



# THE BUFF MOM *NUTRITIOUS* SWAPS CHEAT SHEET

THE  
*Buff* Mom  
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Improving your health is just a swap away!

We've designed this cheat sheet to give you smart substitutions for common high calorie, inflammatory foods you may be eating each day. With a few simple tweaks, some nutrition know-how, and a desire to step up your nutrition game, you'll be well on your way to naturally boosting energy, shedding inches and feeling great.

## CARBOHYDRATES:

FOOD	NUTRITIOUS SWAP
White Flour	whole grain or gluten-free flours (brown rice, quinoa, almond, chickpea, coconut, oat)
Bread Crumbs	ground Mary's crackers, almond meal
White Rice	quinoa or brown and black rice
Bread	gluten-free bread, sweet potatoes, quinoa, brown rice
Pasta	quinoa, brown rice pasta, millet or buckwheat
Muffins	gluten-free homemade muffins or oatmeal flour muffins
Pancakes	Buckwheat pancakes or pancakes made with whole gluten-free flour



## SNACKS

### FOOD

### NUTRITIOUS SWAP

Potato Chips

kale chips, organic blue corn tortillas and homemade guac, sweet potato chips or veggies and hummus.

Sunflower Seeds

Raw nuts or seeds

Crackers

Mary's Crackers or homemade seed crackers, or rice crackers

Chocolate

raw cacao or organic dark chocolate (more than 70% cacao)

Granola Bars

homemade protein bites (using gluten-free oats, hemp seeds, chia seeds, nut butter, cacao nibs or dark chocolate chips and honey)

Protein Bar

protein smoothie made with fruit, greens, coconut and almond milk, chia pudding or homemade protein bar.





## MISCELLANEOUS

### FOOD

### NUTRITIOUS SWAP

Salad Dressing

extra virgin olive oil and garlic and lemon juice or apple cider vinegar (add your own spices for taste).

Soy Sauce

Tamari or Coconut Aminos

Vegetable / Cooking Oil

coconut oil, ghee, raw organic butter, extra virgin olive oil, avocado oil

Cooking Spray

coconut oil, raw organic butter, ghee

Butter (Conventional)

ghee

Sour Cream

cashew spread (equal parts water to cashews), or plain organic Greek yogurt

Cream

coconut cream or cashew cream (1 part cashews to 2 part water)

White Sugar

coconut sugar, honey, maple syrup, coconut sugar, dates, homemade apple sauce, in most baking you can cut sugar by  $\frac{1}{2}$  and replace other  $\frac{1}{2}$  with above.

## PROTEINS

### FOOD NUTRITIOUS SWAP

Milk almond, coconut, hempseed, rice milk

Cheese nut cheese, cashew cream cheese, rice cheese

Eggs free range eggs or chia paste in baking (1 tbsp. ground chia plus ¼ cup warm water = 1 egg)

Fish sustainably sourced fish and wild salmon

Red Meat organic chicken

Poultry organic poultry

## BEVERAGES

### FOOD NUTRITIOUS SWAP

Coffee herbal teas, green tea, dandelion root and chicory coffee replacements.

Wine kombucha

Pop soda water and lemon with stevia



## EASY SWAPS RECIPES

### PROTEIN BITES

(By Leslie Gordon Christie, Servings: 12, Prep Time: 10 minutes)

A yummy on-the-go snack! Made with whole ingredients like rolled oats and nut butter, these little balls pack a nutritious punch while keeping you energized until your next meal. Great for school snacks (nut-free version), after workouts, or on the way home from work!:)

**\*\*CAUTION\*\*** These little snacks are addictive! Limit your serving to just two, as they also contain natural sweeteners that can spike your blood sugar when consumed in large amounts.

#### THE ESSENTIALS:

- 1-cup almond butter (If nut-free, you can use sunflower seed butter)
- ¼-cup real maple syrup or raw honey
- 2 Tsp. vanilla extract
- 1 ½-cups of gluten free rolled oats
- ½-cup unsweetened shredded coconut (organic if possible)
- 1/3-cup vegan chocolate chips (you can find at your local health food store or the health food section of your grocery store)
- 2 Tbsp. chia seeds
- 2 Tbsp. hemp seeds
- 3 Tbsp. protein powder
- 2-4 Tsp. of water or additional vanilla extract
- pinch of salt

#### THE HOW TO'S:

1. Add the nut butter, maple syrup or honey, and vanilla extract to a mixing bowl and stir together.
2. Add the oats, coconut, chia seeds, hemp seeds, protein powder and salt. Stir again until well mixed. Then add the chocolate chips. (If the mixture doesn't stay together when pinched, add additional water or vanilla, one teaspoon at a time until desired consistency is reached.)
3. Use a melon baller or your hands to make one-inch balls and place on a plate.
4. Store in the fridge for up to one week or freeze for later use.
5. Enjoy!

## LESLIE'S COCONUT MILK LATE

(By Leslie Gordon Christie, Serves: 1, Prep Time: 3 minutes)

A lovely cup of Joe is just what the morning calls for – especially on those cold winter days! This delicious brew is dairy-free and an easy coffee substitute if you're trying to eliminate caffeine.

### INGREDIENTS:

- 1 cup of organic freshly brewed decaf coffee
- ¼ cup coconut milk
- 1 Tbsp. coconut oil

### HOW TO'S:

1. Pour a cup of freshly brewed coffee into a glass mixing bowl.
2. Add the coconut milk and coconut oil.
3. Use a hand blender to mix until frothy.
4. Pour into your cup and enjoy.

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## APPLE CIDER VINEGAR DRESSING

(By Leslie Gordon Christie. Serves 4. Prep time: 3 minutes)

Homemade salad dressing is super simple and requires a few key ingredients listed below. Keep these on hand, and you'll always be able to whip up delicious homemade dressings and marinades, without added preservatives and processed fats.

### ESSENTIALS:

- ¼ cup apple cider vinegar
- ½ cup olive oil
- 2 Tsp. Dijon mustard or honey
- 1 Tbsp. minced garlic
- 1 Tsp. sea salt
- ½ Tsp. freshly ground black pepper

### HOW TO'S:

1. Add ingredients to a mason jar and shake until mixed. You can add more salt if you need to balance out the acidity.