

Low Carb Swaps

IMPORTANT: Many items can NOT be found in stores.

Check Amazon, Google or these sites: Netrition.com • Bariatriceating.com
Julianbakery.com • Thinslimfoods.com • Smartbakingco.com

<p>Chips/Crackers Snacks</p>	<p>Twin Peaks Protein Puffs Shrewd Food Protein Crisps (online/Costco) Better Than Good Protein Puffs Southern Recipe Oven Baked Pork Rinds Lowrey's Microwave Pork Rinds Cali'flour FOODS Cauliflower Thins KNOW Better Thins Carbolicious Low Carb Melba Toast</p>	<p>Paleo Thin Crackers Quest Protein Chips Parmesan Crisps Moon Cheese Kale Chips Great Low Carb Bread Company Soft Pretzels Bacon Heir Pork Panko (breadcrumbs) (Online, Walmart or Amazon)</p>
<p>Cake/Cookies/ Candy/Pancakes</p>	<p>Smart Baking Co cakes (smartbakingco.com) Nush Foods Low Carb Organic Cake Quest Cookies Know Better Cookies (Knowfoods.com) Dixie USA Carb Counters Ready-to-Eat Cookies Healthsmart ChocoRite Peanut Butter Cup Patties</p>	<p>Russel Stover sugar free chocolates Hershey's Sugar free Peanut Butter Cups Sugar free Jolly Ranchers Sugar free Werther's LaNouba Low Carb Marshmallows Krunchy Melts Sugar Free Meringues ChocZero Keto Bark Atkinson's Sugar Free Chick-o-Stick Candy</p>
<p>Bake Mixes</p>	<p>Tova Carb Quick Bake Mix Universal Nutrition Doctor's CarbRite Diet Chocolate</p>	<p>Chip Brownie Mix Inspire pancake mix (bariatriceating.com)</p>
<p>Bread/Wraps Tortillas</p>	<p>Maria and Ricardo's Fiber Rich Whole Wheat Tortillas Thin Slim Zero Carb Bread (thinslimfoods.com) Outer Aisle Cauliflower Wraps Know Better Buns Coconut Wraps (Thrive Market, Nuco Organic) Wwrap Veggie Wraps</p>	<p>Folios Cheese Wraps Great Low Carb Bread Company Bread and Bagels Chompies Carbs Not! High Protein Bread LC Foods Fresh Baked NY Style Bagels Paleo Thin Bread Almond (julianbakery.com)</p>

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<p>Cereal</p>	<p>Pro Granola (julianbakery.com) Bariwise Cereal Sensato Sugar-Free Nut and Flax Granola</p>	<p>Sensato High Fiber Hot Cereal Dixie USA Smaps Cereal</p>
<p>Pizza/Enchiladas</p>	<p>Outer Aisle Cauliflower Pizza Crust Quest pizza (Target, online) Pie 5</p>	<p>Real Good Foods Cauliflower and Chicken Crust Pizza and Enchiladas Cali'flour Foods pizza crust</p>
<p>Pasta/Rice</p>	<p>Miracle Noodles Shirataki Noodles Premade Zucchini noodles Spaghetti Squash Impastable (thinslimfoods.com) Great Low Carb Bread Company Pasta</p>	<p>Skinny Pasta Konjac Pasta (has couscous, fettuccine, lasagna, noodles, rice, and spaghetti) Kohlrabi Noodles (Giant produce section) Cauliflower rice, Shirataki rice</p>