

Pantry Swaps



Swap This (Conventional)	For That (Clean Alternative)	Why It's Better
White All-Purpose Flour	Organic Sprouted Spelt or Einkorn Flour (e.g., Jovial)	Easier to digest, more nutrients, lower gluten impact.
Bleached Table Salt (e.g., Morton's Iodized)	Celtic Sea Salt or Redmond Real Salt	Rich in trace minerals, unrefined, no anti-caking agents.
Pre-ground Black Pepper (generic) Store-bought spice blends (with anti-caking agents or MSG)	Organic Whole Peppercorns (fresh ground)	No additives, irradiants, or fillers — pure flavor.
White sugar	Organic Single-Ingredient Spices (e.g., Frontier Co-op, Simply Organic) Maple Syrup, Raw Honey, or Coconut Sugar	Natural sweeteners with minerals and lower glycemic impact.
Cornstarch	Arrowroot Powder or Tapioca Starch	Grain-free thickeners without GMO corn or chemical processing.
Bottled lemon/lime juice	Fresh Lemons and Limes	No preservatives, better taste, natural vitamin C.
White rice	Organic Jasmine Rice or Sprouted Brown Rice	Less processing, more fiber, better blood sugar support.
Soy sauce	Coconut Aminos or Tamari (gluten-free)	Lower sodium, no MSG, gluten-free, and gut-friendly.

Keep it simple: Choose ingredients that are organic, unrefined, and as close to their natural state as possible. Look for labels with 1–2 ingredients and skip the anti-caking agents, preservatives, or added flavors.