



MEATING **HALFWAY**

Your Guide to Eating Less Meat





Welcome

Thank you for taking the first step toward a better you and a better world. Eating fewer animal products helps spare countless animals from a life of misery. It's also one of the best things you can do to safeguard the environment, and that's not all. By reducing your meat intake, you'll also feel better.

From former presidents to Hollywood A-listers to leading scientists and civil rights leaders, movers and shakers around the world have committed to eating less meat because they know it's important. You're in good company, joining a movement of millions of compassionate individuals who are fighting animal cruelty, improving their health and wellbeing, and protecting the planet one meal at a time. By kicking off your journey with this guide, you're one step closer to living your values.

This is just the beginning. By joining Meating Halfway, you'll receive recipes, tips, and special partner promotions.

On behalf of the animals,
World Animal Protection



Why You Should Eat Less Meat

There are many reasons to reduce your meat consumption, from animal welfare to your own personal longevity. By eating less meat, you can make a difference in the lives of animals and the health of our planet. Here are just a few important reasons to limit meat in your diet today:

Animals

- Factory farming is the largest source of animal cruelty in the world.
- More than 70 billion animals are farmed for food each year, and two-thirds are raised on factory farms where they're unable to move freely or live naturally.

Your Health

- Eating more plant-based foods can strengthen your immune system, reduce your risk of cancer, and improve your overall health.
- Swapping plant-based products for meat can improve cardiovascular health.
- Processed meats, like bacon and sausage, are classified by the World Health Organization as carcinogenic.

The Environment

- Raising livestock generates more greenhouse gas emissions than all forms of motor transportation combined.
- Cattle ranching is responsible for 80% of current Amazon deforestation.



Plant-Based Protein 101

Here's a common question facing anyone reducing their meat consumption: How will you get enough protein?

The truth is that there are dozens of healthy and tasty plant-based ingredients packed with protein that are even easier to cook at home than animal protein sources.

Beans/legumes

This group includes chickpeas, lentils, soybeans, peas, and all kinds of beans (black, pinto, white, navy, etc.). They're high-fiber, high-protein and low-calorie. Beans are easy to find, inexpensive, and you can enjoy them straight from the can. Plus, they're incredibly versatile. From topping green salads to mashing into quesadillas to toasting for a popcorn-like snack, there are dozens of tasty ways to eat more legumes.

Nuts and Seeds

Common nuts like walnuts, cashews, pecans, and almonds pack plenty of protein. They're crunchy, easy to find, and also contain healthy fats. While good for you, nuts are also a high calorie food, so use them as a garnish or topper to your meal, rather than the main event to keep things balanced.

Whole Grains

Quinoa, whole wheat bread and pasta, oats, brown rice, bulger, farro, and other grains are heart-healthy plant-based protein sources. Many are naturally gluten-free and work as handy replacements to white starches in your favorite dish. When it comes to starches, always choose unprocessed, whole grains.

Tofu

Made from pressed soybeans, tofu is a plant-based eater's best friend. Tofu's mild taste means it's easy to turn this protein into whatever flavor you like. Use firm tofu to replace meat and eggs in your favorite dishes.



Plant-Based Protein 101

Tempeh

Made from fermented soybeans and often including whole grains, tempeh is a satisfying meat substitute that offers 31 grams of protein per cup. Firmer than tofu and easy to slice, grill and sear like meat, tempeh is a texture that anyone replacing meat in their diet will enjoy.

Seitan

Seitan is made from gluten, a protein from wheat. Sold in a dense, slicable block, seitan is deeply savory and chewy. Treat it like chicken in stir-fries for a flavor- and protein-rich dish. A half cup of seitan contains 31.8 grams of protein and less than 1 gram of fat.

Store-Bought Plant-Based foods

New plant-based meats are constantly evolving as demand grows. From sausages to ground "beef" to burgers and fish sticks made from plants, there are always new and delicious plant-based meats to try at home.



Tempeh



Easy Swaps

Meat Swaps

- Tofu, tempeh, and seitan are all excellent ingredients to replace meat in your favorite recipes.
- Several vegetables have a meat-like texture, such as mushrooms and eggplant. Dress them up with savory sauces and grill or roast the veggies like meat—you won't even miss the steak.
- For cold meals, like sandwiches, salads and chilled soups, replace meat and seafood with beans or chickpeas.
- For something a little more familiar looking, try plant-based meats, such as Beyond Meat or Impossible Burgers. They look and feel pretty close to the real thing and can be cooked in many of the same ways, from burgers to meatballs to chili.

