

Healthy Plant Based Lunch **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

Pasta
with beef sauce

SWAP THIS

SWAP



SWAP

Pasta with beans



Wholegrain pasta
with plant-based
mince sauce



Ragout



Bolognese

Wholegrain pasta
with
lentil ragout
sauce

To learn more, join this free challenge



Healthy Plant Based Lunch **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

SWAP THIS

Soup
beef broth



SWAP

Leek & potato



SWAP

Tomato



SWAP

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

Lentil



Mushroom

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

To learn more, join this free challenge



Healthy Plant Based Lunch **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

SWAP THIS

Salad
with tuna or feta
or haloumi

SWAP



SWAP

Nut salad



Salad
with
walnuts or
cashew
nuts

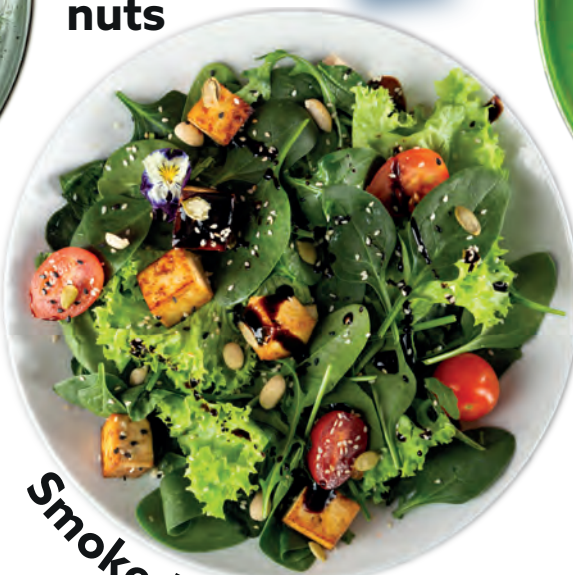
SWAP



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



To learn more, join this free challenge

