

## ***Food Exchange to Eliminate Pain, Heal the Gut and Lose Weight Naturally***

This list is NOT exhaustive. It has been created to be used as a basic cheat-sheet. By using the information you learned in the Ditch-The-Diet Roadmap Virtual Workshop. You'll begin to make sensible food exchanges and reap the benefits of those choices.

### **Let's Toss These**

Processed Foods

Grains

Sugar

Flour – white, wheat, rice

Breads

Soda

Alcohol

### **Let's Add These**

Real Meat, Fresh Veggies & Fruits

Leafy Green Vegetables

Monk Fruit or Stevia (cold-pressed)

Almond, Coconut Flour

Homemade with above flours

Water, Coffee, Tea

Water, Coffee, Tea

### ***Food Exchange***