Dairy Swaps

- The dairy section of most grocery stores is full of plant-based options. Replace dairy milk with plant-based milks made from almonds, coconut, cashews, macadamia nuts, or oats.
- For cream, look for nut-based creamers in the refrigerated section or full-fat canned coconut milk in the Asian food aisle.
- You can also find delicious dairy-free yogurt, sour cream, ricotta, cream cheese, and other hard and soft cheeses made from coconut, almond, and soy.
- Have fun making your own plant-based milks, cheeses, and yogurts at home with a base of nuts or nut milk.



Plant-Based Dairy Options



Easy Swaps

Egg Swaps

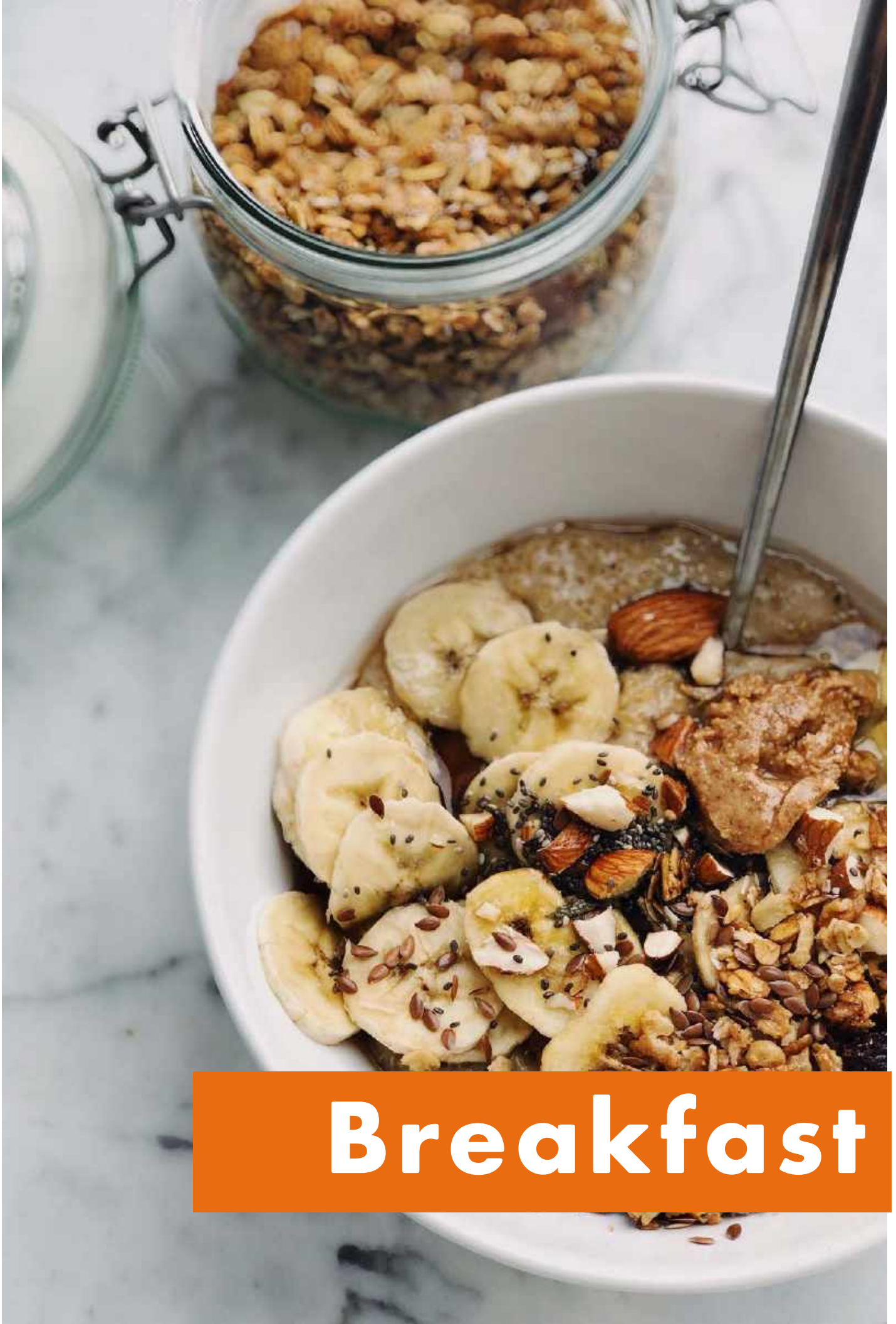
- For Baking: eggs play a few important roles in baked goods, including binding ingredients together and giving rise to breads, cakes, and cookies. However, there are some excellent ways to swap out eggs for a plant-based ingredient in your favorite baked goods. Replace one egg in your recipe with:
 - 1 tablespoon ground flax seed + 3 tablespoons water. Mix and rest for 5-20 minutes, until gelled.
 - 1 tablespoon chia seeds + 3 tablespoons water. Mix and rest for 15 minutes, until gelled.
 - ½ mashed ripe banana or avocado.
 - ¼ cup silken tofu, whisked until smooth.
 - 3 tablespoons almond, peanut, cashew, or sunflower seed butter.
 - ¼ cup unsweetened applesauce.
 - 1 tablespoon soy protein + 3 tablespoons water.
- For Cooked Eggs:
 - Make a breakfast scramble with crumbled tofu or tempeh.
 - Swap out hard-boiled eggs in salads with white beans.
 - Make an omelette with chickpea flour and a bit of turmeric for color.



