



GLUTEN DAIRY & SUGAR FREE SWAPS FOR A HEALTHY GUT

Don't Eat vs. Do Eat

Milk & Cheese Products

Unsweet Kite Hill Yogurt & Sour Cream
Violife - Just Like Cream Cheese Original
Good Plant Shredded Cheeses
So Delicious Organic Unsweet Coconut Milk
Nutiva Coconut Oil - Butter Substitute

Gluten Free Biscuits Crackers & Wraps

Simple Mills Grain Free Biscuits &
Crackers
Siete Grain Free Chips & Tortilla wraps

Sugar Filled Condiments

Primal Brand Condiments:
Golden BBQ Sauce
Ranch Dressing & Marinade
Green Goddess Dressing
Coconut Aminos By Coconut Secret
(Soy Sauce Swap)
Any Organic Mustard

Refined White & Brown Sugar Brown Rice Syrups, Agave,,

Stevia & Monk Fruit
Lakanto Brand Items
Monk Fruit Syrup by Lakanto
Pyure Organic Stevia *Only stevia as
the ingredient.