

VARY YOUR PROTEIN ROUTINE PLANT PROTEINS PACKS A POWERFUL PUNCH

Did you know?

- From seeds and roots to leaves and stems, plants can provide balanced and complete meals. Beans, peas, soy products, nuts, and seeds can easily meet all your protein needs.
- Plant proteins are economical, environmentally friendly, and nourish your body.
- Eat plants on your own terms — but aim to up the ante. Make one or two meals per week plant-based, dedicate a day to being meatless, or choose to eat vegetarian.



Stealth Plant-Based Protein Swaps

SWAP THIS		FOR THAT
Parmesan Cheese	→	Nutritional Yeast
Creamy Salad Dressings	→	Tahini-Based Dressings
Bacon and Pancetta	→	Tempeh or Nori Bacon
Beef Burgers	→	Black Bean Burgers
Chicken Kabobs	→	Tofu Kabobs
Beef Or Chicken Tacos	→	Lentil Tacos
Buffalo Wings	→	Buffalo Cauliflower
Beef Bolognese	→	Lentil Bolognese