Flax Seed

Sample Meal Plan

	Week 1	Week 2	Week 3
SUNDAY	Breakfast: Overnight Oats Lunch: Curried Chickpea Salad Wraps Dinner: Pesto Pasta	Breakfast: Black Bean Tacos Lunch: Kale Caesar & Crispy Chickpeas Snack: No-Bake Nut Bites Dinner: Rice & Beans	Breakfast: Overnight Oats Lunch: Pasta Salad with Veggies Dinner: Veggie Burgers
MONDAY	Breakfast: Avocado Toast Lunch: Pasta Salad with Veggies Dinner: Miso-Tofu Fried Rice Dessert: Chia Pudding	Breakfast: Peaches & Cream Smoothie Lunch: Smashed Chickpea-Pesto Wrap Dinner: Pad Thai	Breakfast: Black Bean Tacos Lunch: Greek Salad & Crispy Tempeh Dinner: Pesto Pasta with White Beans
TUESDAY	Breakfast: Tofu Scramble Lunch: Kale Caesar Salad Dinner: Lentil-Stuffed Zucchini	Breakfast: Overnight Oats Lunch: Greek Quinoa Salad Dinner: Veggie Fajitas	Breakfast: Yogurt Parfaits Lunch: Soba Noodle Salad Snack: Chia Pudding Dinner: Curried Butternut Soup
WEDNESDAY	Breakfast: Yogurt Parfaits Lunch: Vegan Grilled Cheese Dinner: Curried Sweet Potato Soup	Breakfast: Chia Pudding Lunch: Almond Butter & Banana Sandwich Dinner: Eggplant Parmesan	Breakfast: Super Green Smoothie Lunch: Soba Noodle Salad Dinner: Veggie Fried Rice
THURSDAY	Breakfast: Berry Smoothie Lunch: Soba Noodle Salad Dinner: Dal with Naan	Breakfast: Bagel, Vegan Cream Cheese & Tomato Lunch: Curried Chickpea Salad Wraps Dinner: Veggie Fajitas	Breakfast: Overnight Oats Lunch: Kale Caesar Wraps Dinner: "Crab" Cakes
FRIDAY	Breakfast: Chia Pudding Lunch: Hummus Bagel Sandwich Snack: No-Bake Nut Bites Dinner: Veggie Burgers	Breakfast: Yogurt Parfaits Lunch: Hummus & Veggie Sandwich Dinner: Three Bean Chili	Breakfast: Avocado Toast Lunch: Corn & Cheese Quesadillas Dinner: Roasted Veggie Flatbread Dessert: Berries & Coconut Cream
SATURDAY	Breakfast: Blueberry Pancakes Lunch: Smashed Avocado & Veggie Wrap Dinner: Shaved Veggie Flatbread	Breakfast: Chocoalte Chip Pancakes Lunch: Three Bean Chili Dinner: Stuffed Peppers Dessert: No-Bake Nut Bites	Breakfast: Banana Pancakes Lunch: Greek Salad Dinner: Eggplant Parmesan



