasted pumpkin seeds with a savory, smoky flavor and a touch of garlic.



100
CALORIES



4g
PROTEIN



1g
FIBER

INGREDIENTS

- ¼ cup raw, shelled pumpkin seeds (pepitas)
- ¼ tsp olive oil
- ½ tsp smoked paprika
- Pinch of garlic powder
- Pinch of salt

OPTIONAL ADD ONS

- Ground cumin
- Chili powder
- Cinnamon
- Pumpkin pie spice
- Nutritional yeast

QUICK TIP

Toss pumpkin seeds with olive oil and seasonings. Spread on a baking sheet and roast at 325°F for 10–15 minutes, stirring halfway through. Let cool completely for extra crunch.



MINI TURKEY & CHEESE WRAPS

Easy high-protein snack that's quick to prepare and great for busy days.

**220**

CALORIES

**14g**

PROTEIN

**2g**

FIBER

INGREDIENTS

- 1 small tortilla or wrap
- 3 slices turkey breast
- 1 slice cheese
- Lettuce or spinach

OPTIONAL ADD ONS

- Mustard
- Avocado slices
- Cucumber strips

QUICK TIP

Slice wraps into pinwheels for an easy snack or lunchbox option.

CUCUMBER MINT WATER

A light, refreshing way to stay hydrated and feel your best.



PREP TIME

5 min



INFUSE

1-4 hours



FLAVOR PROFILE

Fresh and refreshing

INGREDIENTS

- ½ cucumber, sliced
- 8-10 fresh mint leaves
- 4 cups water
- Ice (optional)

HOW TO MAKE

- Add cucumber slices and mint leaves to a pitcher.
- Pour in water and stir gently.
- Refrigerate for at least 1 hour before serving.
- Serve cold over ice and enjoy.



VANILLA ORANGE ROOIBOS TEA

A smooth, comforting herbal tea with bright citrus notes and a hint of vanilla.



PREP TIME

5 min



STEEP

10 min



FLAVOR PROFILE

Smooth & Citrusy

INGREDIENTS

- 2 cups water
- 2 rooibos tea bags
- 2-3 fresh orange slices
- ½ tsp vanilla extract
- 1 cinnamon stick (optional)
- 1-2 tsp honey or maple syrup (optional)

HOW TO MAKE

- Bring water to a gentle boil in a small saucepan.
- Remove from heat and add rooibos tea bags, orange slices, and cinnamon stick, if using.
- Cover and steep for 8-10 minutes.
- Remove tea bags and orange slices.
- Stir in vanilla extract and honey or maple syrup, if desired.
- Pour into mugs and serve warm.



DIETARY RESTRICTIONS & INGREDIENT SWAPS GUIDE



MILK

Try this instead:

- Lactose-free milk
- Almond milk
- Soy milk
- Oat milk
- Coconut milk



GREEK YOGURT

Try this instead:

- Lactose-free Greek yogurt
- Plain dairy-free yogurt
- Skyr
- Cottage cheese



COTTAGE CHEESE

Try this instead:

- Lactose-free cottage cheese
- Greek yogurt
- Silken tofu
- Ricotta cheese



CHEESE

Try this instead:

- Dairy-free cheese
- Goat cheese
- Feta cheese
- Avocado
- Nutritional yeast



GLUTEN / WHEAT

Try this instead:

- Gluten-free oats
- Quinoa
- Brown rice
- Corn tortillas
- Gluten-free bread or wraps
- Gluten-free pasta



PASTA

Try this instead:

- Chickpea pasta
- Lentil pasta
- Gluten-free pasta
- Whole wheat pasta



NUTS & PEANUTS

Try this instead:

- Pumpkin seeds
- Sunflower seeds
- Sunbutter
- Sesame seeds
- Oat or granola



SOY SAUCE

Try this instead:

- Gluten-free tamari
- Coconut aminos
- Liquid aminos



EGGS

Try this instead:

- Egg whites
- Tofu scramble
- Flax egg (1 tbsp flax + 3 tbsp water)
- Chia egg (1 tbsp chia + 3 tbsp water)



CHICKEN

Try this instead:

- Turkey
- Tofu
- Tempeh
- Beans or lentils



SALMON / FISH

Try this instead:

- Trout
- Cod
- Shrimp
- Tilapia
- Tofu



RICE & GRAINS

Try this instead:

- Quinoa
- Brown rice
- Cauliflower rice
- Farro (if gluten is not a concern)
- Millet



BUTTER

Try this instead:

- Olive oil
- Avocado oil
- Coconut oil



FLAVOR BOOSTERS

Try this instead:

- Fresh herbs (basil, cilantro, parsley)
- Lemon or lime juice
- Garlic, ginger, spices