

<b>If they're out of...</b>	<b>...try this instead!</b>
Rice	Quinoa, orzo, farro, bulgur, or cauliflower
Pasta	Polenta, cauliflower, or zucchini noodles
Beans	Eggplant, or look for dried beans
Bread	Lettuce wraps, portobello mushrooms, or frozen biscuits
Meat	Jackfruit, tofu, tempeh, or mushrooms
Lunchmeat	Hummus, black bean burgers, mushrooms
Peanut butter	Almond, cashew, or sun butter
Sugar	Stevia, maple syrup, agave nectar
Flour	Coconut flour
Eggs (for baking)	Puréed silken tofu, ground flaxseed, or mashed bananas
Milk	Dry milk or almond or coconut milk
Juice	Juice concentrate or homemade iced tea with fruit
Romaine lettuce	Endive
Spinach	Swiss chard
Potatoes	Turnips or yucca root
Onions	Chives, scallions, leeks, or shallots
Apples	Starfruit, jicama, or Asian pears
Green beans	Sugar snap peas
Celery	Jicama
Broccoli	Romanesco
Oatmeal	Quinoa
Tortillas	Pita bread or naan
Mayo	Greek yogurt or avocado

