



# EASY FOOD SWAPS

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|--------------------------------|--------------------------------------|
| Fresh Meat, Seafood or Poultry | > Frozen or Canned Beans             |
| Mince Meat                     | > Mushrooms or Eggplant              |
| Bacon                          | > Ham                                |
| Fresh Herbs                    | > Dried Herbs                        |
| Fresh Chilli                   | > Chilli Flakes, Powder or Oil       |
| Basil                          | > Jarred Pesto                       |
| Garlic or Onion                | > Spring Onion, Leek or Dried Spices |
| Fresh Tomato                   | > Tinned or Sundried Tomatoes        |
| Fresh Vegetables               | > Frozen or Canned Vegetables        |
| Capsicum                       | > Tomato                             |
| Butter                         | > Olive Oil                          |
| Milk/Cream                     | > Pureed Cauliflower                 |
| Parmesan Cheese                | > Toasted Breadcrumbs                |
| Fresh Lemon                    | > Bottled Lemon Juice                |
| Capers                         | > Olives                             |