Carrie's SKINNY Swaps

LAZY DAY COOKING CLUB

OCTOBER RECIPES

*The first thing Carrie does with every single meal is **add extra veggies** — her go-tos are zucchini, bell peppers, squash, cauliflower, carrots, and broccoli. Beyond that, here's how she lowers the carbs and fat in each October recipe, and what she swaps in for the rice, pasta, or bread.*

01 Crock Pot Cranberry Turkey

- Swap the canned cranberry sauce for a sugar-free version, or make a quick homemade one with fresh cranberries and a sugar-free sweetener.
- Use a light Catalina dressing instead of regular to cut back on the added sugar and oil.

02 Crock Pot Crack Chicken Mac & Cheese

- Swap the sour cream and cream cheese for plain Greek yogurt for the same creaminess with more protein and less fat.
- Use turkey bacon instead of regular bacon, and go light on the shredded cheddar.
- Cut the elbow macaroni in half and stir in extra cauliflower florets in its place.

03 Crock Pot Buffalo Chicken Meatballs

- Use a lean, plain chicken meatball instead of one with added fillers or oil.
- Serve over cauliflower rice, diced sweet potato, or roasted squash instead of regular rice.

04 Crock Pot Green Curry Chicken

- Use light coconut milk instead of regular to cut the fat.
- Swap the rice for cauliflower rice, diced sweet potato, or roasted squash.

05 Crock Pot Chicken Tenderloins (with Cast Iron Instructions)

- Use an avocado oil spray in place of the measured olive oil and butter to cut back on added fat.
- Serve with a side of roasted veggies instead of a starchy side.

06 Crock Pot Balsamic Beef Chuck Roast

- Use a leaner cut of chuck roast, trimmed well before cooking.
- Use a sugar-free brown sugar substitute in place of regular brown sugar.
- Serve the beef over roasted cauliflower instead of mashed potatoes.

07 Crock Pot Pork Pitas with Horseradish Sauce

- Already a great swap built in — the horseradish sauce uses plain Greek yogurt instead of sour cream.
- Serve on Hero bread or in a low-carb tortilla wrap instead of regular pita bread.

08 Crock Pot Homestyle Tomato Soup

- Use a sugar-free sweetener in place of the sugar.
- Swirl in a spoonful of plain Greek yogurt for extra creaminess and protein.

09 Crock Pot Jalapeño Cheddar Corn Chowder

- Cut the potatoes in half and replace with cauliflower.
- Use a light spray instead of the butter, and go light on the shredded cheddar.

10 Crock Pot Green Chile Beef Tostados

- Use lean ground beef and go light on the cheese.
- Serve in lettuce cups or on a low-carb tortilla instead of fried tostada shells.

11 Crock Pot Creamy Chicken Gnocchi Soup

- Swap the heavy cream for a mix of plain Greek yogurt and Fairlife protein milk.
- Swap the gnocchi for cauliflower gnocchi, or cut the amount in half.

12 Crock Pot Asian Beef Stew

- Use a leaner cut of stew meat, trimmed well.
- Cut the potatoes in half and replace with cauliflower.
- Use a sugar-free sweetener in place of the sugar.

13 Crock Pot Raspberry Chipotle Chicken Thighs

- Use boneless, skinless chicken breast instead of thighs to cut the fat.
- Swap the raspberry preserves for a sugar-free preserve.
- Swap the rice for cauliflower rice, diced sweet potato, or roasted squash.

14 Crock Pot Pumpkin Chili

- Use lean ground beef.
- Stir a triangle of Laughing Cow cheese into your bowl instead of topping with sour cream and shredded cheese.

15 Crock Pot Creamy Dijon Pork Chops

- Cut the potatoes in half and replace with cauliflower.
- Swap the heavy cream for a mix of plain Greek yogurt and Fairlife protein milk.

16 Crock Pot Honey Garlic Drumsticks

- Use a sugar-free honey substitute in place of regular honey.
- Remove the skin from the drumsticks before cooking to cut the fat.
- Swap the rice for cauliflower rice, diced sweet potato, or roasted squash.

17 Crock Pot Sausage and Peppers

- Use a lean chicken or turkey Italian sausage instead of pork sausage.
- Serve on Hero bread or in a low-carb tortilla wrap instead of a hot dog bun.

18 Crock Pot Goulash

- Use lean ground beef.
- Cut the macaroni in half and serve the extra sauce over zucchini noodles or spaghetti squash.

19 Crock Pot Hearty Lasagna Soup

- Use lean ground beef, and go light on the ricotta, mozzarella, and Parmesan toppings.
- Swap the lasagna noodles for cauliflower gnocchi or zucchini ribbons stirred in near the end.

20 Crock Pot Mexican Chicken Salad

- Use all plain Greek yogurt in place of the mayonnaise for the same creaminess with less fat.
- Serve over a bed of greens or in a lettuce wrap instead of with tortilla chips.