

# Healthy Plant Based Dinner **SWAPS**

*Elena Holmes MSc*



**PLANT-BASED**  
Health Professionals UK

**Roasted Meat  
with vegetables**

**SWAP THIS**



**Plant-based  
meat roast**

**SWAP**

**SWAP**

**SWAP**

**SWAP**

**Roasted vegetables  
with walnuts, pecans,  
hazelnuts, or cashews**



**Roasted  
stuffed  
butternut  
squash**



**Nut roast**

**To learn more, join this free challenge**





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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**

**SWAP THIS**

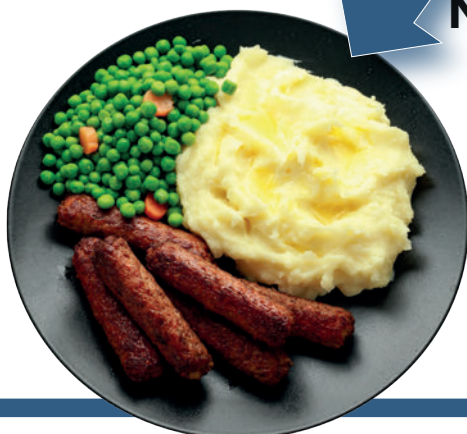


**Bangers  
and mash**

**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**

**Mushroom curry**



**SWAP**



**Aubergine casserole**

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



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