

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

Chips/Crackers/Snacks

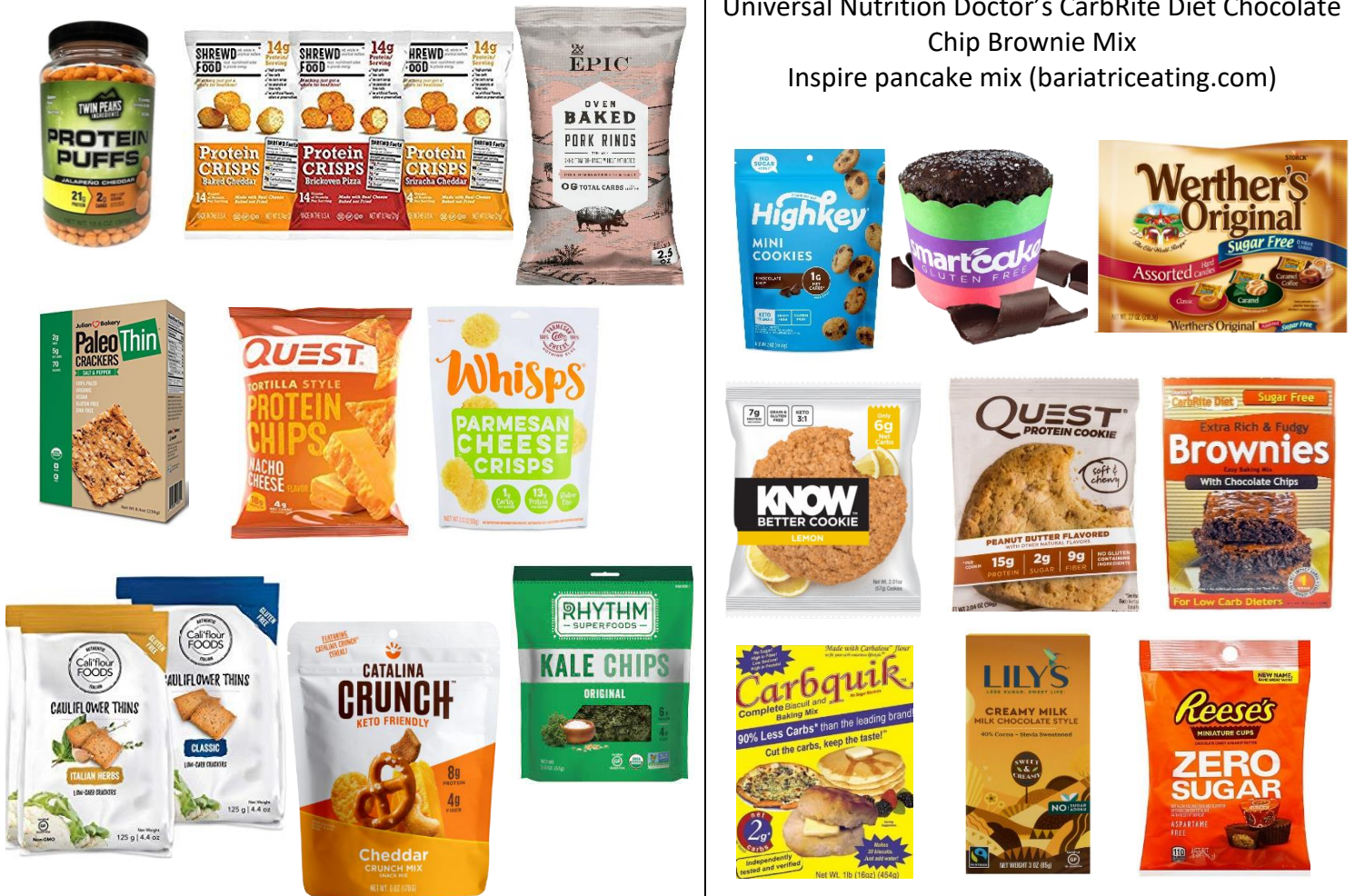
- Twin Peaks Protein Puffs
- Shrewd Food Protein Crisps (online/Costco)
- Better Than Good Protein Puffs
- Southern Recipe Oven Baked Pork Rinds
- Lowrey's Microwave Pork Rinds
- Cali'flour FOODS Cauliflower Thins
- KNOW Better Thins
- Carbolicious Low Carb Melba Toast
- Paleo Thin Crackers
- Quest Protein Chips
- Parmesan Crisps
- Moon Cheese
- Kale Chips
- Great Low Carb Bread Company Soft Pretzels
- Bacon Heir Pork Panko (breadcrumbs) (Online, Walmart or Amazon)

Cake/Cookies/Candy/Pancakes

- 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
- 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

Bake Mixes

- Tova Carb Quick Bake Mix
- Universal Nutrition Doctor's CarbRite Diet Chocolate Chip Brownie Mix
- Inspire pancake mix (bariatriceating.com)



Bread/Wraps/Tortillas

Maria and Ricardo's Fiber Rich Whole Wheat Tortillas
 Thin Slim Zero Carb Bread (thinslimfoods.com)
 Outer Aisle Cauliflower Flats
 Know Better Buns
 Coconut Wraps (Thrive Market, Nuco Organic)
 Mr. Tortilla, Ole Mexican Foods Wellness Wrap
 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)



Cold and Hot Cereal

Pro Granola (julianbakery.com)
 Bariwise Cereal
 Sensato Sugar-Free Nut and Flax Granola
 Sensato High Fiber Hot Cereal
 Dixie USA Smaps Cereal
 ProtiDiet Oatmeal
 Catalina Crunch
 Highkey Protein Cereal
 Sola
 Cereal School
 Magic Spoon
 Wonderworks
 Kashi Go Keto



Pizza/Enchiladas

Outer Aisle Cauliflower pizza Crust

Quest pizza (Target, online)

Real Good Foods Cauliflower and Chicken Crust Pizza and Enchiladas

Cali'flour Foods pizza crust

Make "chicken crust" pizza and freeze ahead

Use the wraps/flat breads above to make your own



Pasta/Rice

Miracle Noodles

Shirataki Noodles

Premade Zucchini noodles

Spaghetti Squash

Impastable (thinslimfoods.com)

Great Low Carb Bread Company Pasta

Skinny Pasta Konjac Pasta (has couscous, fettuccine, lasagna, noodles, rice, and spaghetti)

Kohlrabi Noodles (Giant produce section)

Cauliflower rice, Shirataki rice

