Complementary Blog Post: 5 Low Carb Lunch Ideas

Subject: 3 Substitutes to Replace Favorite Carbs During Lunch

[firstname],

Replacing carbs during lunch takes a little practice to know what types of things you should be substituting for the bread, pasta and rice. You’ve probably been taught that all good meals come with one of these dishes on the plate when you eat. You’ll need to change your mindset in order to be successful on the low carb diet.

There are foods you can use instead. One of the easiest ways to help continue the low carb diet is to prep your meals at home and pack them to work with you.

Instead of Rice use…

Rice goes well with so many dinner dishes and is great for leftovers the next day, but there are other types of dishes that pack more nutritional value and are delicious. Quinoa is one such dish. You can include it in a lot of dishes that pair nicely with rice, but quinoa is a superfood that delivers tons of health benefits.

Instead of noodles or pasta use…

Pasta is an all time favorite food for a lot of people, but when you’re on a low carb diet you can’t eat as much – so what do you do? Use Shirataki noodles. These noodles are made out of yams.

You could also use a spiralizer to create zoodles – zucchini noodles (many types of vegetable can be used). This works extremely well with spaghetti.

Instead of bread use…

Bread and rolls are an extremely hard one to replace during lunch, but it can be done. They now have a low carb bread that you can used.

Order a sandwich or hamburger without the bread or bun. People do it all the time, so don’t feel awkward. You can wrap it up with a leafy green or lettuce instead.

Another option would be to substitute the bread for portebello mushrooms. You would use the mushroom instead of the bun.

Check out our blog post that gives you low carb lunch ideas.

LINK

The key to going low carb is finding alternatives to the food you ate before and learning how to create new meals that you love.

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