

PROTEIN REPLACEMENT GUIDE

Beef

Steak

Portobello, maitake, or
lion's mane mushroom,
wheat gluten

Sausage

A blend of mushrooms,
walnuts, and beans,
white beans

Meatloaf/ meatballs

Chickpeas, lentils

Beef strips

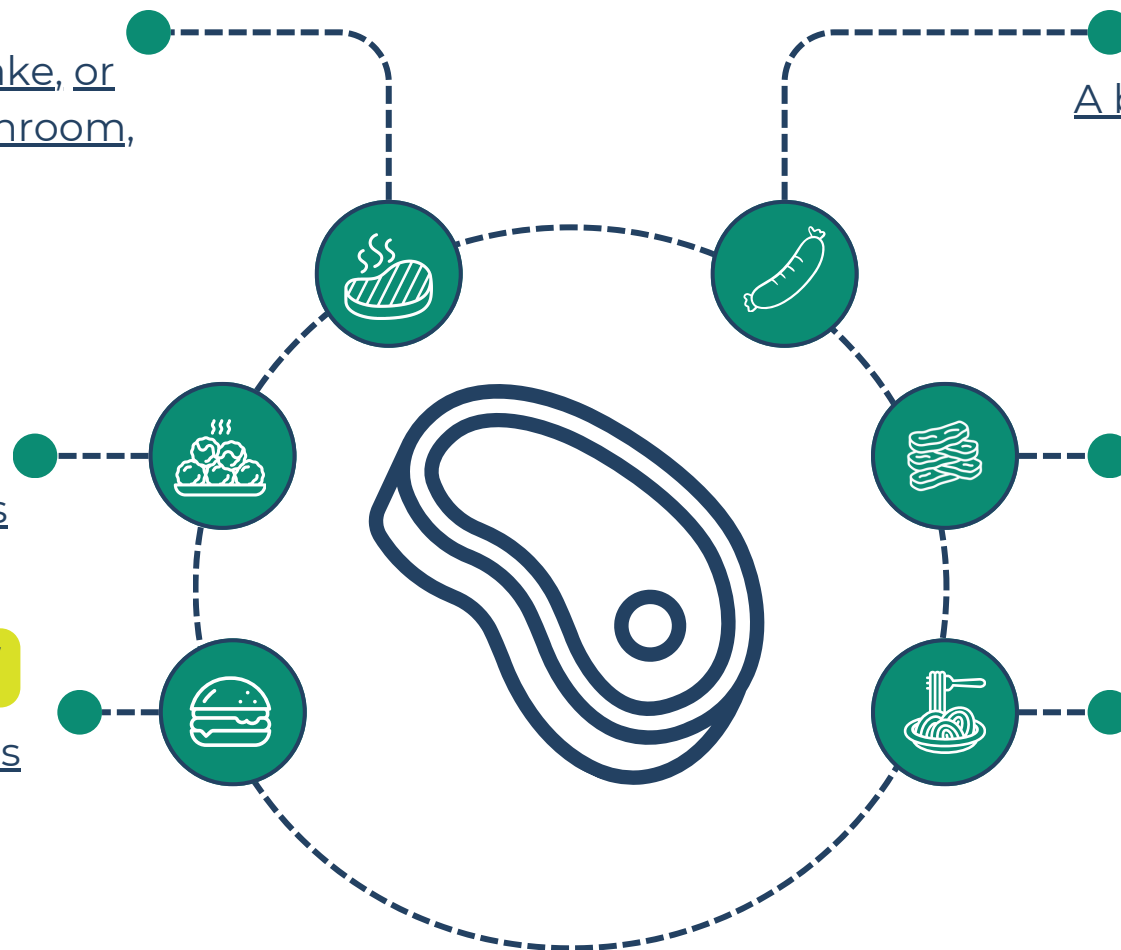
Soy curls, wheat
gluten

Ground beef

TVP, tofu, walnuts

Bolognese

TVP



PROTEIN REPLACEMENT GUIDE

Pork

Pulled pork

Jackfruit, oyster mushrooms,
yuba

Pork belly

Tofu, wheat gluten

Chorizo/carnitas

Cremini mushrooms,
