



## MY HEALTHIER PANTRY VERSION

MILK.....-> Nut milk (almond, cashews, coconut)

WHITE BREAD.....-> Sprouted bread

CEREAL.....-> Oats, quinoa, millet or buckwheat

MAYONNAISE.....-> Avocado or hummus

PASTA.....-> Brown rice pasta, buckwheat pasta, zucchini

CHIPS.....-> Nuts, kale chips, natural popcorn

WHITE SUGAR.....-> Honey, coconut sugar, maple syrup, stevia,  
agave.

TABLE SALT.....-> Himalayan salt, seaweed flakes, miso, tamari,  
sea salt.

COFFEE .....-> Herbal teas (chamomile, cinnamon, ginger)

SODAS.....-> Fresh juice, coconut water, cold herb tea with  
sparkling water.

ICE CREAM.....-> Frozen bananas (blend with vanilla and agave)  
frozen fruit (blend to make sorbet) frozen grapes

WHOLE BELLA

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