



The Carb Swap Cheat Sheet

Smarter carbs for steady energy and better blood sugar

Carbs aren't the enemy — the wrong carbs are

Your body loves carbs — they fuel your brain, muscles, and mood. The trick is choosing carbs that release energy SLOWLY, keep blood sugar steady, and add fiber. These swaps keep the foods you love while ditching the crash-and-crave cycle.

BREAKFAST CARB SWAPS

✗ White toast (14g refined)	→	✓ Sprouted grain toast (12g + fiber)
✗ Bagel (48g refined carbs)	→	✓ Whole wheat English muffin (25g)
✗ Sugary cereal (35g)	→	✓ Overnight oats + berries (28g)
✗ Instant flavored oatmeal (32g)	→	✓ Steel-cut oats + cinnamon (24g)
✗ White pancakes (45g)	→	✓ Kodiak protein pancakes (26g + 15g pro)
✗ Fruit juice (30g)	→	✓ Whole fruit + water (18g)

LUNCH + DINNER CARB SWAPS

✗ White rice (45g)	→	✓ Cauliflower rice + quinoa mix (18g)
✗ Regular pasta (43g)	→	✓ Chickpea or lentil pasta (32g + 14g pro)
✗ Flour tortilla (24g)	→	✓ Whole wheat wrap or lettuce (12g)
✗ White dinner roll (28g)	→	✓ Whole grain slice (18g)
✗ Mashed potatoes (35g)	→	✓ Mashed cauliflower + Greek yogurt (10g)
✗ Regular pizza crust (32g/slice)	→	✓ Cauliflower crust (12g)
✗ White hamburger bun (26g)	→	✓ Portobello mushroom cap (4g)

COACH'S TIP

Pair carbs with protein + fat at every meal. That combo = steady energy, no crash.



Snack & Baking Carbs

Smart swaps for cravings, treats, and beyond

SNACK CARB SWAPS

✗ Potato chips (15g)	→	✓ Air-popped popcorn (6g + fiber)
✗ Pretzels (23g)	→	✓ Roasted chickpeas (18g + 8g pro)
✗ Crackers (20g)	→	✓ Whole grain crackers + hummus (16g)
✗ Granola bar (24g)	→	✓ Protein bar 15g+ pro (18g)
✗ Fruit snacks (22g)	→	✓ Fresh berries + Greek yogurt (18g)
✗ Rice cakes (12g refined)	→	✓ Whole grain rice cakes (10g + fiber)

BAKING CARB SWAPS

✗ All-purpose flour (1 cup)	→	✓ ½ AP + ½ whole wheat or almond flour
✗ White sugar (1 cup)	→	✓ ¾ cup + mashed banana or applesauce
✗ Corn syrup	→	✓ Pure maple syrup or honey (use less)
✗ Regular pasta in casserole	→	✓ Chickpea pasta or spiralized veggies
✗ Breadcrumbs (½ cup)	→	✓ Ground oats or crushed almonds
✗ Sweetened condensed milk	→	✓ Blended dates + almond milk

THE CARB HIERARCHY

From best-for-you to save-for-treat-days

BEST DAILY Veggies, legumes, whole fruit, oats, quinoa, sweet potato

GOOD DAILY Whole grain bread/pasta, brown rice, chickpea pasta

SOMETIMES White rice, white pasta, regular bread, popcorn

SAVE FOR TREATS Candy, sugary cereal, pastries, sodas, juice

COACH'S TIP

GLP-1 friendly: eat carbs LAST at meals (protein + veggies first). This flattens blood sugar spikes.