



The Fat Swap Cheat Sheet

Healthier fats for hormones, hair, and hunger

Fat is your friend — the RIGHT fat

Fat keeps you full, supports hormones, feeds your brain, and helps absorb vitamins. Especially on a GLP-1, healthy fats prevent hair thinning, dry skin, and energy dips. These swaps upgrade your fat quality — no deprivation, just better ingredients.

COOKING OIL SWAPS

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| ✗ Vegetable oil (inflammatory) | → | ✓ Extra virgin olive oil (for low heat) |
| ✗ Canola oil for high heat | → | ✓ Avocado oil (high smoke point) |
| ✗ Margarine or spreads | → | ✓ Grass-fed butter or ghee |
| ✗ Shortening in baking | → | ✓ Coconut oil or avocado oil |
| ✗ Cooking spray (chemical) | → | ✓ Olive oil mister with real olive oil |

DAIRY & SPREAD SWAPS

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| ✗ Full-fat sour cream (5g fat/tbsp) | → | ✓ Non-fat Greek yogurt (0g + 3g pro) |
| ✗ Heavy cream in coffee (5g) | → | ✓ Unsweetened almond milk (1g) |
| ✗ Cream cheese (10g fat/oz) | → | ✓ Whipped cottage cheese (2g + 5g pro) |
| ✗ Regular mayo (10g fat/tbsp) | → | ✓ Greek yogurt or avocado mayo |
| ✗ Butter on bread (11g fat/tbsp) | → | ✓ Mashed avocado + salt (5g healthy fat) |
| ✗ Whipped topping (chemical) | → | ✓ Whipped Greek yogurt + vanilla |

COACH'S TIP

GLP-1 friendly: fat slows digestion. Small amounts = satiety. Too much = nausea.

Nut Butters, Dressings & More

Everyday fats worth upgrading

NUT BUTTER + SPREAD SWAPS

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| ✗ Peanut butter w/ added sugar | → | ✓ Natural PB (peanuts + salt only) |
| ✗ Nutella (12g sugar/serving) | → | ✓ Cocoa + peanut butter + honey |
| ✗ Regular peanut butter (16g fat) | → | ✓ PB2 powdered peanut butter (1.5g) |
| ✗ Cream cheese bagel spread | → | ✓ Avocado mash + everything seasoning |
| ✗ Ranch dip (10g fat/2tbsp) | → | ✓ Greek yogurt + ranch seasoning |

SALAD DRESSING SWAPS

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| ✗ Bottled ranch (14g fat/2tbsp) | → | ✓ Greek yogurt ranch (4g fat + 4g pro) |
| ✗ Creamy Caesar (16g fat) | → | ✓ Olive oil + lemon + parmesan (10g good fat) |
| ✗ Thousand Island (11g fat) | → | ✓ Greek yogurt + salsa + relish |
| ✗ Honey mustard (sugar + oil) | → | ✓ Dijon + honey + olive oil |
| ✗ Store-bought vinaigrette | → | ✓ 3:1 olive oil to balsamic + herbs |

SNACK FAT SWAPS

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| ✗ Fried potato chips | → | ✓ Baked kale chips or roasted chickpeas |
| ✗ Cheese puffs | → | ✓ Freeze-dried cheese crisps (Whisps) |
| ✗ Regular hummus w/ oil pool | → | ✓ Homemade hummus (less oil, more lemon) |
| ✗ Trail mix w/ candy pieces | → | ✓ Nuts + dark chocolate + dried fruit |

THE FAT HIERARCHY

Not all fats are created equal — aim for the top tiers

BEST DAILY Avocado, olive oil, nuts, seeds, wild-caught fish

GOOD DAILY Grass-fed butter, ghee, coconut oil, eggs

SOMETIMES Full-fat dairy, red meat, coconut milk

MINIMIZE Vegetable oils, margarine, trans fats, fried foods

COACH'S TIP

Aim for 25–35% of daily calories from good fats. Under-eating fat causes hair loss + hormone drops.