

ANIMAL-BASED PROTEIN SWAPS

Animal-based protein	Vegan swap
Beef	Seitan Vegan burgers Portobello mushrooms Faux “beef” products
Chicken	Extra firm, firm, or medium tofu Soy curls Oyster mushrooms Faux “chicken” products
Pork	Seitan Jackfruit Faux “pork” products
Ground meats	Textured vegetable protein (TVP) Finely chopped mushrooms Beans Lentils Sunflower mince Faux “ground meat” products
Bacon	Rice paper “bacon” (marinade recipe on website) Eggplant “bacon” (marinade recipe on website) Thin slices of tofu, marinated in liquid smoke and pan-fried Coconut-flavoured bacon flakes Shiitake mushrooms Tempeh Liquid smoke gives a “bacon” flavour to foods Faux “bacon” products
Fish	Adding seaweed or kelp to dishes Faux “fish” products like faux canned tuna or frozen foods
Lamb	Extra firm or medium tofu Seitan Faux “lamb” products
Eggs (not for baking; substitutes to follow)	Tofu, crumbled (extra firm, firm, medium & silken) Chickpea flour (3 tbs chickpea flour + 3 tbs water = 1 egg, good for making vegan omelettes) Just Egg™ Adding black salt (kala namak) gives an eggy flavour to food.
Lunch meats	Thinly sliced seasoned tofu Tempeh Faux “lunchmeat” products
Hot dogs, sausages	Carrot dogs (recipe on website) Faux “hot dogs” and “sausages”
Cheese	Nutritional yeast/nooch (great to sprinkle on foods instead of parmesan cheese or on popcorn, salads, and pasta. Can also be used to make cheese sauce). Nuts Faux “cheese” products