

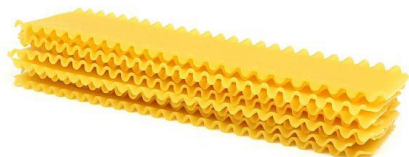
10 fun, low-carb swaps for fall



Swap this:

Lasagna noodles

27 g carbs per serving



For this:

Eggplant or zucchini flats

8 g carbs per serving



19 g carbs saved

Swap this:

Mashed potatoes

18 g carbs per ½ cup



For this:

Mashed cauliflower

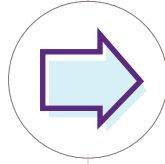
7 g carbs per ½ cup



11 g carbs saved

Swap this:**Popcorn**

19 g carbs per 3 cups

**For this:****Nuts**

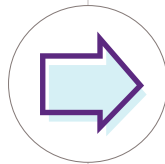
7 g carbs per 1 oz



12g carbs saved

Swap this:**Apple pie**

58 g carbs per slice

**For this:****Baked apple**

20 g carbs per serving



38 g carbs saved

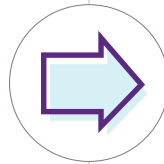
Easy baked apple recipe

- Core one medium apple and place in a microwavable dish
- Sprinkle 1 tsp of cinnamon in the core and any other desired spices
- Wrap tightly with plastic wrap
- Microwave for 5 minutes
- Cool and enjoy

Swap this:

Sugar

100 g carbs per ½ cup



For this:

Pumpkin puree

50 g carbs per ½ cup



50 g carbs saved

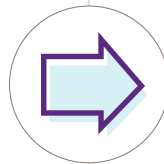


Tip: For almost any baking recipe, you can replace the sugar with pureed pumpkin for half the amount of carbs.

Swap this:

Pancakes

46 g carbs per 2 medium pancakes



For this:

Omelet

3 g carbs per serving

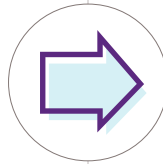


43 g carbs saved

Swap this:

Potato fries

33 g carbs per 3 oz



For this:

butternut squash fries

9 g carbs per 3 oz



24 g carbs saved

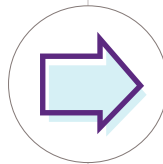


Tip: For perfect baked veggie fries, spray the fry-shaped pieces with a bit of olive oil and season with pepper, garlic and a dash of salt. Bake at 425°F for 20 minutes, flipping halfway through.

Swap this:

Pretzels

23 g carbs per 1 oz



For this:

Kale chips

2 g carbs per 1 oz

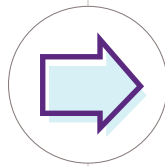


21 g carbs saved

Swap this:

Homestyle chicken pot pie

54 g carbs per slice



For this:

Phyllo dough chicken pot pie

34 g carbs per slice

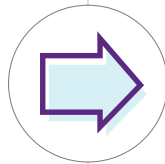


20g carbs saved

Swap this:

Pizza crust

70 g carbs per slice



For this:

Grain-free crust

13 g carbs per slice



57 g carbs saved

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