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MamaZ's KITCHEN MAKEOVER

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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.

(continued)

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")

How to Use This Guide

Follow this guide to give your pantry a healthy, allergy-friendly makeover! The substitutions below will provide you with delicious, allergy-friendly replacements for your favorite dishes.

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

Enjoy!

-Mama Z

2'8 Pantry Makeover



Ingredient

Bread

Bread crumbs

Chocolate chips

Cocoa powder

Coffee

Healthy Substitution

Rudi's gluten-free bread Udi's gluten-free bread

Hol Grain Brown Rice Bread Crumbs

Lily's Chocolate Stevia Sweetened Baking Chips -Dark Chocolate

Raw organic cacao powder

Bulletproof coffee, CafeX, Pero, Teecchino, Carob, Roma, matcha tea

Ingredient	Healthy Substitution	
Confectioner's sugar	1 cup honey granules OR 1 cup coconut crystals: blend with 1 to 2 teaspoons of arrowroot powder or organic cornstarch	
Cornstarch	Organic non-GMO cornstarch	
Gravy thickener	Hol Grain Rice Starch	
Ketchup (bottled)	Organicville brand	
Milk (dried, powdered)	DairFree Non-Dairy Milk Alternative	
Pasta, all types	Pasta Joy or Trader Joe's Brown Rice Pasta	
Pasta, lasagna	DeBoles Brown Rice Pasta	

Ingredient	Healthy Substitution
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

^{*}Use 2/3 cup of the substitution ingredient for every cup of white sugar.

Mama Z's Refrigerator Makeover

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

	Ingredient	Healthy Substitution
	Milk, 2%	Reduced fat canned coconut milk
	Mayonnaise	Vegenese (grapeseed oil)
	Pork bacon	Nitrate- and nitrite-free turkey bacon
	Ricotta cheese	So Delicious unsweetened coconut milk yogurt
	Sour cream	Follow Your Heart Grapeseed Oil Vegenaise
	Salmon or tuna	Wild-caught, not farmed
	Whipped cream or half 'n half	Full-fat canned coconut milk
11	Yogurt	So Delicious unsweetened vanilla coconut milk yogurt

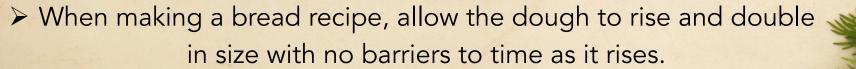
The No-Nos List

- Casein
 - Corn
 - Dairy
- Gluten (wheat, rye, and barley)
 - Raw nightshade vegetable skins

- Preservatives, including MSG, nitrates, sulfites, etc.
- Processed sugar
 - Refined and hydrogenated oils
 - ❖ Table salt

man 2's Indispensable Tips

- If your recipe calls for 1t of vanilla and you're using an alternative sweetener listed here, add 1T of vanilla instead of 1t. If the recipe doesn't call for any vanilla and you're using an alternative sweetener, add 1t.
- 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!





Mama Z's BEST SPOTS TO SHOP

Trader Joe's

Costco

Kroger

Local Food Co-Op

Health food store

Thrive Market

ABOUT Mama Z



Sabrina Ann Zielinski (Mama Z) is truly a Proverbs 31 woman who is passionate about Urban Homestead and providing her family with allergyfriendly, healthy food that tastes great.

In addition to being a devoted stay-athome mom, she's an essential oil expert, personal fitness instructor, health coach, marketing consultant, and pageant trainer.

Mama Z also enjoys teaching essential oil, cooking and organic gardening classes. She lives with her husband Dr. Eric Zielinski & children in Atlanta, GA.



