



WHOLE FOOD CHALLENGE

Swap out processed foods for whole foods. Tally your swaps over the next 5 days.
Notice how whole foods are simple, more natural, and have fewer ingredients.

PROCESSED, TOXIC, OR SNEAKY	WHOLE FOOD AS FOUND IN NATURE	SWAP = 1 point
flour tortilla	butter or coconut oil	
frozen potato products	quinoa salad	
salad dressing	fresh & natural nut butter	
spaghetti pasta	nuts & dates	
soda	rice cake or sourdough	
ranch dip	olive/avocado/coconut oil	
fruit yogurt	pink or sea salt	
coffee creamer	veggies or nuts	
flavored instant oats	red wine	
iceberg lettuce	dark chocolate or cacao nibs	
mayo	honey or maple syrup	
jelly	infused water	
juice	honey & banana	
white sugar	mashed avocado	
milk chocolate	spinach or greens	
cocktail	rolled oats	
crackers	cream & honey	
table salt	greek yogurt & fresh fruit	
vegetable/corn/canola oil	hummus	
toast or bagel	sparkling water or kombucha	
energy bar	spaghetti squash	
processed nut butter	olive oil & vinegar	
pasta salad	roasted or baked potato	
margarine	lettuce wrap	

TOTAL SCORE