



# Low Carb Hacks



## Swap This



## FOR THIS



Soda & Fruit Juice



Water



Burgers & Fries



Bunless Burgers & Salad



Bread & Sandwiches



Salads, Egg Wraps, Lettuce Wraps



Snack Foods



Cheese, Olives, Veggies, Cold Meat



Ice Cream



Low Carb Cheesecake



Processed Meats



Real Meat



Pasta



Vegetable Pasta



Sweets & Confectionery



Dark Chocolate



Cocktails



Red Wine, Spirits

## Swap This



## FOR THIS

### Baking Hacks

Flour  
Breadcrumbs  
Margarine/Seed Oils  
Frosting/Icing  
Sugar

Ground Almonds or Coconut Flour  
Ground Almonds  
Butter, Olive Oil, Coconut Oil  
Ganache, Cream Cheese Frosting  
Stevia or Sweetener of Choice

### Pantry & Fridge Hacks

Toast & Jam  
Rice  
Fruit & Flavoured Yogurt  
Sweets & Confectionery  
Cereals  
Mashed Potatoes

Smoothies & Berries  
Cauliflower Rice  
Natural Yogurt & Fresh Berries  
Dark Chocolate, Nuts, Berries  
Eggs, Bacon, Grain Free Granola  
Mashed Cauliflower

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