

# The Paleo Way

## Some Simple Substitutions

You are what you eat, and you tend to eat what you buy. So if you only buy the good stuff, you'll only eat the good stuff.

Transitioning to The Paleo Way is about stocking the house with the right stuff. Eliminating some of the foods you may currently rely on can be daunting at first but with The Paleo Way, what you give up is surpassed by what you gain.

We have put together a list that provides some simple substitutions that you can make in your pantry at home.



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## Swap this for that...

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### REFINED SUGAR ↻ GREEN LEAF STEVIA

Green leaf stevia is an awesome substitution for all other processed sugars in your cooking. Whether it be a breakfast or dessert, use stevia which is natural to give you the same great sweet taste without the negative side affects.

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### GRAIN FLOURS ↻ COCONUT FLOUR OR ALMOND MEAL

Almond meal and coconut flour are awesome substitutes for breads, biscuits, crumbs and more! It has the same consistency, packed full of vitamins and minerals, without the negative health side affects associated with traditional wheat flour and wheat flour products.

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### VEGETABLE OIL ↻ COCONUT OIL

Coconut oil is really the only oil you want to be cooking with. It can be heated to high temperatures without the nutrient value decreasing. Coconut oil is a great source of energy, and when added to your cooking, you will see a massive difference from a health perspective. And don't worry, it doesn't make your food taste like coconut.

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### PEANUT BUTTER ↻ PURE ALMOND OR OTHER NUT BUTTER

So many of the peanut butters on the shelves are packed full of added bad oils, processed sugars and high amounts of salt. Not to mention peanuts aren't actually a nut, they are a legume. So by ditching these store bought nasties and making your own, you are purely getting all the goodness from the almonds, brazil nuts or even macadamias! Whatever takes your fancy!

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### GRAINS AND LEGUMES ↻ FRESH ORGANIC VEGETABLES

As well as only occasional amounts of starchy vegetables such as yams or sweet potatoes. If metabolic issues, diabetes management and/or weight loss is your goal then you might want to avoid the occasional starchy vegetables and even fruit altogether for a time. Leafy vegetables are best.

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### DAIRY PRODUCTS ↻ NUT OR COCONUT MILK/CREAM

When replacing dairy in your recipes, nut and coconut based products is a great option. It is a really healthy form of fat and is super tasty too! We avoid most dairy on The Paleo Diet, so a great substitute can be almond milk. It is free from lactose, added sugar and flavourings.

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### ALCOHOL AND CAFFEINE ↻ HERBAL TEAS, KEFIR AND KOMBUCHA

If appropriate, water or coconut water are also great alternatives to keep you hydrated and awake, in place of caffeine!

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