



Alton Sustainable Eating

Healthy Food, Healthy Planet



Alton Sustainable Eating Project

GUIDE TO SIMPLE SWAPS FOR MEAT AND DAIRY
IDEAS TO GET YOU STARTED GUIDE

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SIMPLE STRAIGHT FORWARD FOOD SWAPS

You don't need to give up your favourite foods when you're cooking more plant-based meals. There are always alternatives to either purchase or make yourself.

When transitioning from your old diet to the new plant-based diet, mock meat alternatives can be super helpful and are very good for helping your taste buds adjust. Adjustment can take a few weeks, so be patient with yourself and those people you cook meals for.

It's just like cutting back on sugar in your cup of tea, you will adjust! Give yourself time and everyone will adjust at their own pace. It's not a race!

Remember, it can take time for new habits to settle in and you may need to try out and experiment with different brands before you find a brand you like.

Try not to rely on mock meat alternatives for every single meal as it is much better for your health (and your wallet) to eat as much 'whole' plant based food as possible as the health benefits of whole foods are enormous and the nutrients they contain are wide ranging. Some meat alternatives can be highly processed while other meat alternatives, not so much.

There is a huge variety of beans and of lentils, different types of nuts, lots of different types of seeds to try and experiment with. Similarly, when discovering Tofu, please be aware that there are different types and a wide range of ways to cook and use tofu. It is an incredibly versatile ingredient. Tofu does have a bland taste, but it is a fantastic ingredient as it can take on a lot of flavour and can be used in a variety of ways. It can even be frozen (some recipes recommend this). You can use tofu in different ways, in a variety of dishes to create different textures such a homemade meat substitutes and sauces.

As your confidence and experience grow you might want to try Tempeh (made from soya beans) and Seitan (made from gluten flour).

Eventually, preparing food will be EASY! Try out the following suggestions to get started during the early phase of beginning a plant-based diet.

FOOD EXAMPLE	ALTERNATIVE EXAMPLE	SUGGESTIONS
Chicken Goujons	Plant Based version (many supermarkets have them available)	Add them to a Mediterranean traybake alongside roasted tomatoes, red onions, peppers, and sweet potatoes and basil.
Chicken Korma	Plant Based Chicken Quorn (the vegan version contains no egg white) Coconut milk	Use coconut milk and serve with steamed broccoli, peas and either steamed or roasted carrots.
Chicken Tikka Masala	Plant Based Chicken Quorn Chickpeas	Add a variety of vegetables to your liking.
Meatballs	Plant Based alternative (the brand Linda McCartney does a nice option). Many supermarkets have their own. So, try out different brands and discover what you like	Place in a roll with tomato sauce, glaze with hoisin sauce and serve with rice, sugar snap peas, carrot sticks, add to a noodle soup or you could add them to a curry with coconut cream or soya milk.
Simple Curry	Plant Based Breaded Chicken	Make a katsu curry with edamame beans and the sauce filled with veg, perhaps sauté spinach on the side
Burgers	Experiment with different brands of plant-based burgers and find one you like. More and more varieties are coming on the market here in the UK	Serve with vegan cheese (Applewood brand melts nicely), gherkins, ketchup, onions, and a green salad and homemade rosemary fries/chips.
Sausage & Mash	There are many plant-based sausages to try.	Serve with mashed potato made with soya milk, soya cream/oat cream and/or plant-based butter, and peas, carrots, broccoli onions and onion gravy N.B. Adding wholegrain mustard to the mash is an option or perhaps parsley.
Scrambled Eggs	Scrambled Tofu – there are lots of recipes try this basic recipe to get you started. https://youtu.be/Vc5pZ-PY-H8 Or this one from chefs “BOSH” https://youtu.be/9R15LLabgpc Sometimes a product called ‘Nutritional Yeast’ is added and gives a slight cheesy flavour (also excellent in soups).	Use Firm Tofu, you can also use the watery silken tofu to make the scramble have a sauce or use oat milk. Crumble the tofu with your hands. BLACK SALT you can purchase online as it is a game changer and helps the dish taste egg like. You can serve with roasted tomatoes, mushrooms and spinach and perhaps sprinkle on top spring onions That’s 3 veg just like that.
Meat	Lentils (packed with flavour, really filling, full of protein, folate, and iron and of course, fibre too. Different lentils provide different textures and flavours. Textured vegetable protein (TVP) is also great. Many supermarkets have different brands to choose from.	Use lentils in chillis, casseroles, tacos, curries. You can use them in salads and also as a replacement for mince and onions (beluga lentils work well as do puy lentils). Tip: Try using 1/3 lentils and meat, then cut back to 50:50 lentils or TVP or any other plant-based mince, then cut back again until 100% meat free. Many plant-based chefs make incredible whole food plant-based versions from scratch such as: https://youtu.be/IDuy_NqW_mQ?si=l6jEv8c9mc5MRtmI

