

HOW TO RE-STOCK YOUR PANTRY LECTIN-FREE

| REPLACE THIS... | WITH THAT |
|---|--------------------------------------|
| Kosher salt | Iodized Sea Salt |
| Fine table salt | Fine sea salt |
| Vegetable oil | Extra virgin olive oil |
| Canola oil | Avocado oil |
| Salad dressing (bottled) | Balsamic vinegar |
| Corn starch | Arrowroot starch |
| All-purpose flour | Cassava flour |
| Whole wheat flour | Tiger nut flour |
| Pastry flour | Almond flour |
| Corn meal | Coconut flour |
| Bread crumbs | Ground flax seed |
| Semi-sweet baking chocolate | Dark chocolate (75% or more) |
| Evaporated milk | Full fat canned coconut milk |
| Imitation vanilla | Pure vanilla extract |
| Granular sugar | Granular erythritol |
| Powdered sugar | Powdered erythritol |
| Brown sugar | Golden monk fruit erythritol |
| Maple syrup | Monk fruit erythritol syrup |
| Filtered, pasteurized honey | Local raw honey |
| Agave syrup | Yacon syrup |
| Brown rice | Indian Basmati rice |
| White rice | Shirataki rice |
| Grains: bulgur, quinoa, couscous, farro | Millet, sorghum |
| Rice noodles | Shirataki noodles |
| Crackers | Flax seed crackers |
| Tortillas | Almond flour tortillas |
| Chips, pretzels | Green plantain chips |
| Dried fruit: cranberries, cherries, raisins | Dried figs (unsweetened) |
| Seeds: sunflower, pumpkin | Seeds: hemp, flax, pine nuts |
| Peanut butter | White almond butter |
| Popcorn | Popped sorghum |
| Breakfast cereal | Puffed millet, coconut flakes cereal |
| Commercial chicken, beef broth | Vegetable, mushroom broth |
| Dried, canned beans | Eden brand beans |
| Tomato paste | Sweet potato puree |
| Canned tuna | Canned wild salmon |
| Mayo | Avocado mayo |
| Soy sauce or tamari | Coconut aminos |
| Sesame oil blend | Toasted sesame oil |
| Hummus | Tahini |
| Peanuts, cashews | Macadamia nuts, pistachios |