

# SUMMER SUBSTITUTES\*

With all the picnics, barbecues, and ice cream trucks, summer fun can seem hard to navigate with HT-1. So we put together a handy substitutions guide to help you enjoy all the festivities the warm weather brings.

## ● INSTEAD OF CHEESEBURGERS



Try low-protein veggie burgers with plant-based cheese

## ● INSTEAD OF HOT DOGS



Try tacos with grilled veggies

## ● INSTEAD OF BBQ CHICKEN



Try BBQ cauliflower

## ● INSTEAD OF PULLED PORK BBQ



Try pulled jackfruit with BBQ sauce

## ● INSTEAD OF GRILLED MEAT



Try grilled eggplant + portobello mushrooms

## ● INSTEAD OF ICE CREAM



Try dairy-free ice cream, sorbet, or Italian ice

## ● INSTEAD OF PASTA SALAD



Try zucchini noodle salad

## ● INSTEAD OF STRAWBERRY SHORTCAKE



Try strawberries and coconut-based yogurt

## ● OTHER TYRO-FRIENDLY SUMMER TREATS



S'mores with dark chocolate, all-fruit smoothies, grilled pineapple, veggie kebabs, corn on the cob, fruit salads + veggie salads

\*Every patient with HT-1 is different. Talk to your doctor about what's appropriate for your specific medical and dietary needs.