

# Substitutes for favorite foods

*with therapeutic carbohydrate restriction*

Are you afraid of missing out on some of your favorite foods when you go low carb? Don't be. There are substitutes that fill in for all of your old standbys.

Replace these favorites	... with these satisfying substitutes!
<b>Bread</b> <ul style="list-style-type: none"> <li>• Wraps</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Tortillas</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Buns</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce leaf wrap</li> <li>• Cabbage leaf wrap</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Low-carb tortillas</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Low-carb breads made with eggs, nut flours, cream cheese, and/or psyllium husk</li> </ul> <p><b>Find recipes here:</b>  <a href="https://www.dietdoctor.com/low-carb/keto/recipes/bread">https://www.dietdoctor.com/low-carb/keto/recipes/bread</a></p> 
<b>Potatoes</b> <ul style="list-style-type: none"> <li>• Mashed potatoes</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• French fries</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Boiled potatoes</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Potato salad</li> </ul>	<ul style="list-style-type: none"> <li>• Mashed cauliflower</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Oven-roasted celery root</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Steamed cauliflower; boiled rutabaga</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Roasted cubed zucchini or kohlrabi dressed with potato salad fixings</li> </ul> <p><b>Find recipes here:</b>  <a href="https://alldayidreamaboutfood.com/category/side-dishes/">https://alldayidreamaboutfood.com/category/side-dishes/</a></p> 
<b>Pasta</b> <ul style="list-style-type: none"> <li>• Noodles</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Mac and cheese</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Lasagna noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Shaved or spiralized zucchini</li> <li>• Spiralized rutabaga</li> <li>• Cooked spaghetti squash</li> <li>• Homemade noodles made with eggs, cheese, nut flours, and/or pureed cauliflower</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Shirataki noodles or cubed cauliflower with mac and cheese fixings</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Sliced zucchini, eggplant, deli meat, or homemade low-carb noodles with lasagna fixings</li> </ul> <p><b>Find recipes here:</b>  <a href="https://www.dietdoctor.com/low-carb/recipes/meals/pasta">https://www.dietdoctor.com/low-carb/recipes/meals/pasta</a></p> 

<b>Rice</b>	<ul style="list-style-type: none"> <li>• Riced cauliflower or rutabaga</li> <li>• Shredded cabbage</li> <li>• Shirataki rice</li> </ul> <p><b>Find recipes here:</b>  <a href="https://headbangerskitchen.com/category/keto-recipes/keto-essentials/">https://headbangerskitchen.com/category/keto-recipes/keto-essentials/</a></p> 
<b>Pizza</b>	<ul style="list-style-type: none"> <li>• Crust made from cheese, eggs, cauliflower and/or nut flour with pizza fixings</li> <li>• “Meatza” (crust made from ground meat) with pizza fixings</li> <li>• Portabella mushroom or eggplant with pizza fixings</li> </ul> <p><b>Find recipes here:</b>  <a href="https://ketokarma.com/category/pizza">https://ketokarma.com/category/pizza</a></p> 
<b>Cereal and breakfast foods</b>	<ul style="list-style-type: none"> <li>• Porridge made with eggs, chia/flax/hemp seeds, and/or coconut flour</li> <li>• Low-carb granola</li> <li>• Low-carb pancakes made with eggs, nut flours, and/or cream cheese.</li> </ul> <p><b>Find recipes here:</b>  <a href="https://www.ketoconnect.net/breakfasts/">https://www.ketoconnect.net/breakfasts/</a></p> 
<b>Chips, crackers and snacks</b>	<ul style="list-style-type: none"> <li>• Parmesan cheese crisps</li> <li>• Low-carb seed crackers</li> <li>• Roasted nuts</li> <li>• Cheese</li> </ul> <p><b>Find recipes here:</b>  <a href="https://www.dietdoctor.com/low-carb/keto/recipes/snacks">https://www.dietdoctor.com/low-carb/keto/recipes/snacks</a></p> 
<b>Dessert</b>	<ul style="list-style-type: none"> <li>• Cheese plate</li> <li>• Low-carb berries with whipped cream</li> <li>• Square of dark chocolate (&gt;80% cacao)</li> <li>• Cheesecake made with low-calorie sweetener and nut flour crust</li> <li>• Low-carb and keto recipes for almost anything you like are available online</li> </ul> <p><b>Find recipes here:</b>  <a href="https://www.ketoconnect.net/desserts/">https://www.ketoconnect.net/desserts/</a></p> 
<b>Sugar</b>	<p>Natural low-calorie sweeteners like erythritol, xylitol, monk fruit, and stevia or artificial options (aspartame, sucralose, and saccharine).</p>
<b>Starch</b>	<p>Low-carb vegetables with added fat replace the calories of starchy sides; you won't even miss the beige.</p> <p><b>Find meal planning help and recipes here:</b>  <a href="https://www.eatthebutter.org/keto-dinner-ideas">https://www.eatthebutter.org/keto-dinner-ideas</a></p>