

MamaZ's

RECIPE MAKEOVER



INGREDIENT SUBSTITUTION GUIDE

— *Transform Your Family's Favorite Recipes* —



- ▶ Dairy-Free
- ▶ Gluten-Free
- ▶ Sugar-Free
- ▶ And More!

SABRINA ANN ZIELINSKI

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Visit <https://DrEricZ.com/HomeMakeover> for a full-length FREE screening of my Toxic-Free Healthy Makeover Tour where I help you detoxify your kitchen, pantry, bathroom, laundry room & garden!

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A Note FROM MAMA Z

This guide is what I live off of every day. It's literally my lifeline to keep me on track and, even though I have memorized it over the years, I find it helpful to keep it close by just in case I forget something.

You know what they say, "Invention is birthed out of necessity," right? Well, that's me all the way. Plagued by gut issues since birth, "normal" for me was using laxative and digestive aids and eating tuna fish and eggs every day because everything else seemed to tear up my stomach! Even though I (faithfully) went to my medical doctor and underwent every test they could think of, **no one could tell me what was wrong.**

I was truly a mess until God answered my prayers, and directed me to **the source of my problem: food allergies!** One-by-one I started to replace foods in my diet with allergy-friendly alternatives and, voila, **my health drastically changed.** Almost over night! The first to go was sugar, then wheat, then gluten, then dairy and next thing you know I was **completely enjoying Abundant Life health.**

And you can, too!

Always remember that there's an answer to the questions that you have and, if you're seeking natural solutions for your kitchen, I got you covered. :) This guide will prove invaluable to you on your journey!

My prayer is that you enjoy hope, health, and tasty food by making over your kitchen!

- Sabrina Ann Zielinski

Mama Z

For a list of ALL the products I recommend visit:
<https://drericz.com/how-to-be-healthy/>

How to USE THIS GUIDE

Follow this guide to give your kitchen a toxic-free makeover! The DIY tips will provide you with a healthy environment for your home - and the food substitutions will help you make delicious, allergy-friendly alternatives for your favorite dishes.

To make things even easier, all ingredients are in a 1:1 substitution ratio unless otherwise noted.

Enjoy!

- *Mama Z*



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PANTRY MAKEOVER

Ingredient	Healthy Substitution
Bread	Your favorite Gluten-Free bread. Rudi's, Sammy's and the Simply Balanced line at Target are our favorites.
Bread Crumbs	Hol Grain Brown Rice Bread Crumbs
Chocolate Chips	Lily's Chocolate Stevia Sweetened Baking Chips - Dark Chocolate
Cocoa Powder	Raw Organic Cacao Powder
Coffee	Bulletproof Coffee, CafeX, Pero, Ttecchino, Carob, Roma, Matcha Tea
Confectioner's Sugar	1 cup honey granules OR 1 cup coconut crystals: Blend with 1 to 2 tsp of arrowroot powder or organic cornstarch.
Cornstarch	Organic Non-GMO Cornstarch
Flour	Bobs Red Mill Gluten Free All-Purpose Baking Flour
Gravy Thickener	Hol Grain Rice Starch
Ketchup (Bottled)	Organicville Brand
Milk (Dried, Powdered)	Dairy-Free Non-Dairy Milk Alternative

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PANTRY MAKEOVER

Ingredient	Healthy Substitution
Pasta, All Types	Pasta Joy or Trader Joe's Brown Rice Pasta
Pasta, Lasagna	DeBoles Brown Rice Pasta
Salt	Himalayan Sea Salt Smoked Sea Salt
Sugar, Beverages	Liquid Stevia
Sugar, Brown	Coconut Crystals Coconut Sugar Maple Sugar Honey Crystals
Sugar, White	Honey Crystals and Raw Honey & 2-3 Eye Droppers of Liquid Stevia
Vinegar	Apple Cider Vinegar
Worcestershire Sauce	Bragg's Liquid Aminos

