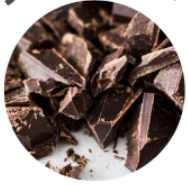
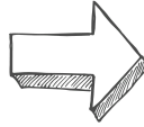


SWAP OUT



Chocolate



80% Dark Chocolate
Lindt, Pana



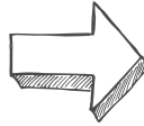
Pasta



Spelt or Gluten Free Pasta
Pulse Pasta



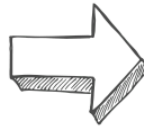
Cake



Sweet Potato Brownies
[@optimalyou.nutrition](https://www.instagram.com/optimalyou.nutrition)



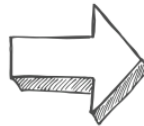
Soft Drinks



Kombucha
1/2 sparkling mineral water, add frozen berries, lychies, lemon, grated ginger, fruit of choice



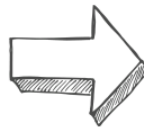
Ice Cream



Coconut Yoghurt



Potato Chips



Homemade Popcorn



Lollies



Dates with Cashew Butter

SWAP IN



Try dipping banana into the melted chocolate!



Remember that sweeteners like maple syrup are still sugar, so don't over-do these



Try freezing into coconut yoghurt pops!



Or a nut butter of your choice!

