

Lazy Day

 Cooking Club 

INGREDIENT ALTERNATIVES IF YOU ARE FOLLOWING
A LOW CARB OR LOWER CALORIE DIET!

INGREDIENT	ALTERNATIVE
Chicken Legs or Chicken Thighs	Chicken Breasts
Pork Roast or Pork Shoulder	Pork Tenderloin
Ground Beef	Lean Ground Turkey or Lean Ground Chicken
Ground Italian Sausage	Lean Ground Turkey Sausage
Beef Roast	Lean Sirloin or Lean Stew Meat
Potatoes	Sweet Potatoes or Mashed Cauliflower (low carb)
White Rice	Brown Rice or Cauliflower Rice (low carb)
Pasta	Whole Wheat Pasta, Gluten Free Pasta, Brown Rice Pasta or Zucchini Noodles *Or Reduce by Half and Increase your Veggies!
Butter	Olive Oil or Coconut Oil
Heavy Whipping Cream	Low Fat Milk, Unsweetened Almond Milk or Coconut Milk
Sour Cream	Greek Yogurt
Cream Cheese	Reduce the amount in half or use Greek Yogurt
Cheese	Reduce the amount in half and do not mix into the meal but use it as a topping on meals for a stronger flavor.
Cream of Soups	Use a Homemade Recipe (Regular or Gluten Free)
Tortillas	Corn Tortillas, Low Carb Tortillas or Lettuce Wraps
Bread/Buns	Serve the meal over lettuce or use a low carb bread option.