

Healthy Plant Based Dinner **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

Roasted Meat
with vegetables

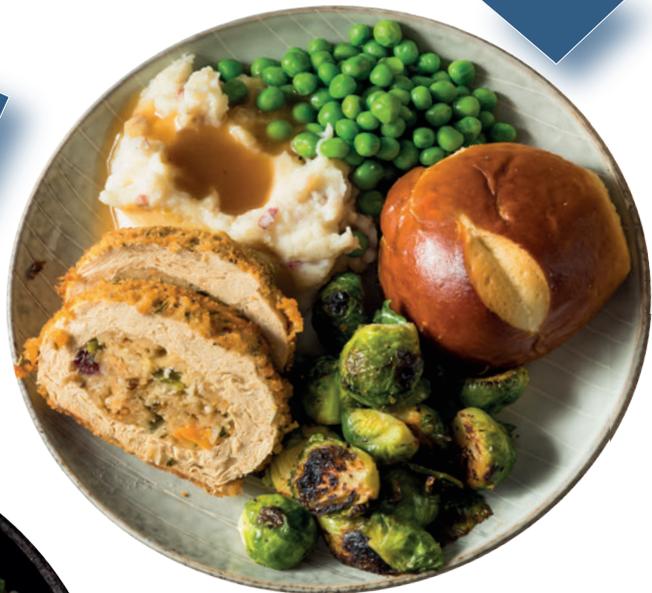
SWAP THIS



**Plant-based
meat roast**



Roasted vegetables
with walnuts, pecans,
hazelnuts, or cashews



**Roasted
stuffed
butternut
squash**



Nut roast

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Chicken
curry

SWAP THIS

SWAP



SWAP

SWAP



Chickpea curry



Bean curry



Mushroom curry

Use tinned
beans to save
time

Pizza
with dairy cheese
and processed meat

SWAP THIS

SWAP



Base: homemade with
wholemeal flour or
use large wholemeal
tortilla as a base



Shop-bought vegan pizza

Cheese pizza:
with homemade
cashew cheese

Pizza marinara:
with no cheese
(tomato, garlic and
oregano topping)



Homemade

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Roasted/braised
salmon
or other fish

SWAP THIS



SWAP



Farinata
(chickpea flour
bake) with
vegetables

SWAP



**Roasted marinated
tofu and tempeh**

**Bangers
and mash**

SWAP THIS



Mashed potatoes
made with unsweetened
plant-based milk and
rapeseed/Extra Virgin
Olive oil or plant-based
spread

SWAP

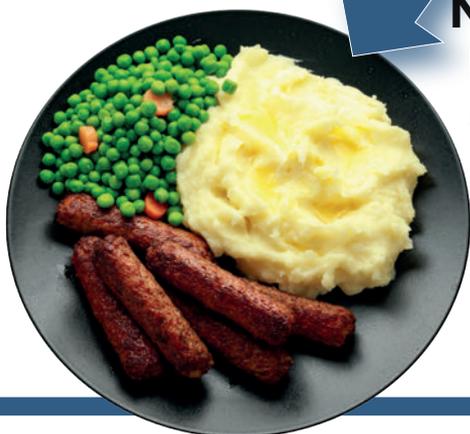
**Meat-free
bangers
and vegan
gravy**

SWAP

SWAP



Aubergine casserole



Mushroom curry

**Mashed potatoes
with mushroom
casserole or lentil
curry**



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