

# THE SETPOINT DIET SUBSTITUTION CHEAT SHEET

*The Setpoint Diet* isn't about deprivation. Substitution is the name of the game and you can cook and eat almost anything with a few simple swaps.

Instead of...	Choose...
Pasta and rice	<ul style="list-style-type: none"> <li>• Spaghetti squash/squoodles</li> <li>• Zucchini noodles/zoodles</li> <li>• Shirataki noodles</li> <li>• Shredded cabbage</li> <li>• Shaved Brussel sprouts</li> <li>• Bean sprouts</li> <li>• Pea shoots</li> <li>• Cauliflower rice</li> </ul>
Potatoes	<ul style="list-style-type: none"> <li>• Mashed cauliflower</li> <li>• Turnips and radishes</li> <li>• Eggplant</li> <li>• Squash</li> <li>• Zucchini</li> </ul>
Bread and tortillas	<ul style="list-style-type: none"> <li>• Flax</li> <li>• Coconut flour</li> <li>• Almond flour</li> <li>• Psyllium</li> </ul>
Cookies, cakes and pies	Baked goods made using golden flaxseed meal, coconut flour, almond meal, and other nut flours
Sugar, honey, syrups, jam	Erythritol, xylitol, monk fruit (lo han guo), low-fructose fruits and vegetable glycerin
Hot and cold cereal	Cereals made with cooked pumpkin, coconut, ground flax, nuts and/or chia
Pretzels and chips	<ul style="list-style-type: none"> <li>• Raw nuts</li> <li>• Seeds</li> <li>• Baked kale chips</li> <li>• Pork rinds, raw veggies and flaked coconut</li> </ul>
Sweet coffee beverages	Use unsweetened coconut or almond milk, raw undutched cocoa, any natural noncaloric flavoring
Cow's milk	Unsweetened almond or coconut milk