



Top 20

QUICK & EASY FOOD SWAPS



Dips and Sauces

Reduce fat and add protein without sacrificing taste by incorporating cottage cheese or greek yogurt to your favorite sauces and dips

Ranch Dip



2 Tablespoons

60 Calories
5g fat
1g protein
2g carbs

Yogurt Based Substitute



3/4 cup

120 Calories
3.5g fat
17g protein
5g carbs

Traditional Pasta Sauce



1/2 cup

5g fat
2g protein
6g carbs

Pasta Sauce + Cottage Cheese



1/2 cup

7g fat
16g protein
7g carbs

*blend with a handblender for a creamy addition

French Onion Dip



2 Tablespoons

60 Calories
5g fat
1g protein
2g carbs

Yogurt Based Substitute



3/4 cup

120 Calories
3.5g fat
14g protein
6g carbs



Meats & Poultry

Don't sacrifice the good stuff!
Simply opt for leaner cuts in your signature dishes

Taco Night



93/7 Lean Ground Beef
Carb Balance Tortillas

-14g fat
-2g protein
+ 17g fiber



Shredded Chicken

Crockpot with chicken broth = endless possibilities

Buffalo chicken dip
Chicken Salad
Wraps and salad toppings
Add rice and veggies for a quick bowl



Salmon



139 calories
4.3g Fat
23g Protein
0 Carbs

+inflammation-reducing omega-3 fatty acids

Shrimp



84 calories
>1g Fat
20g Protein
0 Carbs

+ heart-healthy EPA and DHA fatty acids



Breads and Pasta

Our top picks for lower inflammation, less gluten, and packed with more nutrients and fiber than standard bread options

Sourdough

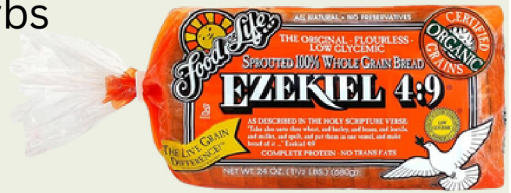


0.5g fat
5g protein
31g carbs

Ezekiel Bread

100% sprouted bread found in the freezer aisle

0.5g fat
5g protein
15g carbs



Zoodles



0g fat
1g protein
3g carbs

Alternative Pasta



3.5g fat
12g protein
32g carbs

Naan Bread



2.5g fat
4.5g protein
23g carbs

Spaghetti Squash



0.6g fat
0.6g protein
7g carbs



Dairy

Reduce fat and inflammation with these healthier options
and swap ideas

Milk Alternatives

- Almond Milk
- Oat Milk
- Cashew Milk
- Coconut Milk
- Soy Milk
- Horizon, lactose-free milk



Fan Favorites

Yogurt: Individual cups are a no-brainer to grab on-the-go

Parm Crisps: superb crunch and packed with protein

Non-fat or milk-alternative Creamer: because yes, we live in a time as wonderful as this

Fairlife Protein Shakes: premixed and ready to go



Cottage Cheese

*Blend with a hand blender for an entirely new way to approach cottage cheese

- Mix into scrambled eggs for a fluffier and protein packed option (+ add salt)
- Incorporate into pasta sauces
- Blend in smoothies
- Whip with fruit for a summertime snack
- Mix into pancakes and muffins

Also, your kids will never know it's in there



Other Cheese

Lower Fat options:

- Mozzarella
- Goat
- Feta
- Parmesan
- Swiss



Popular Swaps

submitted by members of The Hive

Chic-Fil-A Sandwich



420 Calories
18g fat
29g protein
41g carbs

Tyson Chicken Breast



250 Calories
11g fat
17g protein
22g carbs

Chic-Fil-A Frozen Lemonade



44g carbs
31g sugar
0g protein

Guilt-free alternative



1 Vanilla Premier Protein
1 package True Lemon
Squeeze of Lemon Juice
Mix in a blender with Ice

Starbucks Iced Coffee



5 Calories
0g fat
0g protein
0g carbs

Chike Protein Iced Coffee



120 Calories
2.5g fat
20g protein
4g carbs

