

Tweak What You Eat: Ingredient Swaps

Starting a weight loss journey can be frustrating. It is challenging to part with the foods you love, and the pressure to completely overhaul your diet can be real.

Therefore, I have prepared a list of ingredients that can easily replace those in my recipes. The alternatives offer a similar taste and texture without sacrificing flavor!



10+ Ingredient Swaps for Weight Loss:

Coconut oil: Substitute with ghee butter, olive oil, rapeseed oil, sunflower oil, avocado oil, flaxseed oil, pumpkin seed oil, hemp oil, or MCT oil.

Feta: Replace with mozzarella, ricotta, or capri (up to 20% fat).

Chicken: Swap with turkey, fresh tuna, or firm tofu.

White fish: Opt for any favorite white fish, e.g., seabass, red snapper; also consider shrimps or any seafood.

Salmon: Substitute with mackerel.

Oat flakes: Exchange with rye flakes, buckwheat flakes, millet flakes, or quinoa flakes.

Wholegrain rice: Try quinoa (white, red, tricolore), millet, buckwheat, couscous, bulgur, polenta, whole grain pasta, black rice, red rice, wild rice, or wholegrain basmati rice

Wholegrain bread: Choose buckwheat bread, millet bread, or 80% rye bread

Lentils (pulses): Substitute with chickpeas, broad beans, kidney beans, black beans, green peas, or edamame

100 ml wine: If possible, replace with 25 g of bread sparingly

Low-calorie veggies:

Cucumber, tomato, bell pepper, kale, spinach, lettuce (e.g., Romaine or Iceberg), arugula, radishes, zucchini, eggplant, broccoli, cauliflower, mushrooms (e.g., shiitake or portobello), asparagus, cabbage, Brussels sprouts, onions, sprouts, fresh herbs (e.g., coriander or parsley)

Low-calorie fruits:

Strawberries, blueberries, blackberries, raspberries, watermelon, cantaloupe, papaya, grapefruit, apricots, peaches, oranges, plums, kiwi, lemon, lime, guava, pineapple, passion fruit, apple

Vegan substitutes for meat and fish:

Firm tofu, tempeh, seitan, jackfruit, chickpeas, lentils, beans, mushrooms, soy curls, soy granulate

