


MACRO HACKS

LOWER CARB - WHOLE FOOD SWAPS

TORTILLAS ↔ **STURDY GREENS LIKE KALE OR CHARD**

3 tortillas = 36g carbs **31^g** carbs saved 3 leaves kale = 5g carbs



COOKIES ↔ **STRAWBERRIES LIGHTLY DIPPED IN DARK CHOCOLATE**

3 chocolate chip cookies = 24g carbs **7^g** carbs saved 4 strawberries + 1 tbsp chocolate = 17g carbs



HAMBURGER BUNS ↔ **ROASTED PORTABELLO MUSHROOMS**

1 bun = 21g carbs **16^g** carbs saved 2 large caps = 5g carbs




APPLE PIE ↔ **BAKED APPLES**

slice apple pie = 40g carbs **14^g** carbs saved 1 whole baked apple = 26g carbs



LASAGNA NOODLES ↔ **THINLY SLICED ZUCCHINI**

2 sheets noodles = 26g carbs **20^g** carbs saved 1 medium zucchini = 6g carbs



POTATO CHIPS ↔ **PEANUTS**

1 oz. potato chips = 16g carbs **10^g** carbs saved 1 oz. peanuts = 6g carbs



MASHED POTATOES ↔ **MASHED CAULIFLOWER**

1/4 cup potato = 11g carbs **9^g** carbs saved 1/4 cup cauliflower = 2g carbs



BREADCRUMBS ↔ **GROUND ALMONDS**

1/2 cup breadcrumbs = 39g carbs **29^g** carbs saved 1/2 cup ground almonds = 10g carbs



PASTA ↔ **SQUASH RIBBONS**

1 cup cooked pasta = 43g carbs **33^g** carbs saved 1 cup squash = 10g carbs



POTATOES IN POTATO SALAD ↔ **CHOPPED CAULIFLOWER**

1/2 cup potatoes = 12g carbs **9^g** carbs saved 1/2 cup cauliflower = 3g carbs



HASH BROWNS ↔ **SPAGHETTI SQUASH**

1/4 cup hash browns = 14g carbs **11^g** carbs saved 1/4 cup spaghetti squash = 3g carbs



CROUTONS ↔ **ROASTED, SALTED NUTS**

1 oz. croutons = 21g carbs **15^g** carbs saved 1 oz. peanuts = 6g carbs



CRACKERS ↔ **SLICED CUCUMBERS OR APPLES**

50g crackers = 33g carbs **26^g** carbs saved 50g apple slices = 7g carbs



FRENCH FRIES ↔ **BAKED ZUCCHINI STICKS**

16 large french fries = 58g carbs **29^g** carbs saved 16 baked zucchini sticks = 29g carbs

Make sure you connect with Courtney on social media!

www.courtneyforlife.com
facebook.com/courtneyforlife

twitter.com/courtney_u
instagram.com/courtneyustrzycki