

KBFIT

The Food & Snack Swap Guide

I created this guide because I believe in the small changes that make a big difference. This is not a guide intended to overhaul everything you’re eating today — but a way to share ideas on how to upgrade your nutrition so you feel more energetic, reduce cravings, and fuel a strong, healthy body.

Enjoy!

WHAT'S INSIDE

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High-Protein Swaps

Swaps that add 10–20g to meals you already eat to hit your protein goal

THE SWAPS

Regular yogurt ~5g protein per cup	→	Greek yogurt ~17–20g per cup — same spot in the fridge
Regular pasta ~7g per serving	→	Protein+, chickpea, or lentil pasta ~13–20g — same sauce, nobody knows (ok they may know, but it's still yummy)
Regular pancake mix ~4g per serving	→	Kodiak or protein pancake mix ~14g+ — weekend pancakes, upgraded
Sour cream on tacos, potatoes, chili	→	Plain Greek yogurt triple the protein — actually tastes better in my opinion
Regular milk in oats & smoothies ~8g per cup	→	Fairlife / ultra-filtered milk ~13g per cup + half the sugar
Flour tortilla ~3g	→	High-protein or carb-smart tortilla ~10–12g wrap before you add anything
Regular cheese snack ~5g	→	Cottage cheese or string cheese ~8–14g and more filling
Mayo in tuna or chicken salad 0g protein, all fat	→	Greek yogurt + mustard mix adds protein, cuts the fat in half
Regular bread ~3g per slice	→	High-protein bread ~5–8g per slice — sandwich = 16g before the filling
Chips with dip ~2g	→	Veggies or crackers + hummus / yogurt dip protein in the dip does the work

KB Tip: Don't know where to start? Start with breakfast! If you're hungry in the morning, you are more likely to autopilot munch & snack throughout the day. Fuel up early and start your day strong.

Low-Fat Swaps

You need fats! The the goal is to reduce the unhealthy ones and eat the healthy ones when you'll actually enjoy them (not waste them on sautéing veggies).

THE SWAPS

Cooking with oil or butter ~120 cal per tbsp — and who measures?	→	Cooking spray or an air fryer same crisp, a fraction of the fat
80/20 ground beef ~22g fat per serving	→	93/7 beef or ground turkey ~8g fat per serving
Regular cheese, shredded full-fat adds up fast	→	Reduced-fat cheese or half the amount flavor stays, fat halves
Creamy dressings ranch, caesar — 15–20g fat	→	Light dressing, or dressing on the side dip the fork, not the salad
Cream-based sauces alfredo, vodka sauce	→	Tomato-based sauces roughly half the calories, all the comfort
Regular peanut butter when it's blended or in baking	→	PB powder in oats & smoothies PB flavor at ~85% less fat — keep real PB for toast
Fried anything adds 10–20g fat	→	Air-fried or baked version the crunch survives, the grease doesn't
Full-fat cream cheese ~10g fat per serving	→	Light cream cheese or cottage cheese whip half the fat, same bagel
Croissants & pastry breakfasts butter is the ingredient	→	Toast, bagel thins, English muffins save the croissant for when it's a great one

KB Reminder: You don't have to make all these swaps. Choose one, try it, and see if it works for you.

Better-Carb Swaps

There are no “good or bad” carbs, but the idea is to eat more of the type of carb that digests slowly, keeps you full, and doesn’t spike your blood sugar.

THE SWAPS

White bread fast burn, hungry in an hour	→	Whole grain or sourdough fiber slows it down — fuller, longer
Sugary cereal the 10am crash factory	→	Oats or high-protein / fiber cereal steady energy through the morning
White rice (every time) fine sometimes!	→	Brown rice, quinoa, or farro fiber + minerals; quinoa adds protein too
Instant flavored oatmeal up to 12g added sugar	→	Plain oats + fruit + cinnamon you control the sweetness
Regular crackers refined flour, low staying power	→	Whole grain crackers or rice cakes crunch that comes with fiber
White potato (every time) also fine sometimes!	→	Sweet potato more fiber, slower burn, vitamin A for free
Fruit juice fruit with the fiber removed	→	Whole fruit the fiber IS the point — juice is dessert
Granola bars candy bar in athletic wear	→	Fruit + nuts fiber up, sugar down
Regular tortilla chips bottomless by design	→	Whole grain chips or air-popped popcorn more volume, more fiber, not addicting

KB Tip: For a satisfying snack, pair one of these better-carb options with a protein

Craving Swaps

When you have a craving restricting often makes it worse. Listen to your body and enjoy the healthy option.

