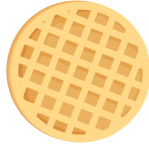


# Low Carb Substitutions

## Bread/Buns

Chaffles  
Lettuce Wrap  
Low Carb Bread  
Portabello Mushrooms  
Sliced Onion

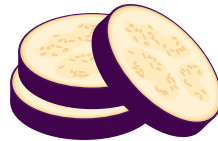


## Bread Crumbs

Crushed Pork Rinds  
Grated Parmesan  
Ground Almonds

## Lasagna Noodles

Eggplant Slices  
Low Carb Tortillas  
Zucchini Slices



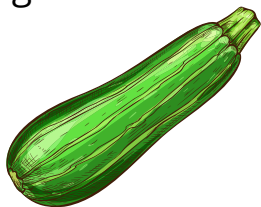
## French Fries

Jicama Fries  
Zucchini Fries



## Pizza Crust

Cauliflower  
Chaffle  
Fathead Dough



## Spaghetti

Shirataki Noodles  
Spaghetti Squash  
Zucchini Noodles (Zoodles)

## Sugar

Erythritol  
Monk Fruit  
Stevia



## Crackers

Bell Peppers  
Celery  
Cheese Crisps  
Cucumber Slices



## Mashed Potatoes

Mashed Cauliflower  
Mashed Turnips



## Rice

Cauliflower Rice  
Shirataki Rice

## Tortillas

Cheese Tortillas  
Egg Tortillas  
Lettuce Wrap  
Low Carb Tortillas