Breakfast



Overnight Oats

Yield: 2 Servings

Prep Time: 5 minutes

Total Time: 8 hours



Gluten-free



Soy-free



Nut-free

Ingredients

1 cup rolled oats, gluten-free if necessary

1 cup plant-based milk of choice

1 teaspoon vanilla extract

Pinch of salt

2 tablespoons maple syrup, optional

Instructions

1. Whisk all ingredients together in a mixing bowl or container with a lid. Cover and refrigerate overnight or for at least 8 hours.
2. Transfer the oats to a serving bowl or to-go container and top with toppings of choice.

Variations

- Pumpkin Pie: add ½ cup pumpkin purée, 3 tablespoons chopped walnuts or pecans, ¼ teaspoon cinnamon, or pumpkin pie spice.
- Banana: add 1 mashed ripe banana.
- Berries & Cream: add ¼ cup fresh berries and 2 tablespoons coconut cream.
- Curried Oats: omit the vanilla extract and maple syrup and add ½ teaspoon curry powder and a drizzle of chili-garlic sauce.

Smoothie Bowls

Yield: 2 Smoothies

Prep Time: 5 minutes

Total Time: 5 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

1 frozen banana

3 cups frozen mixed berries

1 tablespoon creamy almond or peanut butter

½ cup plant-based milk of choice

Large handful kale (fresh or frozen), optional

¼ cup hemp seeds

Pinch salt

Toppings: fresh berries, chopped nuts, chia seeds,
granola

Instructions

1. Blend all of the ingredients in a blender, divide between two bowls and top with toppings of choice.

Variations

- **Green Machine:** replace the mixed berries with frozen tropical fruit, add a second handful of greens, and omit nut butter.
- **Cherry-Chocolate:** replace the mixed berries with frozen dark sweet cherries, omit the kale, and add 1 tablespoon cacao powder.
- **Peaches & Cream:** Replace the mixed berries with frozen peaches, omit the kale, and add ½ cup plain coconut yogurt.

Avocado Toast

Yield: 2 Servings

Prep Time: 5 minutes

Total Time: 5 minutes



Soy-free



Nut-free

Ingredients

4 pieces whole grain bread

2 avocados

½ cup cherry tomatoes, sliced

¼ cup pumpkin seeds or nuts/seeds of choice

Instructions

1. Toast the bread.
2. Halve the avocados, remove the pits, and thinly slice the flesh.
3. Gently mash the avocados onto the toast and top with cherry tomatoes. Sprinkle with a pinch of salt and pumpkin seeds or other nuts/seeds.

Variations

- Drizzle the toasts with pesto sauce.
- Add crunchy radishes, sweet corn, sun-dried tomatoes, or roasted red peppers for more color and diversity.
- Add a Japanese twist with furikake and a drizzle of soy sauce.

Whole Grain Pancakes

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

2 tablespoons flaxseed meal

2 cups whole wheat flour

1 tablespoons baking powder

½ tsp salt

2 cups plant-based milk of choice

4-5 tablespoons maple syrup, plus more for serving

Instructions

1. In a small bowl, make a flax egg by whisking the flaxseed meal with 3 tablespoons water. Let it sit for at least 5 minutes, until it gels.
2. In a mixing bowl, combine the flour, baking powder, and salt. Add the flax egg, milk, and maple syrup and stir until just combined. A few clumps are fine. Gently fold in any inclusions if using. Let the mixture rest for 5 minutes.
3. Meanwhile, heat a large skillet over medium-low heat with a coating of olive oil or cooking spray. When the oil is hot, scoop the batter onto the skillet in roughly ¼ cup scoops (you can use a measuring cup if you want to be precise).
4. Cook until you see bubbles all over the surface of the pancakes, flip, and cook for another 1-2 minutes, until the underside reaches your preferred doneness. Enjoy the pancakes hot.

Variations

- Blueberry: Add 1 cup frozen or fresh blueberries.
- Chocolate chip: Add ½ cup chocolate chips.
- Banana-Walnut: Add 1 sliced banana and ¼ cup chopped walnuts.



