

Favorite Low Carb Substitutes

Bread/Buns:

- Carbmaster Bread or Buns from Dillon's
- Sara Lee 45 calorie bread
- Aldi's brand Keto Friendly Bread
- Dave's Killer Bread – Thin Sliced
- Any other keto/low carb bread brand



Tortillas:

- Xtreme Wellness Tortillas
- Mission – Carb Balance Tortillas
- Carb Counter by La Banderita
- Mama Lupe's Low Carbohydrate Tortillas
- Light and Active Low Carb from Aldi's



Pasta:

- Skinny pasta, very low in calories, mild taste, found at Hy-Vee and Amazon
- Simply Nature Soybean and Edamame pasta from Aldi's, similar calories to normal pasta but more protein and fiber
- Dreamfields pasta, available at most grocery stores, similar carbs/calories to normal pasta but less effect on blood sugar due to a protein/starch matrix – tastes like normal pasta
- Impastable, online only, very low calorie
- Palmini, very low calorie, made from hearts of palm – available at Dillons

