

basic whole30 swaps

SWAP THIS FOR THAT: WHOLE30 INGREDIENTS

Wheat flour and other grain flour	Almond flour, coconut flour, cassava flour
Dairy milk	Unsweetened nut milk (almond, cashew, etc)
Butter	Clarified butter, ghee
Soy sauce, tamari sauce, liquid aminos	Coconut aminos
Cornstarch	Arrowroot flour, tapioca flour, potato starch
Heavy cream	Coconut cream
MSG (popular in Asian cooking)	Fish sauce, kosher salt, dried mushrooms
Sugar	100% fruit juice, grated fruit, dates
Vegetable oil	Avocado oil, coconut oil, animal fat
Cooking wine	Chicken broth + lemon juice

SWAP THIS FOR THAT: WHOLE30 EATS

Pasta	Spiralized veggies (i.e. zucchini), roasted spaghetti squash
Rice and other grains	Riced cauliflower, broccoli, sweet potato, etc
Chips and crackers	Sliced crunchy veggies (i.e. cucumbers, bell peppers, etc)
Peanut butter	Almond butter, cashew butter, coconut butter
Soda and alcohol	Sparkling water, Kombucha, water infused with fresh fruits & herbs
Tortillas	Leafy greens (i.e. green leaf lettuce, collard greens), nori sheets
Bread: burger buns, toast, etc	Portobello mushrooms, sweet potato buns/toast, tostones, bell peppers
Croutons and salad toppers	Roasted nuts & seeds, crispy bacon, crispy roasted sweet potatoes
Cheese	Avocado, hearts of palm, nutritional yeast
Worcestershire sauce	Balsamic vinegar