

Healthy Plant Based Lunch **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

Pasta
with beef sauce

SWAP THIS



SWAP

Pasta with beans



Wholegrain pasta
with plant-based
mince sauce

SWAP



Ragout



Wholegrain pasta
with
lentil ragout
sauce

Bolognese

To learn more, join this free challenge



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Soup
beef broth



SWAP

Tomato



SWAP

SWAP

Leek & potato



SWAP

Mushroom soup made with **soya or coconut cream** instead of dairy cream

Mushroom



Lentil



Many soups are already plant-based. If using a stock cube, make sure it is suitable for vegans.

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Salad
with tuna or feta
or haloumi



SWAP

SWAP

Nut salad



Salad
with
walnuts or
cashew
nuts

SWAP



Bean salad

Try adding in
whole grain pasta,
barley, couscous or
bulgar wheat to
make it more satisfying

Smoked tofu salad

**Salad with
chickpeas or lentils
or any type of beans**

**Tuna
Sandwich**

SWAP THIS



**Wholegrain sandwich
with mashed
chickpeas**

SWAP



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