

FOOD ALTERNATIVES

Pasta Substitutes:

Edamame or black bean pasta (CostCo, Bulk Barn).
Miracle Noodle – shirataki pasta
Spiralized zucchini or kohlrabi; Bed of spinach; spaghetti squash

Bread Substitutes: need eggs (can work around this, if allergic), almond flour (Costco), coconut flour (bulk, Save-on), flaxmeal, psyllium husks (Superstore).

Strongly recommend making your own, as some of the commercial products use tricky fillers. However, a reasonable product is "Fold It," in a purple package. (Walmart, Amazon). Some Wasa bread products (small amounts): Fiber, Sourdough versions.

Seed Bread: skip the seed toppings. <http://paleogrubs.com/seed-and-nut-sandwich-bread>

Cheesy biscuits: <http://satisfyingeats.com/breads/cheesy-cheese-garlic-biscuits/>

SnapGuide Biscuits: <https://snapguide.com/guides/make-low-carb-biscuits/>

Two Minute English Muffins: put in 2 small ramekins, microwave x 2 min. Cut in half and toast.
<http://www.sugarfreemom.com/recipes/2-minute-low-carb-english-muffin/>

Cauliflower Grilled Cheese: <http://www.delish.com/cooking/recipe-ideas/recipes/a51638/cauliflower-grilled-cheese-recipe/>

Pizza Crusts:

Fat Head -- <http://www.ditchthecarbs.com/2015/04/23/fat-head-pizza/>
Cauliflower -- http://www.huffingtonpost.com/entry/cauliflower-pizza-and-rice-recipes_us_58ac6044e4b0a855d1d9f233

Banana Bread (higher carb, but no sugar): best cooked as muffins.
<http://civilizedcavemancooking.com/recipes/desserts/paleo-banana-bread/>

Pumpkin Muffins: omit the honey, increase pumpkin puree to 1 c. and increase pumpkin pie spice to 1 Tbsp.
<https://glutenfreehomemaker.com/paleo-pumpkin-muffins/>

Crackers: add 1 Tbsp flaxmeal and 1 Tbsp water. Freeze well.
<http://www.kingarthurflour.com/recipes/gluten-free-almond-flour-crackers-recipe>

Other bread ideas: Ditch the Carbs -- <http://www.ditchthecarbs.com/2016/12/12/best-low-carb-breads-on-the-internet/>

"Oatmeal"

In a large container mix: 1 cup flaxmeal; 1 cup shredded coconut; 1 cup chia seeds; 1 cup hemp seeds; 2 tsp cinnamon
Mix together, store in cupboard.

To make oatmeal in am, scoop 1/2 cup into bowl, add about 3/4 cup hot water, let stand 5 min, add some vanilla, cream/coconut cream, maybe some berries and nuts.

Chia Pudding:

1 can of full fat coconut milk (Aroy-D brand); 1/3 c chia seeds; 2-4 T cocoa; ~1/2 tsp Cinnamon; ~1/4 tsp Vanilla
Mix very well and chill. Add berries and/or a few nuts.

Full Fat Yogurt: 5-10+% MF, plain (e.g., Liberte – Superstore, Krema – Save-on-Foods)
Add-ins: chia seeds, pumpkin seeds, unsweetened coconut, nuts, small handful berries