Tofu Scramble

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 15 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

- 1 tablespoon olive oil
- 1 bell pepper, diced
- 1 scallion, minced
- 1 7-ounce package firm tofu, drained and diced
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon salt, to taste
- 2 large handfuls baby spinach
- Toast, optional
- Toppings, optional: plant-based sour cream or yogurt, salsa, avocado

Instructions

1. Heat the oil in a large skillet over medium heat. Add the pepper and scallion and cook, stirring, until softened but still firm, about 3 minutes.
2. Crumble in the tofu and sprinkle with cumin, chili powder, and salt. Stir in the spinach and cook until most of the water has evaporated, stirring regularly.
3. Serve on toast if you like, with toppings of your choice.



Chia Pudding

Yield: 2 Servings

Prep Time: 5 minutes

Total Time: 8 hours



Soy-free



Gluten-free



Nut-free

Ingredients

¼ cup chia seeds

1 cup plant-based milk of choice

1 teaspoon vanilla extract

Pinch of salt

2 tablespoons maple syrup, optional

Fresh berries

Instructions

1. Whisk all ingredients together in a mixing bowl or container with a lid. Cover and refrigerate overnight or for at least 8 hours. Top with fresh berries and enjoy in the morning.

Variations

- Carrot Cake: add ½ cup shredded carrot, 2 tablespoons chopped walnuts, 2 chopped Medjool dates, and ¼ tsp cinnamon.
- Chocolate: add 2 tablespoons unsweetened cocoa powder.
- Tropical: use coconut milk and add ¼ cup flaked coconut. Top with pineapple wedges.



Black Bean Breakfast Tacos

Yield: 2 Servings (3 tacos each)

Prep Time: 5 minutes

Total Time: 5 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

1 15-ounce can black beans, drained and rinsed

1 red bell pepper, diced

1 lime, juiced

2 teaspoons taco seasoning

¼ cup cilantro, minced

6 6-inch corn tortillas

Crumbled plant-based feta cheese

1 avocado, sliced thinly

Optional: hot sauce, salsa, cabbage, plant-based sour cream

Instructions

1. In a small bowl, combine the black beans, red pepper, lime juice, taco seasoning, and cilantro.
2. Heat a large skillet over medium-high heat. Crisp the tortillas for 30 seconds per side.
3. Fill the warm tortillas with black bean mixture and top with avocado and crumbled cheese.

Variations

- Replace the black beans with pinto beans and mash with a fork.
- Use shredded plant-based cheddar or mozzarella cheese and cook the filled tacos like a quesadilla.

No-Bake Nut Bites

Yield: 10-11 Bites

Prep Time: 10 minutes

Total Time: 10 minutes



Gluten-free



Soy-free

Ingredients

1 cup old-fashioned oats, gluten-free if necessary

½ cup cashews

2 pitted Medjool dates

¾ cup creamy almond butter

3 tablespoons maple syrup

⅛ teaspoon kosher salt

Instructions

1. In a food processor, combine the oats, cashews, and dates. Blend until broken down, about 30 seconds.
2. Add the almond butter, maple syrup, and salt and blend until dough forms.
3. Roll the dough into 1-inch balls. Store in airtight container in the fridge or freezer.

Variations

- Coco-nut: replace the cashews with ½ cup coconut flakes and add 2 tablespoons cocoa powder.
- Baklava: replace the cashews with ½ cup shelled pistachios and replace the dates with ¼ cup golden raisins.





Lunch & Dinner



Red Curry Sweet Potato Soup

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 45 minutes



Gluten-free



Soy-free

Ingredients

- 4 large sweet potatoes, peeled and diced
- 2 tablespoons olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 1½ tablespoon fresh ginger, grated or minced
- 2 tablespoons plant-based Thai red curry paste
- 3 cups low-sodium vegetable stock, plus more for desired consistency
- 1 15-ounce can coconut milk
- 1 lime, juiced
- 1 teaspoon salt

Instructions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Place the sweet potatoes on the prepared baking sheet. Roast until fork-tender, about 20 minutes. Remove from the oven and let cool slightly.
3. Meanwhile, heat the oil in a large stock pot over medium heat. Add the onion and sauté 7-10 minutes, stirring frequently. Add the minced garlic and ginger and cook for 3-4 more minutes. Add the curry paste and cook until fragrant, stirring, about 1 minute.
4. Add the roasted sweet potato to the pot with the aromatics. Add the stock, coconut milk, lime juice, and salt. Stir to combine everything.
5. If you have an immersion blender, use it to purée the soup directly in the pot or purée in a regular blender, starting on low to avoid splashing. You can add more stock here if you prefer a thinner consistency.

