

the **FRESH 20** FOOD SUBSTITUTIONS

Choose which food substitutions work best for you and your family.

MUSHROOMS

SUBSTITUTE WITH:

zucchini
eggplant
potatoes

FENNEL

SUBSTITUTE WITH:

leeks
jicama
endive

OLIVES

SUBSTITUTE WITH:

pine nuts
capers
tomato

EGGPLANT

SUBSTITUTE WITH:

zucchini
summer squash
potatoes

ONIONS

SUBSTITUTE WITH:

leeks
garlic
shallots

RADDICCHIO

SUBSTITUTE WITH:

arugula
cabbage
spinach

CILANTRO

SUBSTITUTE WITH:

parsley
thai basil
basil

BRUSSELS SPROUTS

SUBSTITUTE WITH:

broccoli
cauliflower
artichoke hearts

PEPPERS

SUBSTITUTE WITH:

cucumber (raw)
zucchini
carrots

BEETS

SUBSTITUTE WITH:

carrots
parsnips
sweet potato

TOMATOES

SUBSTITUTE WITH:

mango
red pepper
watermelon

KALE

SUBSTITUTE WITH:

spinach
swiss chard
bok choy

COCONUT

SUBSTITUTE WITH:

almonds
oats
chopped nuts

AVOCADO

SUBSTITUTE WITH:

olive
squash
banana (pureed)

GOAT CHEESE

SUBSTITUTE WITH:

feta
ricotta
cotija

QUINOA

SUBSTITUTE WITH:

brown rice
cous cous
bulgar

BEANS

SUBSTITUTE WITH:

mushrooms
chopped
cauliflower
potatoes

SEAFOOD

SUBSTITUTE WITH:

chicken
tofu
mushrooms

PORK

SUBSTITUTE WITH:

chicken
lamb
tofu

SOY & TOFU

SUBSTITUTE WITH:

beans
greek yogurt
mushrooms