Pulled Pork	Jackfruit. Packed with fibre, Vitamin A, and plenty of B vitamins. It has an uncanny resemblance to pork when marinated in the right spices! Takes on a lot of flavour	The chefs `BOSH` do a fabulous pulled pork recipe which you can use for roast dinners or place inside a bun with sage and onion stuffing and apple sauce. They have many books, and they have a You Tube channel. https://www.youtube.com/watch?v=KldvxzRGBJE
Spaghetti	Nothing wrong with wholewheat spaghetti but you can change things up a bit with by using a spiraliser to create courgettes spaghetti, why not.	Fry in a pan and toss the courgette spaghetti add water if necessary and toss in peanut butter, or soy sauce, chili garlic and ginger, Here is a great recipe for spaghetti bolognese by Nisha from the YouTube Channel, "Rainbow Plant Life" https://youtu.be/NBiicQZSbX4?si=S68Im3Z3lw_gDCIP
Honey	Agave syrup gets its sweetness from inulin which is a fructose that occurs in vegetables and fruits	Use to sweeten a marinade and various sauces savoury or sweet.
Hummus	Use it instead of mayonnaise. There are various plant-based sauce recipes online where hummus is an ingredient. It's packed with protein, contains folate for helping to convert carbohydrates into energy and keep your heart healthy. There are various types of hummus.	Spread on toast, in a sandwich, in a wrap, stir into a pasta dish with added olives, sundried tomatoes and spinach with various herbs and spices on top served with salad. There are various sauces for salad dressings that can use hummus as a base. Example: https://youtu.be/HrTt4H8EiuU?si=9VKT7wSlr34b6vk7
A Simple White Sauce	As a base for many recipes including a plant-based cheese sauce	Simply use soya milk and plant-based butter with flour as the base of your sauce and add flavourings as you please.
Yorkshire Puddings	The Chef Gaz Oakley has a superb recipe here for you to try and if you cook them for just slightly longer than he recommends they get even crispier (but all ovens vary so be watchful and experiment).	Use soy milk as it is great for cooking and baking. Almond milk works well in cakes too. Here is a link to his recipe on YouTube: https://youtu.be/WoSzpVZs4pg
Yoghurt Parfait	For a wholesome breakfast which is also portable. You can buy shop bought granola or make it yourself as some granolas are packed with refined sugars and oils. But while we are transitioning our diet onto plant based let's start with a granola of choice. If buying granola just be mindful if any added vitamins and minerals that might not be plant-based/vegan such as added vit D.	Soy yoghurt (Alpro do a super `no sugars version). Coconut yoghurt or oat yoghurt alternatives are available either plain or flavoured. Try out brands you like. Tesco does a fantastic and very healthy plain and Greek based yogurt.

Bacon	There are LOTS of ways to do this, there are some substitutes on the market you can try, and they all taste very different, so experiment with different brands. Tempeh (made from soybeans) can also work well to create a smoky, yummy, nutritious substitute. Try: https://sharonpalmer.com/easy-smoky-tempeh-bacon/	Mock meat substitutes Tempeh Tofu Serve with wholemeal bread, tomatoes, plant-based mayonnaise. You can add to various pasta dishes (hot or cold).
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