TVP, tofu

Bacon

Trumpet mushrooms,
shiitake mushrooms,
tempeh, yuba, wheat gluten

Sausage

TVP, blend of lentils and wheat gluten,
beans



PROTEIN REPLACEMENT GUIDE

— Chicken —

Fried chicken

Mushrooms, banana blossom

Shredded chicken

Jackfruit

Chicken chunks

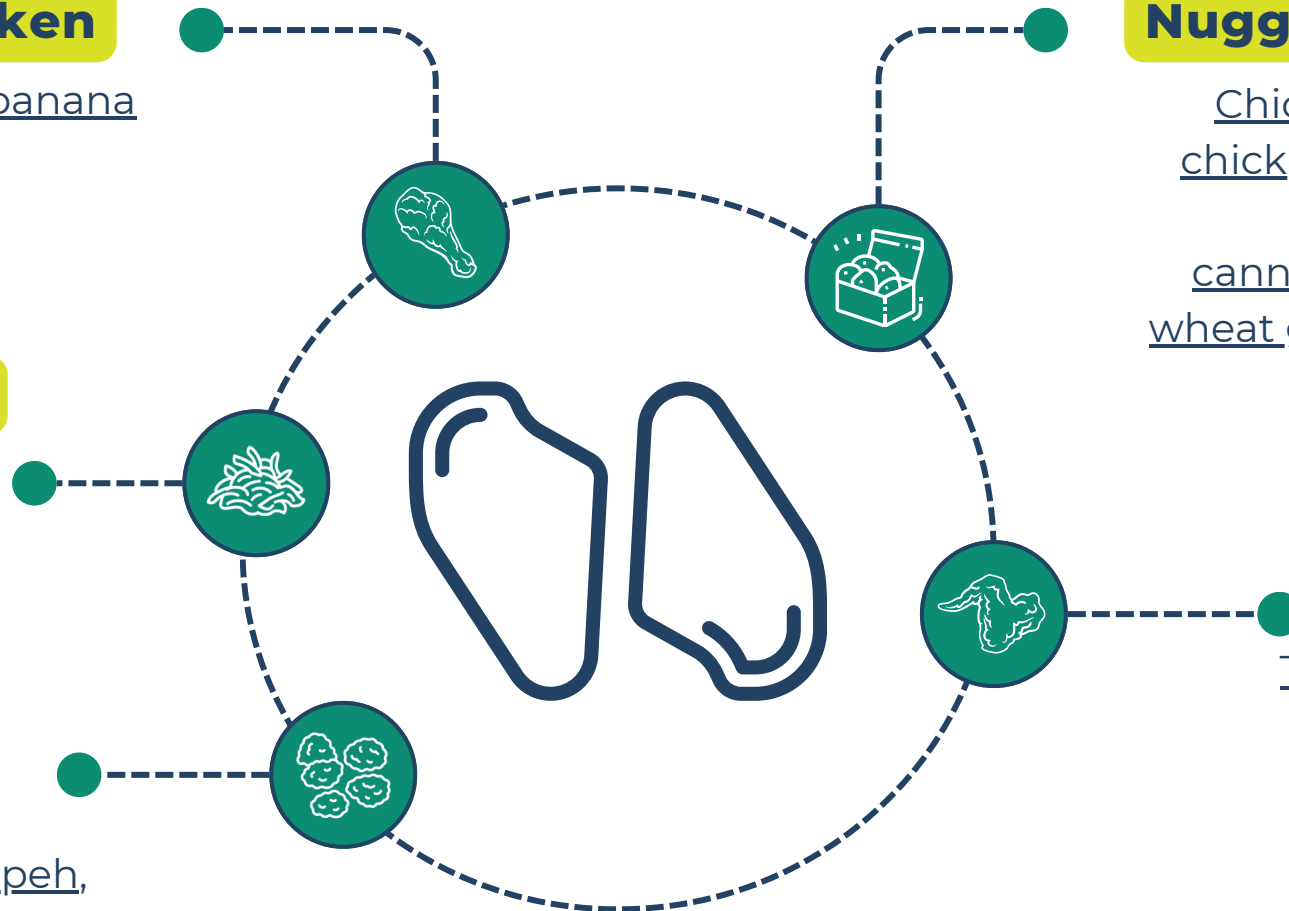
Jackfruit, tempeh, tofu, wheat gluten

Nuggets/tenders

Chickpeas, blend of chickpeas and wheat gluten, blend of cannellini beans and wheat gluten, tempeh, soy curls

