

A close-up photograph of a white plate containing a salad of green lettuce leaves and brown, sautéed meat pieces. The plate is set against a dark background.

19 LOW CARB SWAPS INSTEAD of CARB FILLED FAVORITES



SANDWICHES AND ROLL UPS

Substitute Bread With Thick Sliced Cucumbers Or Use In Roll Ups



2 Slices Of
Bread Have
25 Grams
Of Carbs

SAVE
18 GRAMS
OF CARBS



6
Cucumber
Slices Have
7 Grams Of
Carbs



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PASTA



1 Cup Of
Spaghetti
Has 40
Grams Of
Carbs

SAVE
37.3 GRAMS
OF CARBS



1 Cup Of
Spiral Cut
Zucchini Has
2.7 Grams Of
Carbs



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LASAGNA

Substitute Lasagna Noodles With Zucchini Slices



2 Lasagna
Noodles Have
22 Grams
Of Carbs

SAVE
21 GRAMS
OF CARBS



2 Slices Of
Zucchini
Have 1 Gram
Of Carbs



POTATO CHIPS



8 Oz. Potato
Chips Has
120 Grams
Of Carbs

SAVE
114 GRAMS
OF CARBS



8 Ounces Of
Kale Chips
Has 6
Grams Of
Carbs



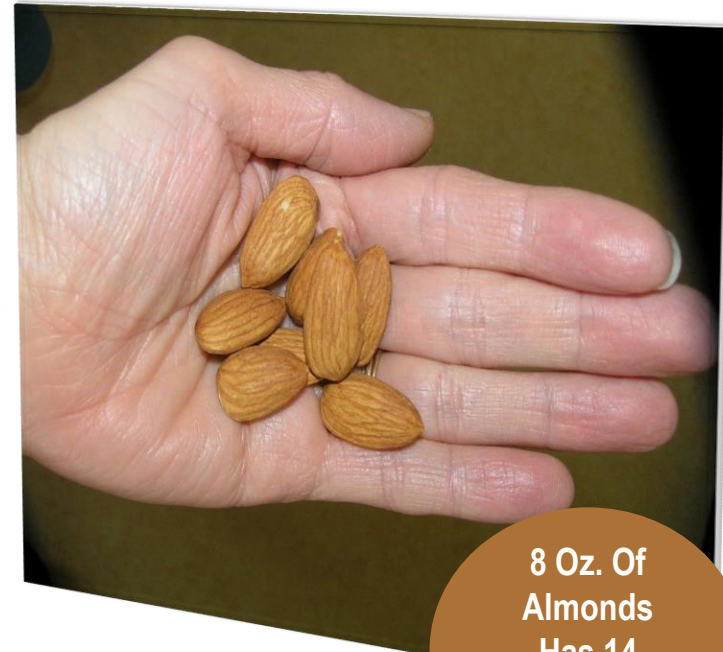
POTATO CHIPS

You Don't Have To Sacrifice Your Crunchy Snack Cravings



8 Oz. Of
Potato
Chips Has
120 Grams
Of Carbs

SAVE
106 GRAMS
OF CARBS



8 Oz. Of
Almonds
Has 14
Grams Of
Carbs

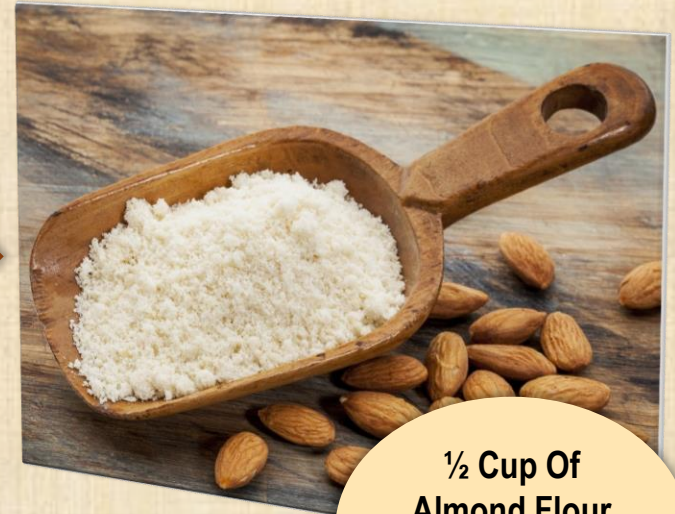


BREAD CRUMBS



**½ Cup Of
Breadcrumbs
