

RECOMMENDED VEGETARIAN PRODUCTS AND FRUITS TO REPLACE ANIMAL ORGIN PROTEIN AND FAT

Gluten(vital wheat gluten)	Potato chips	Coconut fresh
Soy protein powder	Mixed berry	Capsicum stuffed with tomato rice
Pumpkin seeds	Gluten(vital wheat gluten)	Broccolini
Bean lupin	Couscous cooked	Squash
Mixed seeds	Curry dhal/legume	Pumpkin roasted
Bean soya dried	Onion ring breadcrumb coated	Crumble apple bake
Sunflower seed	Rice white cooked	Prune(dried plum)
Seaweed	Broccoli	Zucchini
Seed Chia	Potato hash brown	Avocado ripen
Sesame seed	Porridge brown rice	Dip avocado
Vegetable fruit/ blend	Salad three beans	Capsicum green
Cashew roasted	Quinoa cooked	Capsicum Red
Cocoa powder	Potato chips	Fig dried
Mixed nuts without peanut	Potato wedges	Sultanas
Mixed nuts with peanuts	Soy drink/beverages	Kiwifruit
Bean red kidney	Soy ice-cream	Soup vegetable canned
Oat bran	Sprout alfalfa raw	Cherry dried
Nut pistachio	Coriander leaves	Mango
Tea Chai	Rice with fried vegetable	Strawberry
Orange	Jackfruit cooked	Orange juice
Bread soy and linseed	Couscous with roast vegetable	Mixed dried fruit
Bread with wheat flour	Salad chick pea with vegetable	Egg- plant cooked/baked
Nut macadamia	Apple strudel	Fig fresh
Mushroom	Potato baked	Fruit salad
Sweet potato	Potato filled with legumes or vegetable	Rambutan
Tomato sundried	Rice white steamed	Peach
Legumes mixed	Banana chip	Kale cooked
Split Pea	Passionfruit raw/canned	Strawberry
Bread paratha	Brussel sprout	Tomato
Noodles – corn	Mixed vegetable	Juice pomegranate
Noodles-wheat	Snow pea	Oil canola
Porridge, rolled oats with soy milk	Parsley	Oil Olive
Porridge, rolled oats with rice milk	Sweet corn	Sugar raw
Bean cannellini	Sushi vegetable with seaweed	Coffee with Rice milk
Potato scallops	Bean green	Porridge rolled oats
Tofu	Coffee with soy milk	Lentil red cooked
Baked beans with tomato sauce	Mashed potato	Spinach cooked
Coconut desiccated	Salad pasta with vegetable	Okra cooked
Cauliflower	Milkshake with soy milk	Sago cooked
Lasagne-vegetarian	Mung bean	
Chick pea and vegetable	Chana dhal	
Pea green	Beetroot	