

ULTIMATE PLANT-BASED FOOD SWAPS

Foods

Alternatives - both cooked & raw ideas

Bread	Gluten-free bread, crackers, oatcakes, sprouted bread, flatbreads
Breakfast Cereal	Homemade cereal with buckwheat, millet, oats, quinoa, nuts & seeds e.g. chia, flax, pumpkin, sunflower, pecans, hazelnuts.
Cakes, Biscuits, Chocolate	Homemade cakes, biscuits, vegan/raw chocolate, raw sweets. Raw cacao, carob, cocoa, cacao nibs.
Cheese	Raw nut & seed cheese, nutritional yeast, vegan cheese
Cream	Cashew cream, vegan yogurt, raw vegan yogurt
Croutons	Nuts, seeds.
Dairy Milk	Non-dairy milk alternatives ie. almond, coconut, hazelnut, hemp, oat, rice
Eggs	Aquafaba, psyllium husk powder, ground flax, chia seeds.
Fats	Coconut oil, extra virgin olive oil, avocado, nuts & seeds, coconut.
Flour	Almond flour, buckwheat flour, coconut flour, chickpea flour, sprouted flours.
Pasta	Buckwheat or rice pasta, raw spaghetti made with spiralized beetroot, carrot, courgette, cucumber, sweet potato, butternut squash, kelp noodles.
Pasta Sauce	Homemade sauces, raw pesto, raw tomato sauce, nut & seed sauces.
Soft Drinks	Coconut water, juicy water, kefir water, kombucha, ginger beer, smoothies, unpasteurized fresh fruit & vegetable juice Additional options - green powders (e.g. blue-green algae, spirulina, morninga, wheatgrass). Fresh herbs - coriander, dandelion, fennel, mint, nettle, parsley.
Sugar	Agave nectar, coconut sugar, dates, maple syrup, dried fruit, fresh fruit, yacon syrup, lacuma, rapadura, stevia, mesquite.
Table Salt	Unrefined sea salt, himalayan salt, celery salt.