WHEN IT'S SWEET

Ice cream (the whole-pint kind)	→	Greek yogurt + honey + frozen berries or a protein ice cream — scoop it out, don't eat from the pint
Candy bar	→	Dates + almond butter + dark chocolate chips tastes like Snickers, satisfies that chocolate crunch need
Cookies	→	Protein muffin or two squares of dark chocolate sweet tooth satisfied — muffin recipe in Section 06
Milkshake	→	Chocolate protein shake + milk + frozen banana milkshake upgrade

WHEN IT'S SALTY

Potato chips	→	Air-popped popcorn or kale chips 10x the volume for the same calories
Cheeze-Its / crackers	→	Roasted chickpeas or whole grain crackers + cheese the crunch & salt with a side of satisfying
Fries	→	Air-fryer potato or sweet potato wedges salt + crisp without the oil

WHEN IT'S CRUNCHY

Sometimes the craving isn't a flavor at all — it's the crunch. Give it something with real snap.

Baby carrots	Celery sticks	Cucumber slices
Sugar snap peas	Bell pepper strips	Radishes
Pickle spears	Apple slices	Frozen grapes
Edamame in the pod	Air-popped popcorn	Pretzels
Rice cakes	Whole grain crackers	Roasted chickpeas
Kale chips	Whole grain chips	Freeze-dried fruit

KB Reminder: Yes, it's ok to have the real thing! Be intentional, choose what fits your goals. Craving ice cream? Have a Greek yogurt parfait and if you are still craving ice cream after, have a scoop! Now you are satisfied and didn't eat an entire pint 😊

Snack Swaps

For when you need something between meals or just feeling munchy

THE SWAPS

Granola bar ~7g protein, candy-bar sugar	→	Protein bar, under 5g sugar ~20g — same wrapper, triple the staying power
Trail mix with M&Ms and candy pieces the chocolate is doing the talking	→	Edamame or roasted chickpeas ~17g and ~7g — salty, crunchy, and it actually holds you
Fruit-on-the-bottom yogurt ~5g protein, dessert sugar	→	0% Greek yogurt + berries + honey ~17g and you decide how sweet
Peanut butter by the spoon hard to track standing at the counter	→	PB energy balls ~7g each and the portion is already decided (recipe in Section 06)
Chips straight from the bag bottomless by design	→	Air-popped popcorn in a big bowl 0g fat, and the volume your brain is actually after
Afternoon pastry or cookie the 3pm crash snack	→	Protein muffin or protein pudding cup ~15g — sweet, but it holds you to dinner
Coffee-shop muffin most are dessert before 9am	→	Overnight oats ~18g protein and it's already in the fridge

KB Reminder: Preparation is everything!! Having 2-3 healthy snack options on hand allows the decision in the moment to be so much easier. I personally like to have one of each (sweet & salty) so I am not tempted by whatever happens to be around at work or in line at checkout.

Quick Snack Recipes

Three batches, one afternoon, a week of snacks done 😊

SWEET · ~12G PROTEIN EACH, 2G FAT, 13G CARBS

Chocolate Protein Muffins

- 1 cup oat flour
- 1 cup chocolate protein powder
- 3 eggs
- 1 ¼ cups plain or vanilla Greek yogurt
- ½ cup skim milk
- 1 tsp vanilla extract
- 1 tsp baking powder
- 3 tbsp honey or maple syrup
- ¼ tsp salt
- Optional: blueberries & chocolate chips



Method: Mix wet, then dry. Bake at 350°F for 18–20 min. Makes 12 · refrigerate up to 5 days.

SAVORY · ~18G PROTEIN PER 2 CUPS

Egg Muffin Cups

- 8 eggs
- 1 cup low-fat cottage cheese
- Optional (choose your favorites): ½ cup spinach, ½ cup diced peppers + onion, ½ cup turkey sausage cooked, ¼ cup shredded cheese
- Salt, pepper, garlic powder



Method: Whisk and pour into a greased muffin tin. Bake at 350°F for 20–22 min. Makes 12.

SWEET · ~7G PROTEIN EACH

PB Energy Balls

- 1 cup rolled oats
- ½ cup natural peanut butter
- 1 scoop protein powder
- 2 tbsp honey
- 2 tbsp chia seeds
- Optional: ¼ cup mini dark chocolate chips



Method: Mix, roll into 16 balls, refrigerate 30 min before eating.