Wings

Tofu, cauliflower



— Seafood —

Fish and chips

Banana blossom

Scallops

Mushrooms,
heart of palm

Ceviche

Heart of palm,
young coconut

Lobster

Heart of palm,
lobster mushroom

Tuna salad

Jackfruit, chickpeas

Tuna nigiri/poke

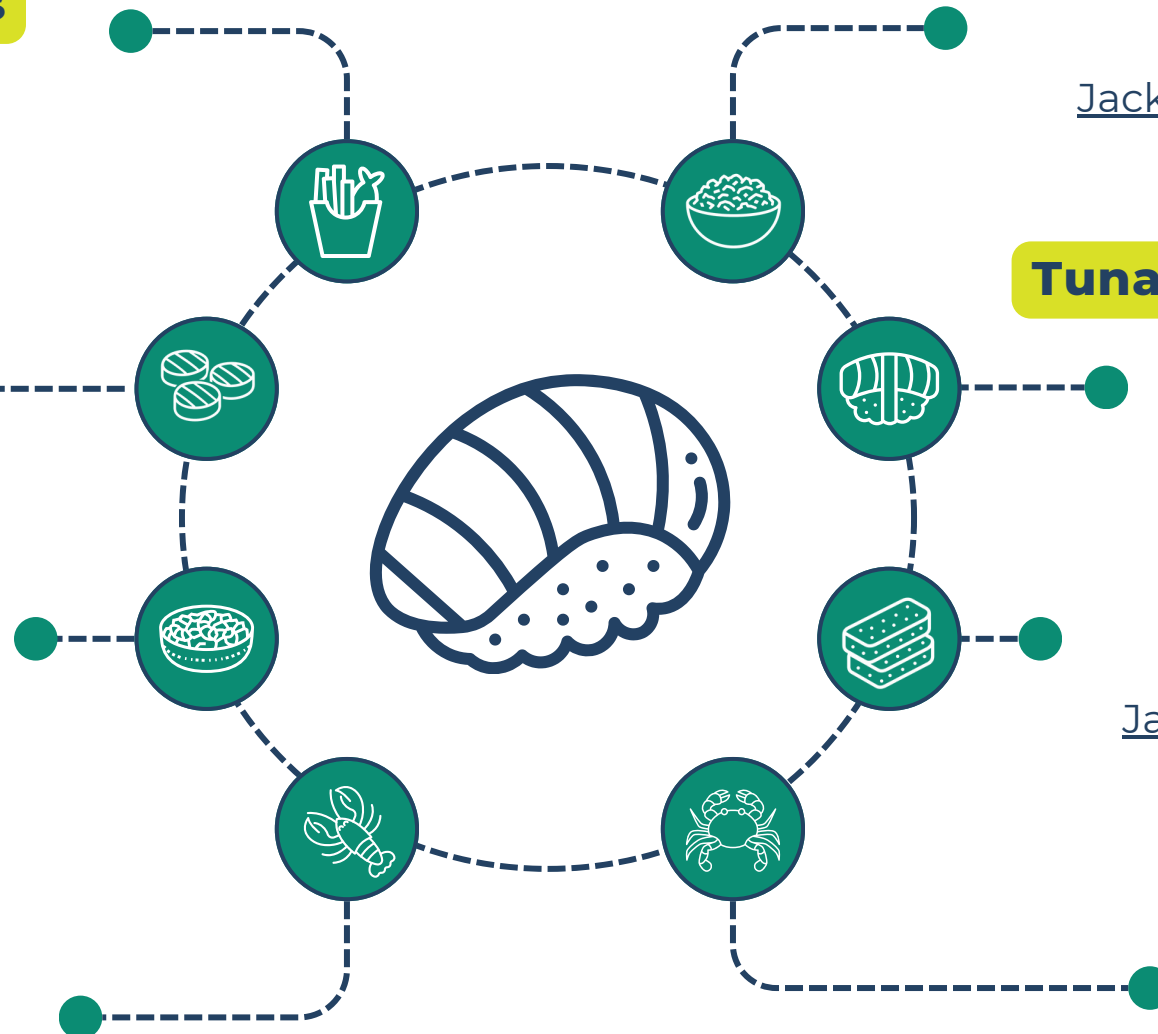
Tomato,
watermelon

Fish filets/ fish sticks

Jackfruit, heart of
palm

Crab

Heart of palm,
jackfruit



PROTEIN REPLACEMENT GUIDE

Egg

Omelet

Mung beans,
chickpea flour

Egg flavor

Kala namak (black salt)

