

FOOD SUBSTITUTIONS

red wine	beef stock
white wine	chicken stock
ground beef	ground turkey
pasta	spaghetti squash
mashed potatoes	mashed cauliflower
cow's milk	almond milk
mayo and sour cream	Greek yogurt
butter	coconut oil (cooking) applesauce (baking)
vegetable or canola oil	coconut oil (cooking) applesauce (baking)
salad dressings	oil and vinegar, fresh-squeezed lemon juice
salt	sea salt
bread crumbs	rolled oats
all-purpose flour	wheat flour, almond flour
sugar	Nectresse or Splenda
white rice	brown rice
Yukon gold or red potatoes	sweet potatoes