



# THE MIGRAINE **RELIEF** PLAN

## 10 easy swaps for migraine-friendly eating

1. Cook with green onions instead of regular onions.
2. Spread sunflower seed butter instead of peanut butter.
3. Use stevia instead of sugar or other sweeteners.
4. Trade garbanzo beans (chickpeas) for soy beans.
5. Use no-salt-added canned tuna instead of chunk light canned tuna.
6. Grill corn tortillas instead of flour tortillas.
7. Simmer split peas or split mung beans instead of lentils.
8. Enjoy blueberries, strawberries, and blackberries instead of raspberries.
9. Sauté with coconut oil, organic butter, or ghee instead of corn/soy/cottonseed/peanut oils.
10. Drink herbal tea instead of coffee, and infused water instead of diet soda.



**Want more?** Become a member to take the online class and become part of the migraine-friendly community at [MigraineReliefPlan.com](https://MigraineReliefPlan.com)