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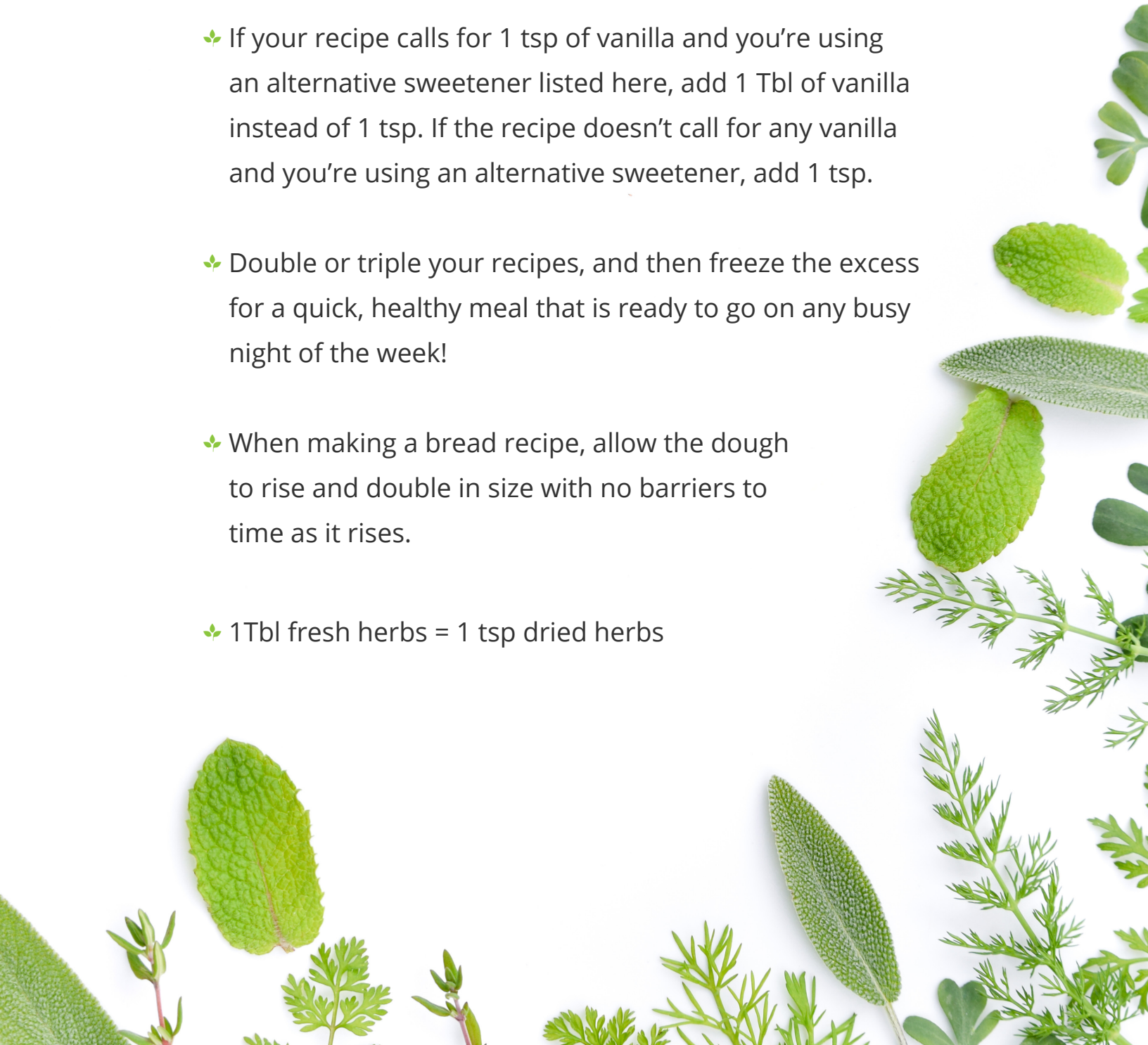
REFRIGERATOR

