



MEAT SUBSTITUTES

Legumes, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

Vegetarian burgers, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

OIL ALTERNATIVES

Sautéing: Water or vegetable broth.

Baking: Applesauce, or low-fat liquids such as plant milk or water.



EGG SUBSTITUTES

One egg is equal to:

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp.
oil + 1 tsp. baking powder + 1 tsp. potato
or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

DAIRY ALTERNATIVES

Milk: Equal portion of almond, oat, soy-, hazelnut, or rice milk.

Creams: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Parmesan cheese: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

Cheese: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

Ricotta cheese: Firm tofu, drained, and crumbled.