

PALEO DIET

FOOD SWAPS



USE THIS



NOT THAT



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NOT THAT

Cauliflower Rice

Brown Rice

Honey

White Sugar

Sweet Potatoes

White Potatoes

Coconut Oil

Vegetable Oil

Zucchini Noodles

Pasta Noodles

Kale Chips

Potato Chips

Almond Flour

White Flour

Dark Chocolate

Milk Chocolate

Almond Butter

Peanut Butter

Cauliflower Pizza Crust

Regular Pizza Crust