Egg whites

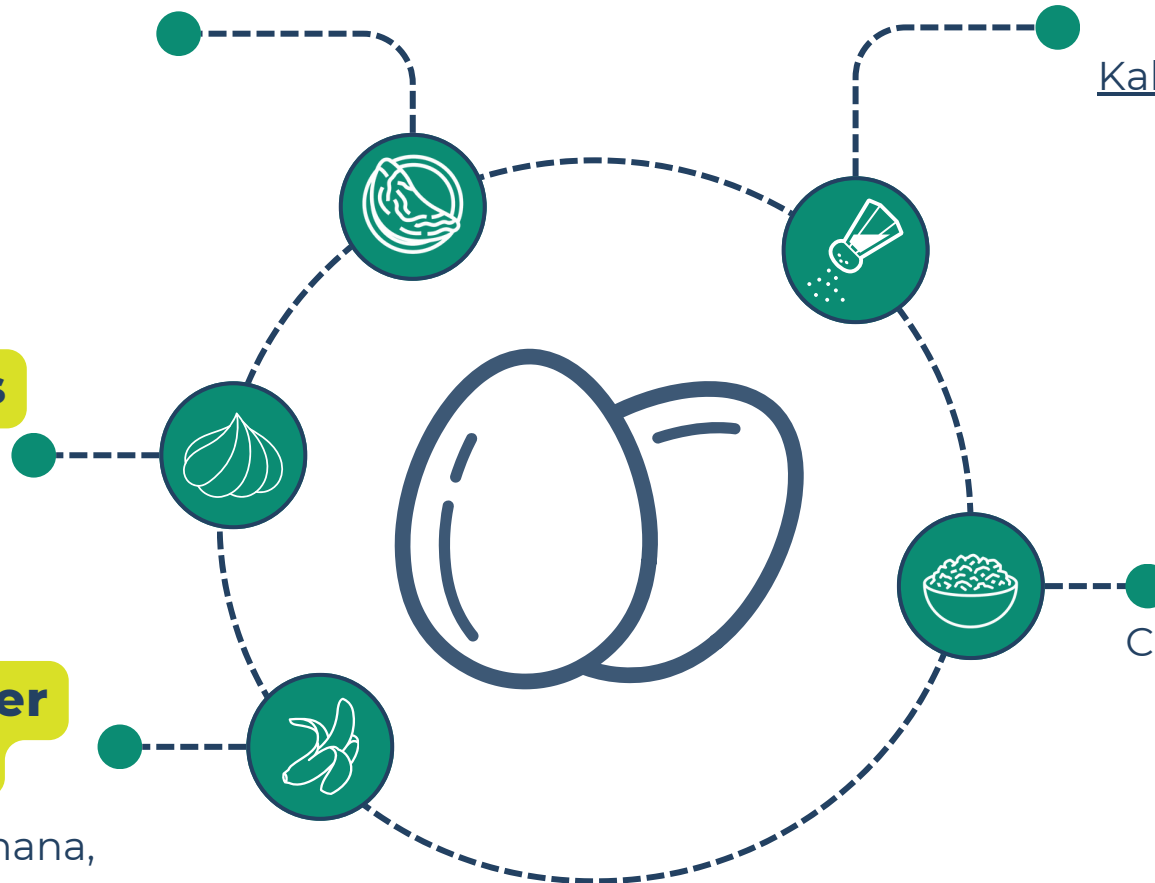
Aquafaba

Egg replacer for baking

Silken tofu, banana,
applesauce, flax seeds,
chia seeds

Egg salad

Chickpeas, silken tofu



PROTEIN REPLACEMENT GUIDE

Milk & cream

Pudding/mousse

Silken tofu, avocado

Heavy cream

Cashew cream

Yogurt

Plain, Silk brand soy yogurt

Rice pudding

Soy milk, oat milk, almond milk, or coconut milk

Mashed potatoes, soups, etc.

