

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