Plant-Based Swap Chart

Easy Exchanges for Everyday Greatness

Top 5 Beginner-Friendly Swaps

Animal Product	Plant-Based Swap
Cow's Milk	Oat or Soy Milk
Ground Beef	Lentils
Chicken	Extra-Firm Tofu
Eggs	Flax Egg
Butter	Olive Oil or Vegan Butter

Plant-Based Swap Chart

Animal Product / By-Product	Plant-Based Alternative	Best Used For
Cow's Milk	Oat, Almond, or Soy Milk	Coffee, cereal, cooking
Ground Beef	Lentils or Walnut Meat	Tacos, spaghetti, chili
Chicken	Extra-Firm Tofu or Chickpeas	Stir-fry, bowls, wraps
Eggs	Flax Egg	Baking, pancakes, burgers
Butter	Olive Oil or Vegan Butter	Sautéing, baking
Cheese	Cashew Cheese or Nutritional Yeast	Pasta, salads, sauces
Sour Cream	Cashew Cream or Vegan Yogurt	Tacos, dips
Mayo	Vegan Mayo or Hummus	Sandwiches, dressings
Sausage	Seasoned Beans or Vegan Sausage	Breakfast, pasta
Ice Cream	Banana Nice Cream	Desserts

VegUp Tip: Start with one swap at a time. Plants first. Progress always.
— Vegan Vicki