

TOP SWAP OUTS | FOR BREAKFAST

EAT THIS

1 cup steel cut or rolled oats

NOT THIS

1/2 cup granola

WHY IT'S BETTER

Steel-cut oats have twice the whole grains and half the sodium. Plus, granola is loaded with sugar.

2 slices ezekeiel toast

1 plain bagel

Sprouted-grain toast is easier to digest and has more nutrients than a plain bagel in just half the calories and half the sodium.

1 cinnamon raisin ezekeiel English muffin

1 blueberry muffin

Again, sprouted-grains are easier on digestion and the Cinnamon Raisin English Muffin will satisfy your sweet tooth for far less sugar and calories!

3 egg whites & 1 whole egg

3 whole eggs

Eggs are a great source of protein and healthy fats. A great way to balance the fat content is to mix egg whites with whole eggs.

4oz lean ground turkey

4 breakfast sausage links

Season lean ground turkey breast with fennel, paprika, garlic, and pure maple syrup to get the breakfast sausage flavor without all the calories, added preservatives and sodium.

1/2 cup fresh berries

1 cup juice

Eat your fruit, don't drink it! Juices are high in sugar and remove nearly all the natural fiber.

1 strawberry 180 Shaklee shake

1 restaurant strawberry smoothie

A quick shake made with almond milk and Strawberry 180 Smoothie mix gives you a complete meal on the go without all the extra calories and artificial ingredients found in restaurant shakes.

TOP SWAP OUTS | FOR LUNCH

EAT THIS

Turkey lettuce wraps

NOT THIS

Turkey & cheese sub

WHY IT'S BETTER

Cut the over-processed cheese and white sub roll and add in nitrate-free deli turkey with fresh tomatoes and onions all wrapped in a Romaine lettuce leaf. Far less calories & just as satisfying.

BLAT
(bacon, lettuce
avocado, & tomato)

BLT
(bacon, lettuce,
tomatoes)

Nitrate-free bacon (or turkey bacon) and low sodium Ezekiel bread are a great way to save calories on this classic! Swap out mashed avocado for the mayo and you're all set!

Ground turkey,
sweet potatoes
& broccoli

Frozen turkey,
mashed potatoes
& green beans

Ground turkey breast served with mashed sweet potatoes and steamed broccoli will give you the hearty lunch you're looking for without the huge calorie and starch price tag.

Fresh greens, nuts,
chicken & vinaigrette

Salad with ranch
dressing & croutons

Ranch dressing and buttery croutons turn a light lunch into a calorie bomb! Use fresh greens and veggies then top with 4oz. of grilled chicken. Add nuts & seeds for crunch and dress with a lemon vinaigrette!

Apple butter
& strawberries

Peanut butter
& jelly

Change up the classic peanut butter & jelly by using an Ezekiel English muffin with almond butter and fresh sliced strawberries for a healthy sweet lunch.

Quinoa taco salad

Restaurant burrito

Skip the Mexican take-out line! Seasoned ground beef with taco seasoning blend and combine with grilled onions & peppers over Quinoa. Top with salsa and almond cheese and enjoy.

Tuna salad

Takeout
tuna salad

Tuna (or chicken) coated in mashed avocado and lime juice makes the perfect sandwich or fresh salad topper.

TOP SWAP OUTS | FOR DINNER

EAT THIS

Classica chicken, sweet potato & brussel sprouts

NOT THIS

Chicken cutlets, mashed potatoes & veggies

WHY IT'S BETTER

A classic muscle building meal. Packed with lean animal protein and organic fuel to energize your fitness without the heavy starch and extra calories to weigh you down.

Spaghetti squash & meatballs

Spaghetti & meatballs

Ground chicken meatballs over a bed of Burn Boot Camp approved spaghetti squash lightens this heavy dish without sacrificing flavor. A healthy alternative to family pasta night.

