

Good - Better - Best Guide

Put Cravings in Their Place: Choose Healthier Alternatives

| Are You Craving? | | You May Be Missing... | GOOD Alternatives: | BETTER Alternatives: | BEST Alternatives: |
|-----------------------------------|---|---|--|---|--|
| Salty? | Potato chips Flavored tortilla chips Salty crackers Canned soups Pretzels | Chloride Electrolytes | <ul style="list-style-type: none"> • Vegetable or taro chips (preferably baked) • Organic baked tortilla chips | <ul style="list-style-type: none"> • Black bean chips • Whole grain gluten-free crackers • Non-GMO popcorn with coconut oil and sea salt | <ul style="list-style-type: none"> • Kale chips • Nori or seaweed (found in the snack aisle of natural food store) • Sea asparagus |
| Salty - Sweet? | Chocolate covered peanuts Fried Chicken Fingers and plum sauce Kettle corn | Protein Magnesium | <ul style="list-style-type: none"> • Homemade nut/fruit clusters • Maple-glazed nuts | <ul style="list-style-type: none"> • Chocolate covered macadamia nuts • Trail mix and 70%+ dark chocolate | <ul style="list-style-type: none"> • Mix-and-match snack bars (see our Plant-Based Snacks Recipe Guide) • Sprouted Yogi Snack Mix • Epsom Salt Bath |
| Sweet? | Candy bars Gummy bears Sugary drinks Slushies Soda or pop | Chromium Tryptophan Phosphorus Protein | <ul style="list-style-type: none"> • Dried fruit and nuts | <ul style="list-style-type: none"> • Juiced fruit | <ul style="list-style-type: none"> • Dark chocolate (70% cocoa +) • Fresh fruit • SuperFood Truffles • 1/2 cup quinoa with a few almonds and frozen berries |
| Crunchy? | Potato chips and dip Popcorn | Calcium | <ul style="list-style-type: none"> • Non-GMO popcorn with coconut oil and sea salt (unrefined sea salt is rich in electrolytes) | <ul style="list-style-type: none"> • Organic baked bean chips • Rice cakes (whole grain) | <ul style="list-style-type: none"> • Sprouts • Kale chips • Seaweed snacks (very mineral dense and crunchy!) • Edamame Hummus & Multi-Seed Crackers • Veggies & Protein Guacamole |
| Mid Afternoon/Morning Pick me-Up? | Coffee Caffeinated soft-drinks Donuts | Phosphorus Enzyme-rich foods Calcium | <ul style="list-style-type: none"> • Nut butter (raw, natural) • Fruit • Small quinoa salad • Quinoa with almond butter • Apples and cinnamon | <ul style="list-style-type: none"> • Antioxidant filled smoothie (such as this ONE) • Maca • Fresh 100% orange juice | <ul style="list-style-type: none"> • Sprouts • Kale chips • Seaweed snacks (very mineral dense and crunchy!) • Edamame Hummus & Multi-Seed Crackers • Veggies & Protein Guacamole |