

A Simple Low Carb Life

Low Carbohydrate Substitutions

MODULE 9-Video 2

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Now, let's look at some more
low carb substitutions...

Substitutions for traditional high carb foods:

- *Shirataki noodles* (made of konjac flour and also called glucomannan or yam flour commonly) may be used instead of pasta.
- *Spaghetti squash* instead of pasta.
- *Spiral sliced zucchini, daikon radish, or yellow squash* instead of pasta.
- *Sliced cabbage* (sliced into long strips) instead of pasta.
- *Riced cauliflower* instead of rice.
- www.asimplelowcarblife.com/blog/how-to-rice-cauliflower-and-more.html
- *Coconut flour, almond meal/flour, hazelnut flour, peanut flour, cashew flour, macadamia meal, soy flour* instead of wheat flour (or other grain or rice flours).
- *Stevia, xylitol, erythritol* instead of sugar/honey/agave/date sugar/coconut sugar.

- Peanut flour, whey protein powders, chickpea flour, hemp protein powder, soy flour *instead of wheat flour* or cornstarch for thickening sauces.
- *Walden Farms* sauces, salad dressings, and syrups *instead of high carb sauces, salad dressings, and syrups* (all zero calories, zero carbs, zero fat).
- Soynuts, roasted edamame, salted nuts, roasted seaweed, kale chips instead of pretzels, chips, crackers.
- Flaxseed meal instead of wheat flour based conventional crackers.
- Make your own crackers:
www.asimplelowcarblife.com/recipes/spicy-flaxseed-crackers.html

- Pureed cauliflower instead of mashed potatoes.
- Chayote squash instead of apples for crisp/cobbler recipes.
- Jicama instead of apple slices.
- Sliced peppers (any type) instead of tortillas to make enchiladas.
- Romaine or butter lettuce instead of taco shells.
- Lettuce wrap instead of bread for sandwiches.

www.asimplelowcarblife.com/recipes/index.html

Rice substitute:

Miracle noodle makes a rice shaped Shirataki noodle that can be used instead of rice.

“Riced” Cauliflower (which is cauliflower in a food processor that is pulsed into rice-sized shape and cooked to desired level, whether microwaved, steamed, fried, pureed, or baked).

www.asimplelowcarblife.com/blog/how-to-rice-cauliflower-and-more.html

Altering Recipes:

- Replace sugar with non-sugar sweeteners
- Replace wheat flour with almond meal, coconut flour, or other low carb flours.
- Almond meal and wheat flour can be exchanged in the same amount.
- Coconut flour acts like a super sponge and needs to be reduced to at least 1/3 of the amount of flour.
- Coconut flour requires some experimenting to prevent it from being either too dry or too moist.
- Always add additional fluids (or eggs) when using coconut flour (usually twice as much).

Substitute any rice or pasta in dishes with veggies or Shirataki noodles.

Use sliced deli meat, thinly sliced chicken, or peppers in place of lasagna noodles.

Make low carb breads, pancakes, biscuits, or waffles instead of high carb ones.

Make low carb sauces and gravies with low carb ingredients instead of use of corn starch or flour as a thickening agent.

Make your own ice cream or frozen yogurt using non-sugar sweeteners instead of high carb ice cream.

www.asimplelowcarblife.com/recipes/low-carb-vanilla-chocolate-chip-ice-cream.html

www.asimplelowcarblife.com/recipes/low-carb-chocolate-pecan-ice-cream.html

Check out our *Pinterest* boards for some original and curated recipe ideas on how to substitute low carb foods for high carb ones. PIN the ones you like!

www.pinterest.com/asimplelowcarb

Visit our website frequently as we are constantly adding new recipes, each with nutritional information.

www.asimplelowcarblife.com/recipes/index.html

Visit the previously listed recipe blog links for other recipes with nutritional information listed on each recipe (from **MODULE 5**).

How are you doing so far?

You have learned a LOT so far and are no doubt figuring out how to eat, what to eat, and when to eat. You have lost some weight by now and are starting to feel confident.... until you were invited to your close friend's party. Now what do you do?

Most people eat at home in the first part of their new way of eating (so they won't tank their weight loss).

How do you maneuver eating out, attending social functions, or the pressures of family and friends and still lose weight?

Let's move on to

Module 10

To learn about social dining and
how to choose wisely when not eating at home.

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