London broil steak & potatoes

Ribeye steak & fries

Grilled London Broil is the perfect lean cut of meat served with asparagus spears and red skin potatoes. Perfect for a summer night on the grill.

Paleo BBQ pork tenderloin

BBQ pulled pork

Swap out the Boston Butt for a lean pork tenderloin and make your own paleo-style BBQ sauce to satisfy your take for barbeque without all the fat and extra sugar!

Coconut crusted chicken tenders

Chicken nuggets

Ditch the heavy breading and unhealthy fats from deep-fried chicken and try lean tenders coated in egg whites and "breaded" with coconut flakes and crushed almonds. Bake until crispy!

Chicken parmesan with zucchini pasta

Chicken parmesan dinner

A fantastic, light alternative to a comfort food favorite. Sauté spiral sliced zucchini, garlic & cherry tomatoes to make a fresh sauce. Top with grilled chicken and raw parm. Healthy and delicious.

Chicken stir-fried "rice"

Take-out fried rice

Cauliflower makes the perfect "rice" substitute after a few pulses in the food processor; add some stir-fried veggies and top with coconut aminos and this dish rivals any take-out for far less calories and sodium.

TOP SWAP OUTS | FOR SNACKS & SWEETS

EAT THIS

Paleo chocolate chip cookies

NOT THIS

Cookies

WHY IT'S BETTER

1 cup Almond Butter, 1/3 cup Honey, 1 Egg, 1 tbsp Vanilla, 1/2 tsp Baking Soda, 1/4 tsp Baking Powder, 1/2 tsp Salt, 1/2 cup Dark Chocolate Chips. Bake at 350 for 8-12 minutes

4-ingredient fudge brownies

Brownies

1 large ripe Avocado, 1/2 cup unsweetened Cocoa Powder, 1/2 cup Chocolate Chips, 1/2 cup Maple Syrup, 1 tsp Coffee Extract. Bake at 350 for 15 minutes.

Frozen bananas

Ice cream

Doesn't get any easier than this! Blend frozen bananas in the blender or food processor until smooth. Eat as is or stir in unsweetened cocoa powder and peanut butter for extra special treat.

Homemade protein balls

Protein bars

Store bought protein bars can be loaded with sugar and artificial ingredients. Make your own with 1 cup Almond Butter, 1 cup Shaklee Energizing Protein, 1 cup Rolled Oats, 1 cup Honey, 1 tsp Vanilla and 1/2 cup Flax Meal. Add in anything from chocolate chips or coconut to make it your own. Roll into balls and refrigerate. Great for the kids!

Shaklee meal/snack bars

Candy bars

Candy bars aren't going to help us reach our goals, right? But sometimes when the craving hits or you're on the go you need something quick. Keep the car stocked with Shaklee Meal & Snack Bars.

Kale chips

Potato chips

Lightly spray baby kale leaves with grapeseed oil and season with salt, pepper and granulated garlic to taste. Bake at 375 for 10-15 mins. until crisp. Its not quite the same as a chip but will satisfy your taste for something salty.

Raw almonds or cashews

Peanuts

Switching from peanuts to raw, unsalted nuts is an easy way to get a great source of protein an healthy fats into your daily diet.

TOP SWAP OUTS | EVERYDAY SUBSTITUTIONS

EAT THIS

Quinoa

Ezekiel bread

Mashed cauliflower

Mashed avocado

Oven sweet potato fries

Spaghetti squash

Stevia In The Raw

Coconut aminos

Coconut milk

Brown rice pasta

Nut milk

Rice cakes

Coconut oil or grapeseed oil

Himalayan pink salt

Lettuce wraps

Steel cut or rolled oats

NOT THIS

White rice

Wheat bread

Mashed potatoes

Mayo

French fries

White pasta

Sugar & artificial sweeteners

Soy sauce

Coffee creamer

White pasta

Dairy milk

Crackers

Butter, canola or vegetable oil

Table salt

Tortilla

Instant oats