Variations

- Replace the sweet potatoes with 1 large butternut squash. To cook, halve the squash and roast for 30 minutes. Discard skin and seeds.



Veggie Pad Thai

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 45 minutes



Gluten-free

Ingredients

- 8 ounces thick rice noodles
- ¼ cup low-sodium soy sauce
- 1 lime, juiced
- 1 teaspoon sriracha, to taste
- 2 tablespoons rice vinegar
- 1 tablespoon maple syrup
- 8 ounces tempeh
- 4 carrots, cut into matchsticks
- 2 scallions, cut into 1-inch pieces
- 2 cups mung bean sprouts
- ½ cup cilantro, chopped
- ¼ cup crushed roasted peanuts

Instructions

1. Bring a large pot of water to a boil. Add the rice noodles and cook for 1 minute. Turn off the heat, and let the noodles soak for 5 minutes. Drain and rinse with cold water.
2. In a small bowl, whisk together the soy sauce, lime juice, sriracha, rice vinegar, and maple syrup.
3. Heat a large skillet over medium heat with 2 tablespoons of oil. Crumble in the tempeh, sprinkle with salt, and cook, stirring, until browned. Transfer the tempeh to a plate.
4. Add the carrots, scallions, and beans sprouts to the skillet and cook for 1-2 minutes, until just beginning to soften. Add the cooked noodles, sauce, and tempeh and toss to combine.
5. Garnish with cilantro and peanuts to serve.

Lentil-Stuffed Zucchini Boats

Yield: 4 Servings

Prep Time: 40 minutes

Total Time: 1:30



Gluten-free



Soy-free



Nut-free

Ingredients

- 2 cups vegetable broth
- ¾ cup green lentils, or can of green lentils, drained and rinsed
- 2 large zucchini
- 1 tablespoon olive oil
- ½ yellow onion, diced
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- Pinch hot pepper flakes, to taste
- 1 15-ounce can tomato sauce or purée
- ½ teaspoon salt, to taste
- ½ cup panko breadcrumbs, gluten-free, if necessary
- ½ cup shredded plant-based parmesan cheese, optional
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400°F.
2. In a large pot, bring the vegetable broth and the lentils to a simmer. Cover, reduce the heat and cook for 30-40 minutes, until the lentils are tender. Drain any excess liquid.
3. Cut the zucchini in half lengthwise and scoop out the seeds. Arrange on a baking sheet and sprinkle with salt and pepper.
4. Heat the oil in a large pot over medium heat. When hot, add the onions and garlic and cook until softened, about 7 minutes. Add the Italian seasoning, red pepper flakes, and a pinch of salt and pepper.
5. Add the tomato sauce and salt and bring to a simmer. Reduce the heat and simmer for 10 minutes, until thickened. Stir in the lentils and season to taste.
6. Spoon the lentil filling into the zucchini boats sprinkle with breadcrumbs and cheese (if using). Roast for 20-25 minutes, until the zucchini are soft and the top is crisp.

Miso-Tofu Fried Rice

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 15 minutes



Gluten-free



Nut-free

Ingredients

- 1 head broccoli, cut into florets
- 2 tablespoons white miso paste
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons canola oil
- 1 7.5-ounce package firm tofu, drained and diced
- 1 red bell pepper, sliced thinly
- 1 yellow onion, sliced thinly
- 2 cups cooked brown rice (1 cup uncooked)
- Scallions, for garnish
- Sesame seeds, for garnish

Instructions

1. Bring a large pot of salted water to a boil. When boiling, add the broccoli all at once and blanch for about 2 minutes, until bright green and crisp-tender. Immediately drain the broccoli and run under cold water to stop the cooking process.
2. In a small bowl, combine the miso, soy sauce, and vinegar.
3. Heat a skillet over high heat with the canola oil.
4. When hot, add the tofu and cook until golden on one side, then toss and sear the other sides. Remove the tofu to a plate.
5. Add the bell pepper and onion to the skillet, along with another drizzle of oil if the pan is dry, and cook, stirring, for 4-5 minutes, until softened.
6. Add the rice and sauce and toss to coat. Fold in the broccoli and tofu and heat through.
7. Garnish with scallions and sesame seeds to serve.