Ingredient	Healthy Substitution
Butter	Coconut Oil OR Half Coconut Oil with Half Coconut Shortening
Cheese: Block, Cream, Shredded, Sliced	Daiya Brand Cheese
Deli Meat	Applegate Farms Organic Sliced Meats
Eggs	Local, Organic, Free-Range OR Egg Replacers
Ground Meat	100% Grass-Fed Beef (Local is Best)
Milk	Unsweetened Vanilla Almond Milk OR Coconut Milk
Milk, 2%	Reduced Fat Canned Coconut Milk
Mayonnaise	Follow Your Heart Grapeseed Oil Vegenaize
Pork Bacon	Nitrate- and Nitrite-Free Turkey Bacon
Ricotta Cheese	So Delicious Unsweetened Coconut Milk Yogurt
Sour Cream	Follow Your Heart Grapeseed Oil Vegenaize
Salmon or Tuna	Wild-Caught, Not Farmed
Whipped Cream or Half 'n Half	Full-Fat Canned Coconut Milk
Yogurt	So Delicious Unsweetened Coconut Milk Yogurt

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INDISPENSABLE TIPS

- ✦ If your recipe calls for 1 tsp of vanilla and you're using an alternative sweetener listed here, add 1 Tbl of vanilla instead of 1 tsp. If the recipe doesn't call for any vanilla and you're using an alternative sweetener, add 1 tsp.
- ✦ Double or triple your recipes, and then freeze the excess for a quick, healthy meal that is ready to go on any busy night of the week!
- ✦ When making a bread recipe, allow the dough to rise and double in size with no barriers to time as it rises.
- ✦ 1Tbl fresh herbs = 1 tsp dried herbs



The No-No

ALLERGY LIST

- ✿ Artificial Flavoring & Coloring
- ✿ Casein & Pasteurized Dairy
- ✿ Farm-Raised Fish & Meat
- ✿ Gluten-Containing Products (Bread, Condiments, Sauces, etc.)
- ✿ GMO Corn & Conventional (Non-Organic) Grains
- ✿ Preservatives (MSG, Nitrates, Sulfites, etc.)
- ✿ Alternative Sugars (Aspartame, Splenda, Truvia, etc.)
- ✿ Refined, Processed Sugars (Corn Syrup, Evaporated Cane Sugar, Maltodextrin, etc.)
- ✿ Refined, Hydrogenated Oils (Margarine, Vegetable Oil, etc.)
- ✿ White Table Salt & Artificial Seasoning

The Clean

FIFTEEN

(Least Sprayed Foods -
Save Your Money -
Organic is Not Needed)

- ✦ Avocados
- ✦ GMO Free Sweet Corn
- ✦ Pineapples
- ✦ Cabbages
- ✦ Onions
- ✦ Sweet Peas Frozen
- ✦ Papayas
- ✦ Asparagus
- ✦ Mangoes
- ✦ Eggplants
- ✦ Honeydew Melons
- ✦ Kiwi
- ✦ Cantaloupes
- ✦ Cauliflower
- ✦ Broccoli

The Dirty

DOZEN

(Most Sprayed Foods -
Buy Organic Only)

- ✦ Strawberries
- ✦ Spinach
- ✦ Nectarines
- ✦ Apples
- ✦ Grapes
- ✦ Peaches
- ✦ Cherries
- ✦ Pears
- ✦ Tomatoes
- ✦ Celery
- ✦ Potatoes
- ✦ Sweet Bell Peppers
- ✦ Hot Peppers

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BEST SPOTS TO SHOP

- ✿ Costco
(Lots of Organic Options!)
- ✿ Kroger
(Great "Natural" Section!)
- ✿ Local Health Food
- ✿ Target
- ✿ Trader Joes
- ✿ Thrive Market
(Online Member Site)
- ✿ Whole Foods

Try out Thrive Market for yourself & get **\$60 in FREE groceries (on me)!**

<http://thrv.me/drericz-20off3>

About MAMA Z

Sabrina Ann Zielinski (Mama Z) is truly a Proverbs 31 woman who is passionate about urban homesteading and providing her family with allergy-friendly, healthy food that tastes great.



In addition to being a devoted stay-at-home mom, she's an essential oil guru, home birth consultant and DIY fanatic.

Passionate about creating a toxic-free environment for her family, Mama Z helps others do the same by teaching essential oil, cooking and organic gardening classes. She lives with her husband Dr. Eric Zielinski & children in Atlanta, GA.

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