



Join us at Engine2Academy.com where you'll find hundreds of recipes, helpful tips and people waiting to support you in your journey to weight loss and perfect health.

Vegetable Substitutions

Here are some easy substitutions to keep in mind when choosing recipes from the E2 book or website:

Spinach = chard = kale = cabbage = collards = mustard greens = arugula = bok choy = beet greens = romaine lettuce if you're desperate

Potatoes = turnips = parsnips = beets = kohlrabi

Cabbage = broccoli = cauliflower = brussel sprouts = kohlrabi = bok choy

Winter squash = sweet potatoes = carrots

Leeks = onions = shallots = green onions = garlic

Celery = fennel = tart apple

Pears = apples

Broccoli = asparagus = peas = green beans = zucchini