

CAROL'S CLOSE-ENOUGH SECONDS LIST

► YOUR BEST HEALTHY
SUBSTITUTIONS LIST



Carol Egan

HEALTHY SUBSTITUTIONS

Carol's "Close-Enough Seconds" List

My "close-enough seconds" recommendations gained popularity early on with some of my clients kids. They loved when I would say, "I've got a great suggestion for you — No, it's not the same as the original, but it's a close enough second!"

Truth be told, the more you clean your palate, the more you will learn to really appreciate and love these substitutions!

Bread	Lettuce cups and large green leaves, like romaine, kale, collards, swiss chard and savoy cabbage
Cereal	Quinoa with berries or apples and crushed raw almonds (pumpkin seeds during detox); Ground young Thai coconut with fresh chopped berries
Cheese	Avocado
Chips	Raw sweet potato chips, dehydrated or baked sweet potato chips, kale chips, zucchini chips or toasted pumpkin seeds
Coffee	Herbal teas, hot or cold (Dandelion Root Tea)
Cookies	Protein and energy balls, Apples with sunbutter and cinnamon,
French fries	sweet potato, eggplant or cauliflower baked with coconut oil and sea salt
Hotdog	Lettuce leaf stuffed with raw fermented sauerkraut, hot peppers and mustard

Ice-cream	Food-process frozen bananas, Kite Hill almond milk yogurt and fruit, Smashed raw banana with almond butter, crushed pecans and a sprinkle of raw cacao, frozen grapes
Microwave popcorn	Stove-top organic popcorn
Milk Chocolate	Organic dark chocolate (70 percent or more)
Pasta	Zucchini, sweet potato, kelp noodles
Peanut Butter	Raw almond butter
Oatmeal	Chia seed pudding, layered with chopped strawberries and strawberry puree
Vinegar	Raw apple cider vinegar, Lemon juice
Sugar or artificial sweeteners	Stevia (moderately)
Vegetable oil and canola oil	Raw coconut and extra virgin olive oil
