

Healthy Plant Based Other Lunch **SWAPS**

or dinner dishes

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

**Chilli
con carne**

SWAP THIS

SWAP

**Chilli with
beans/chickpeas/
lentils**

SWAP

SWAP

**Chilli with
jackfruit and
beans**

Bean chilli



**Chilli with
mushrooms,
aubergines, and cashews**



Pork pie

SWAP THIS

**Shop-bought
meat-free
vegan pie**



SWAP

SWAP

**Homemade
mushroom
and lentil pie**



To learn more, join this free challenge



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**Jacket potato
with tuna**

SWAP THIS



**Jacket potato
with mashed
chickpeas**

SWAP

**Jacket potato
with baked beans, other
cooked or tinned
beans, lentil sauce**

SWAP



Sweet potato and chickpeas



**Stir-fry
with chicken or
other type or meat**

SWAP THIS



**Stir-fry
with jackfruit**

SWAP

SWAP



**Stir-fry
with tofu, tinned beans
or lentils, chickpeas,
or mushrooms**

Jackfruit stir-fry



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