Has 29 Grams
Of Carbs**

**SAVE
23 GRAMS
OF CARBS**



**½ Cup Of
Almond Flour
Has 6 Grams
Of Carbs**

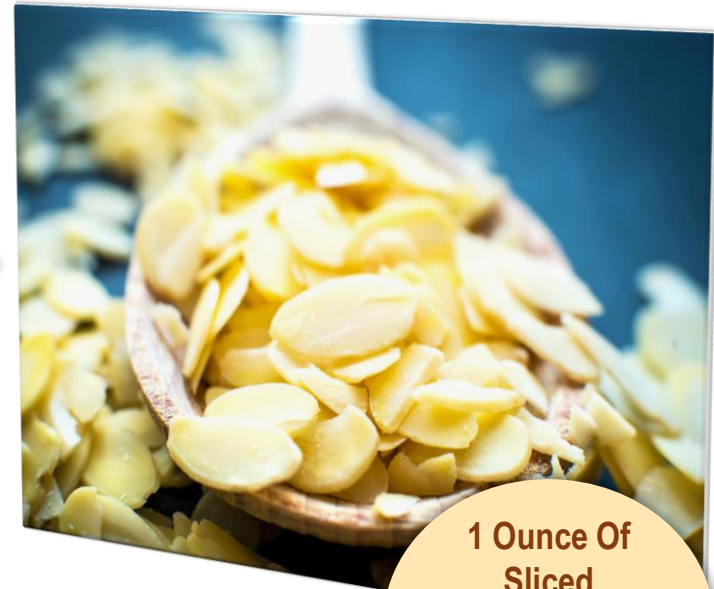


CROUTONS



1 Ounce Of
Croutons Has
21 Grams Of
Carbs

SAVE
15 GRAMS
OF CARBS



1 Ounce Of
Sliced
Almonds Has
6 Grams Of
Carbs



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CRACKERS



5 Crackers
Have 15
Grams Of
Carbs

SAVE
6 GRAMS
OF CARBS



½ Cup Of
Carrot
Slices Has
9 Grams Of
Carbs



SODA



12 Ounce
Soda Has 39
Grams Of
Sugar Carbs

SAVE
39 GRAMS
OF CARBS



12 Ounce
Flavored
Seltzer Has
ZERO Sugar
Carbs



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FRENCH FRIES



1 Cup Of
French Fries
Has 56
Grams Of
Carbs

SAVE
47.4 GRAMS
OF CARBS



1 Cup Of
Baked
Carrot
Sticks Has
8.6 Grams
Of Carbs



BURGERS

Ditch The Bun And Get Them Lettuce Wrapped



1 Burger
Bun Has 21
Grams Of
Carbs

SAVE
21 GRAMS
OF CARBS



3 Lettuce
Leaves
Have ZERO
Carbs



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KETCHUP



1 Tbsp. Of
Ketchup Has
4 Grams Of
Sugar

**SAVE
4 GRAMS
OF CARBS**

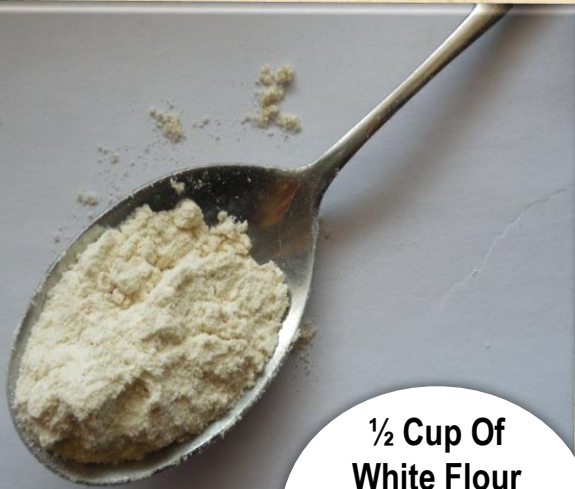


2 Slices Of
Tomato Has
ZERO Sugar

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WHITE FLOUR/BAKING



**½ Cup Of
White Flour
Has 45.8
Grams Of
Carbs**

