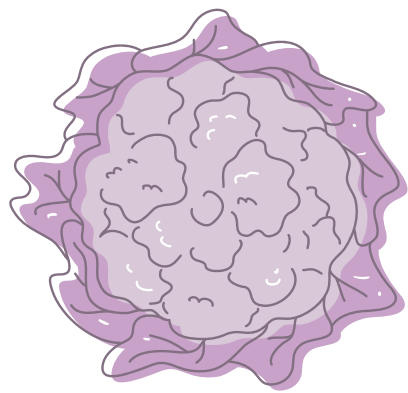


GREAT GRAIN REPLACEMENT OPTIONS

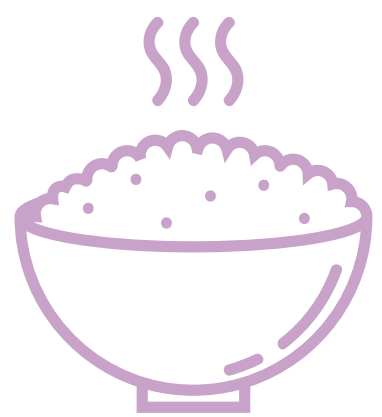


CAULIFLOWER/ BROCCOLI RICE

**Great white rice/ brown rice replacement
to add some extra nutrients!**

QUINOA

**Another great rice replacement with a
burst of protein!**

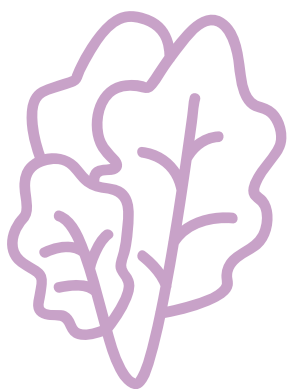


SPIRLIZED VEGGIES: SWEET POTATO, ZUCCHINI, CARROTS

**Can be boiled, sauteed, baked like a
pasta noodle**

CHOPPED CABBAGE

**Can be cooked with a small amount of
oil to add texture to a dish or can be
used raw for extra crunch and vitamin
C & vitamin K.**

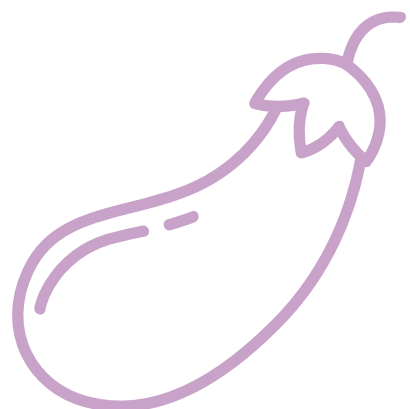


LETTUCE WRAPS

**Replace your tortillas/ burritos or
bread with a lettuce or collard green
wrap. It is a good vehicle to hold other
food**

ZUCCHINI/ EGGPLANT LASAGNA NOODLES

**A fun twist on lasagna slice the eggplant
or zucchini thinly and layer with your
choice of toppings**



**VISIT US AT WWW.ALEXAHANSHAW.COM FOR MORE
IDEAS**

Join the facebook group: Be The CEO of Your Stress