Garden Veggie Flatbreads

Yield: 2 Flatbreads

Prep Time: 10 minutes

Total Time: 10 minutes



Soy-free



Nut-free

Ingredients

- 1 zucchini
- 1 summer squash
- 2 carrots
- 1 red bell pepper
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 2 flatbreads or naan
- ½ cup plant-based ricotta or plain yogurt
- 1 lemon, zested and juiced
- Salt and pepper to taste
- 1 cup baby arugula
- Grated plant-based parmesan or nutritional yeast, optional

Instructions

1. Place a rack in the upper level of the oven and preheat the broiler.
2. With a vegetable peeler or mandolin, peel the zucchini, squash, and carrots into thin ribbons. Very thinly slice the bell pepper.
3. Place the vegetables in a bowl, along with the garlic, olive oil, lemon juice, and a pinch of salt and pepper. Toss well.
4. Place the flatbreads directly on the oven rack under the broiler to warm, keeping an eye on it to avoid burning.
5. In a small bowl, whisk the ricotta with the lemon zest, salt, and pepper to taste.
6. Spread the ricotta on the warmed flatbreads and top with marinated vegetables. Garnish with arugula and a sprinkle of parmesan or nutritional yeast.

Variations

- Roast beets, sweet potato, carrots, and/or butternut squash to top the flatbreads.
- Stir 1 teaspoon curry powder into the ricotta spread.

Plant-Powered Pesto Pasta

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 10 minutes



Gluten-free



Soy-free

Ingredients

8 ounces whole wheat pasta, gluten-free if necessary

2 packed cups fresh basil

¼ cup pine nuts

2 garlic cloves

½ lemon, juiced

¼ teaspoon salt, to taste

Pepper to taste

¼ cup nutritional yeast

¼ cup olive oil

Instructions

1. Bring a large pot of salted water to a boil. Add the pasta, stir, and reduce heat to a simmer. Cook until al dente, according to package instructions. Reserve ½ cup of pasta water and drain the pasta.
2. Add the basil, pine nuts, garlic, lemon juice, salt, pepper, and nutritional yeast to a food processor or blender.
3. Pulse a few times to combine, then slowly stream in the olive oil while you blend. Process until you reach your desired texture, adding more olive oil and/or lemon juice if you like a thinner sauce. Taste and adjust seasoning with salt and pepper.
4. Toss the pasta with about as much pesto as you like, using reserved pasta water to help coat the noodles.

Variations

- Kale-Walnut: replace 1 cup of basil with destemmed kale and replace the pine nuts with walnuts.
- Sun-Dried Tomato: add 1 cup sun-dried tomatoes.
- Sage-Arugula: replace the basil with 1 ½ cups arugula and ½ cup fresh sage.



Green Lentil Dal

Yield: 4 servings

Prep Time: 30 minutes

Total Time: 30 minutes



Gluten-free



Soy-free

Ingredients

- 1 tablespoon coconut or vegetable oil
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 1 teaspoon fennel seeds
- 1 yellow onion, diced
- 1 inch ginger, minced
- 2 garlic cloves, minced
- 1 cup green lentils
- 1 15-ounce can coconut milk
- 1 cup vegetable broth
- 2 dried chili peppers
- 1 bunch kale, destemmed and roughly chopped
- 1 lime, juiced
- Salt and pepper to taste
- Fresh cilantro
- Naan, for serving

Instructions

1. In a medium saucepan, heat the oil over medium heat. Add the cumin seeds, turmeric, and fennel seeds and toast, stirring constantly, until fragrant, about 1 minute.
2. Add the onion, ginger, and garlic to the skillet and cook until softened, about 5 minutes.
3. Add the lentils, coconut milk, broth, dried peppers, and ½ teaspoon salt to the saucepan. Adjust heat to medium, cover, and simmer for about 20 minutes, until the lentils are tender.
4. Stir in the kale and cook for another 5 minutes, until wilted.
5. Squeeze in the lime juice and season with salt and pepper to taste. Top with cilantro to serve with naan.