**SAVE
39.8 GRAMS
OF CARBS**



**½ Cup Of
Almond
Flour Has 6
Grams Of
Carbs**



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MASHED POTATOES



½ Cup Of
Mashed
Potatoes Has
22 Grams Of
Carbs

SAVE
18 GRAMS
OF CARBS



½ Cup Of
Mashed
Cauliflower
Has 4 Grams
Of Carbs



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PIZZA

Substitute The Crust With A Portobello Mushroom Cap



SAVE
16 GRAMS
OF CARBS



2 Slices Of
Pizza Crust
Has 22
Grams Of
Carbs



2 Portobello
Mushroom
Caps Have 6
Grams Of
Carbs

PANCAKES

Ditch Carb Loaded Buttermilk Pancakes For Healthy Almond Flour Pancakes



2 Buttermilk
Pancakes
Have 22
Grams Of
Carbs

SAVE
20 GRAMS
OF CARBS



2 Almond
Flour
Pancakes
Have 2
Grams Of
Carbs



WRAPS



1 Wrap Has
32 Grams & 1
Tortilla Has
43 Grams Of
Carbs

SAVE
32 To 43 GRAMS
OF CARBS



3 Leaves Of
Lettuce Or
Kale Have
ZERO Carbs



SUSHI



Sushi Rolls
With Rice
Have 26 +
Grams Of
Carbs

SAVE
26 + GRAMS
OF CARBS



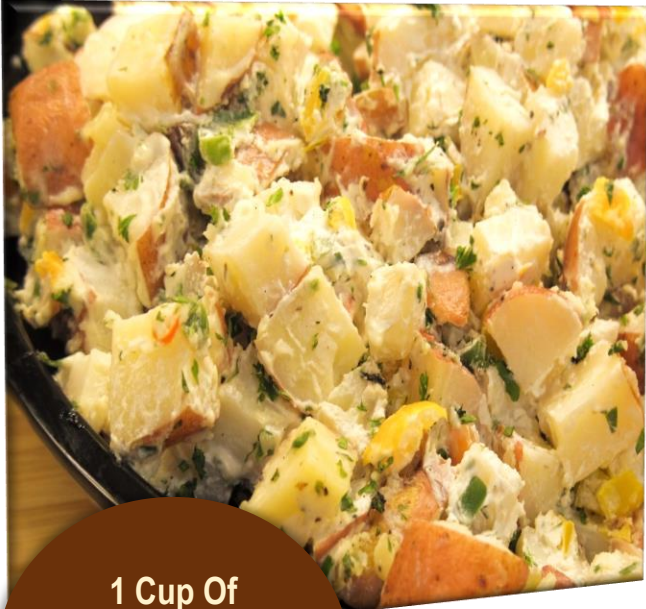
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Sushi Rolls
Without Rice
Have ZERO
Carbs

POTATO SALAD

Substitute Potatoes With Cauliflower Chunks



1 Cup Of
Potato Salad
Has 28 Grams
Of Carbs

SAVE
20 GRAMS
OF CARBS



1 Cup Of
Cauliflower
Has 8 Grams
Of Carbs

