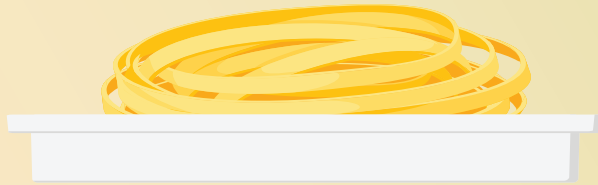
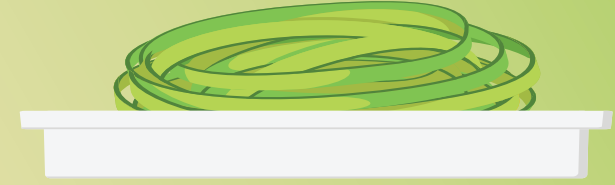


# Keto-Carb Swap

SWAP THIS FOR THAT



☹️ PASTA



😊 ZOODLES

SWAP THIS FOR THAT



Bread Crumbs



Pork Rinds

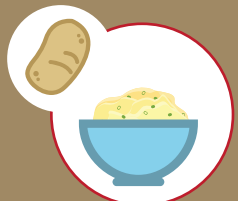
SWAP THIS FOR THAT



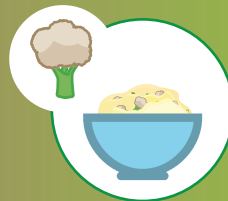
Flour



Coconut or Almond Flour



Mashed Potatoes



Mashed Cauliflower



Rice



Cauliflower Rice