Plain, unsweetened oat or soy milk

Coffee creamer

Oat, soy, almond, and coconut creamers

Mayo/salad dressing

Silken tofu



PROTEIN REPLACEMENT GUIDE

Cheese

Ricotta

Cashews, tofu

Feta

Tofu

Nacho cheese

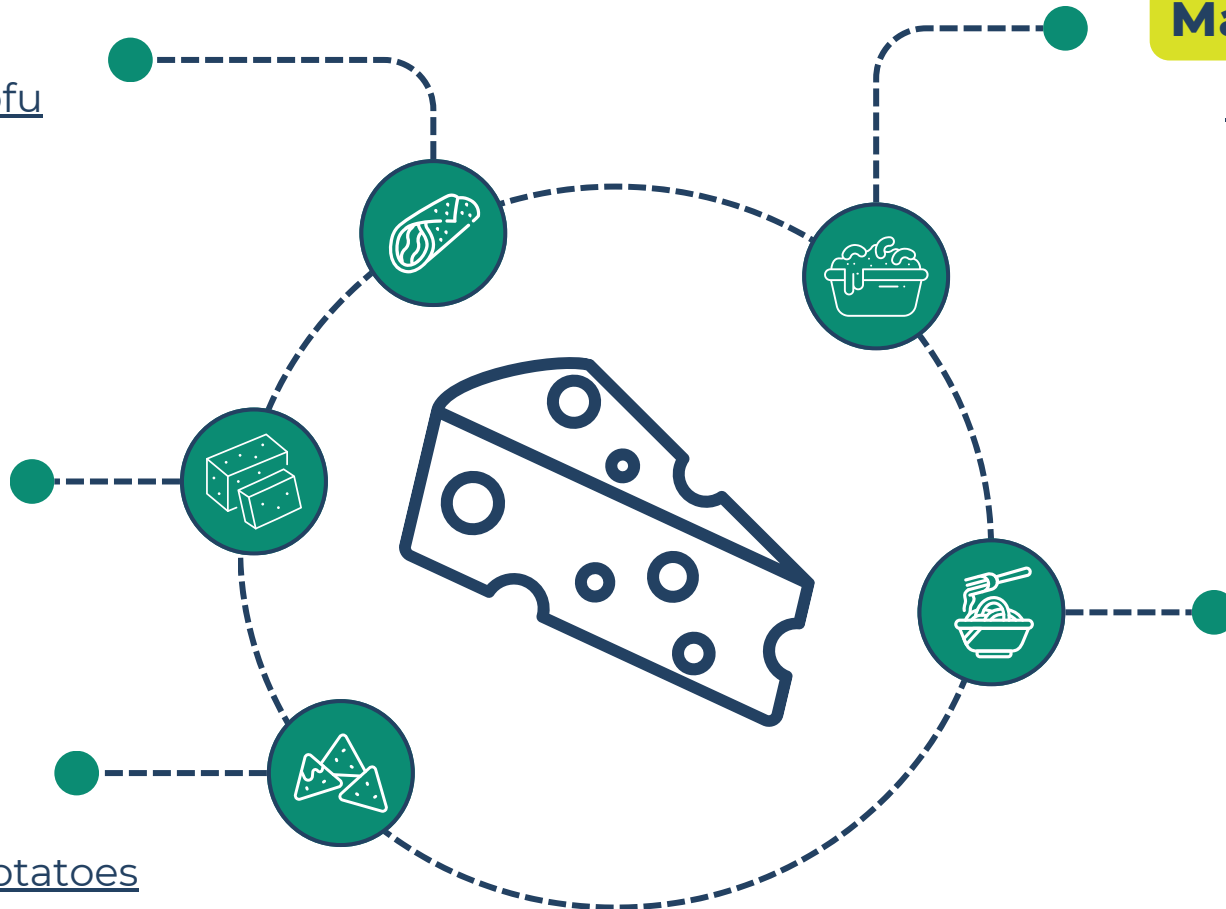
Cashews, potatoes
and carrots,
butternut squash

Mac & cheese

Cashews, sweet
potatoes

Alfredo sauce

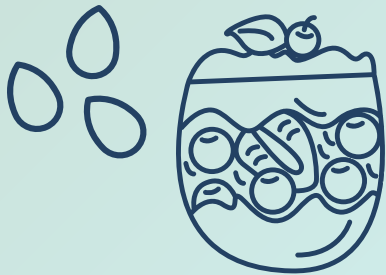
White beans,
cauliflower



PROTEIN REPLACEMENT GUIDE

Other ways to boost protein

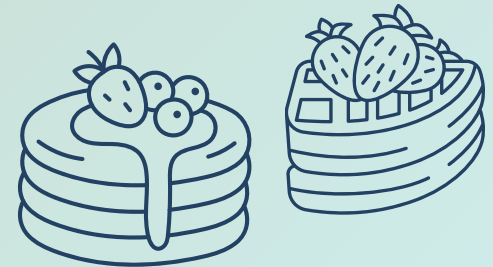
Top yogurt parfaits with
hemp hearts, chia seeds, or
other nuts and seeds



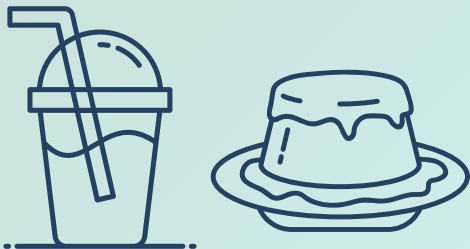
Add whole or ground flax
seeds to baked goods



Add vanilla or unflavored pea
protein powder to pancakes,
waffles, and smoothies



Blend chia seeds or hemp
hearts into smoothies and
puddings



Top salads and bowls with
legumes, almonds, cashews,
or other nuts and seeds



Include high protein grains
like quinoa, farro, or barley in
salads and bowls

