

# EASY LOW CARB/KETO SWAPS

## Swap This:

## For This:

Tortilla	>	Lettuce
Bread	>	Lettuce or portobello mushrooms
Rice	>	Riced veggies
Mashed Potatoes	>	Cauliflower or turnips
Pasta	>	Veggie noodles
Bread Crumbs	>	Pork rinds or almond flour