

EAT THIS



Salsa

NOT THAT



Ketchup

EAT THIS



Greek Yogurt

NOT THAT



Regular Yogurt



Oatmeal



Cereal



Whole Fruit



Fruit Juice



Quinoa



Rice



Bowl



Burrito



Almonds



Pretzels



Low Sodium Chicken Broth



Regular Chicken Broth



Sweet Potatoes



Potatoes



Spaghetti Squash



Spaghetti



Leafy Greens



Iceberg Lettuce



Extra Virgin Olive Oil (EVOO)



Vegetable Oil



Greek Yogurt



Sour Cream



Lemon + EVOO



Salad Dressing



Egg Whites



Whole Eggs



Tzatziki Sauce



Onion Dip



Organic 1/2 & 1/2



Cream



Olive Oil Mayo



Standard Mayonnaise

Swap This for That

