

EAT THE WEIGHT OFF

Healthy Food Swaps Quick Guide

Same satisfaction. Better ingredients. Zero guilt.
eattheweightoff.com | Founded by Pamela M. Johnson

You don't have to give up the foods you love. You just have to make them work for you. These simple swaps are the foundation of the Eat the Weight Off approach — real food, real life, real results.

INSTEAD OF	TRY THIS	WHY IT WORKS
Pasta	Zucchini noodles	Cuts carbs, adds fiber & vitamins
Mac & Cheese	Cauliflower mac	Same comfort, fraction of the calories
Pizza dough	Cauliflower crust	Lower carb, more nutrients
Fried chicken	Air fryer chicken	Crispy without the oil
Ice cream	Frozen banana nice cream	Natural sweetness, no added sugar
Mashed potatoes	Mashed cauliflower	Creamy texture, way fewer carbs
French fries	Air fryer sweet potato fries	More fiber, natural sweetness
Soda	Sparkling fruit water	Zero sugar, still satisfying
White rice	Cauliflower rice	Cuts calories by 75%
Chips	Roasted chickpeas	High protein, satisfying crunch
Burger bun	Lettuce wrap	Fewer carbs, still holds everything
Chocolate cake	Black bean brownies	High protein, rich flavor
Pancakes	Banana oat pancakes	2 ingredients, no flour needed
Tacos (flour)	Lettuce wrap tacos	Fresh, light, still delicious
Alfredo sauce	Cauliflower cream sauce	Creamy without the heavy cream
Sour cream	Greek yogurt	Same tang, way more protein
White bread	Ezekiel or whole grain bread	More fiber, slower digestion
Mayonnaise	Avocado or hummus	Healthy fats, more nutrients