



The Carb-Swap Guide

Here's a short guide to swap common high-carb food with keto-friendly alternatives found at *Aldi, Walmart, Publix, and other supermarkets.*

Bread / Buns

- L'oven Fresh Keto Bread (Aldi)
- Nature's Own Keto Bread (Walmart/Publix/Aldi)
- Lewis Keto Hamburger Buns (Walmart/Publix)



Pasta / Rice

Miracle Noodles (Walmart/Publix)



Palmini Hearts of Palm Pasta (Walmart/Publix/Aldi)



Zucchini Noodles
Can Make Yourself or Buy
(Publix/Aldi)



Riced Cauliflower by
Green Giant
(Walmart/Publix)



Riced Broccoli
By Green Giant
(Aldi,Walmart/Publix)



Tortillas

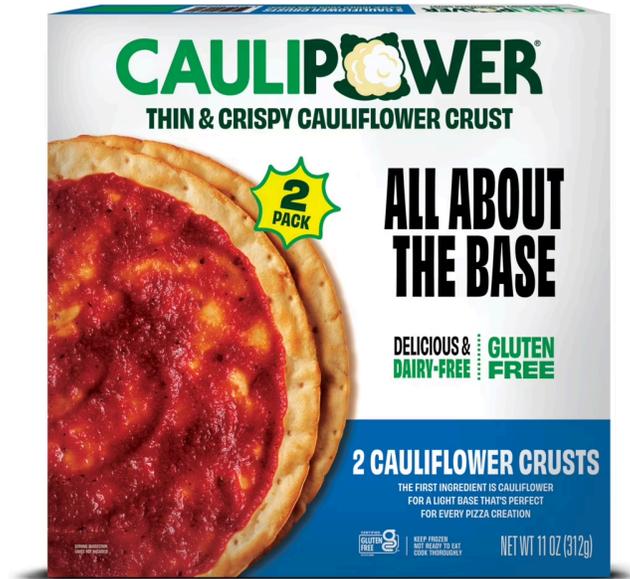
Mission
Carb Balance Tortillas

La Banderita
Low Carb Tortillas
(Aldi/Publix/Walmart)



Pizza Crust

Cauliflower Crust
(Aldi/Publix/Walmart)



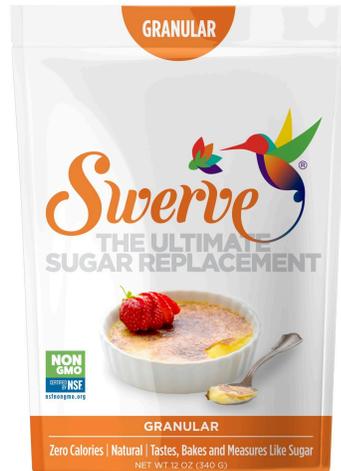
Flour

Almond Flour, Coconut Flour (Aldi/Walmart/Publix)



Baking Sugar / Sweetener

Stevia - Swerve Monkfruit Sweetener [Lakanto] (Aldi/Walmart/Publix)



Milk

Unsweetened Almond Milk (Aldi/Walmart/Publix)

Coconut Milk (Aldi/Walmart/Publix)



Ice Cream

Halo Top Keto Series
Rebel Ice Cream
(Walmart/Publix)



Chips / Cracker Snacks

Quest Protein Chips, Whisps Cheese Crisps, Pork Rinds (Walmart/Publix)



Cereal (sparingly)

Magic Spoon Keto Cereal
HighKey Protein Cereal
(Walmart/Publix)



Yogurt

Ratio Keto Yogurt 25G

Oikos Triple Zero

(Aldi/Walmart/Publix)



Energy Bars Quest Bars Atkins Endulge Bars (Walmart/Publix)



Pancake / Waffle Mix

Birch Benders Keto Pancake Mix (Walmart/Publix)

Carbquik Baking Mix (Aldi)

Keto Pancake Mix (Walmart/Publix)



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FOR
FUTURE UPDATES!***