

Transfigure Swops List.



**Making these swaps is advisable and you can create meals that are more nutrient-dense, lower in empty calories, and more aligned with your weight loss goals.
It's all about making simple changes that add up over time!**

- White bread → Whole grain.
- White rice → Brown rice or quinoa.
- Pasta → Courgette noodles (zoodles) or spaghetti squash.
- Regular pasta → Whole wheat or legume-based pasta.
- Regular potatoes → Sweet potatoes or cauliflower mash.
- Regular Meats → Lean cuts of meat.
- Sausage or bacon → Lean sausage or veggie sausage, Bacon medallions.
- Sugary breakfast cereals → Oats.
- Crisps → Popcorn.
- Granola bars → Protein bars or homemade energy bites.
- Store-bought muffins or pastries → Homemade oat muffins or protein-packed smoothies.

- Butter → Avocado or olive oil.
- Regular mayo → Greek yoghurt or avocado.
- Creamy salad dressings → Olive oil and balsamic vinegar or homemade vinaigrette.
- Sugar → Stevia.
- Flavoured yoghurt → Plain Greek yoghurt with fresh fruit.
- Full-fat cheese → Low-fat cheese.
Fried chicken → Grilled or baked chicken.
- Sugary Drinks → Sparkling water or sugar-free squashes.
Fruit juices → Eat whole fruits.
- Full-fat lattes → Black coffee or coffee with semi-skimmed.
Skimmed milk or milk alternatives such as almond milk.
- Heavy sauces (e.g., Alfredo, creamy dressings) → Tomato-based sauces or Greek yoghurt-based sauces.
- Store-bought granola → Homemade granola with less sugar and more seeds/nuts.
- Store-bought frozen meals → Homemade meal prep.