Soba Noodle Salad

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 15 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

- 1 package soba noodles, gluten-free if necessary
- ½ cup olive oil
- 1 bunch scallions, sliced thinly
- 1 jalapeño, minced
- 1½ teaspoons salt
- 1 lime, juiced
- 2 medium carrots, sliced thinly into matchsticks
- 1 red bell pepper, sliced thinly
- 1 English cucumber, sliced thinly
- ½ cup cilantro, roughly chopped
- Sesame seeds for topping, optional

Instructions

1. Bring a medium pot of salted water to a boil. Add the soba noodles. Reduce heat to a simmer and cook until tender, about 3-4 minutes. Drain and run under cold water to stop the cooking process and to cool the noodles.
2. Meanwhile, in a small saucepan, heat the olive oil.
3. Place the scallion whites, jalapeño, and salt in a heatproof bowl.
4. When the oil is shimmering, carefully pour the hot oil over the scallion mixture in the bowl. Immediately stir to combine, using a spoon to lightly bruise the scallions and jalapeño to release their flavors into the oil. Add the lime juice and stir the dressing to combine.
5. In a large bowl, combine the soba noodles, carrots, bell pepper, and cucumber. Add the dressing and cilantro, toss well, and top with reserved scallion greens and sesame seeds.



Sweet Potato Veggie Burgers

Yield: 4 burgers

Prep Time: 30 minutes

Total Time: 1:30



Gluten-free



Soy-free



Nut-free

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 15-ounce can chickpeas, drained and rinsed
- 2 tablespoons barbecue sauce, plus more for serving
- ¼ teaspoon kosher salt
- ½ teaspoon sweet paprika
- ½ cup rolled oats, gluten-free if necessary
- ½ red onion, sliced into rounds, for serving
- Sliced tomatoes, lettuce, and pickles, for serving
- Hamburger buns, for serving

Instructions

1. Preheat the oven to 400°F.
2. Place the sweet potato on a baking sheet and roast for 20 minutes, until fork-tender.
3. Transfer the sweet potato to a food processor, along with the chickpeas, barbecue sauce, salt, paprika, and oats. Pulse until well combined. If the mixture is too wet, add more oats until it comes together like a dough.
4. Form the mixture into 4 patties and place on a baking sheet or large plate. Cover and chill in the fridge for at least 30 minutes.
5. Preheat the oven to 350°F.
6. Bake the burgers for 30 minutes, carefully flipping the burgers halfway through. Serve burgers with toppings of choice.

Variations

- Taco Burgers: use black beans instead of chickpeas and cumin and chili powder instead of paprika. Omit barbecue sauce.
- Pesto Burgers: use pesto instead of barbecue sauce and omit the paprika.

Veggie Pasta Salad

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 30 minutes



Gluten-free



Soy-free

Ingredients

1 large eggplant, diced into 1-inch pieces
2 zucchini, diced into 1-inch pieces
8 ounces short pasta, gluten-free if necessary
¼ cup pumpkin seeds
10 basil leaves
Olive oil
Salt and pepper

Instructions

1. Preheat the oven to 400°F.
2. On a baking sheet, toss the eggplant and zucchini with 2 tablespoons olive oil and a big pinch of salt and pepper.
3. Roast for 20 minutes, or until soft and caramelized.
4. Bring a large pot of salted water to boil. Add the water and cook until al dente according to the package directions. Drain the pasta and return to the pot, drizzled with olive oil to prevent sticking.
5. Add the roasted vegetables to the pasta, along with the pumpkin seeds and basil leaves.

Variations

- Mix in pesto and pine nuts instead of the pumpkin seeds.
- Add raw red bell pepper, cucumber, or corn kernels for crunch.
- Top with plant-based parmesan, ricotta, or feta.



Three Bean Chili

Yield: 4 Servings

Prep Time: 10 minutes

Total Time: 40 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

- 1 tablespoon canola oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 2 large carrots, sliced into rounds
- 1 jalapeño, diced
- 1 tablespoon chili powder
- ½ tablespoon cumin
- 1 28-ounce can diced tomatoes
- 1 15-ounce can chickpeas, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can white beans, drained and rinsed
- Fresh cilantro, for serving
- Plant-based sour cream, shredded cheese, or hot sauce, optional

Instructions

1. In a large stock pot, heat the oil over medium-high heat. Add the onion, garlic, carrots, and jalapeño and cook until soft, about 5-7 minutes. Add the chili powder and cumin and cook for 1 minute, until fragrant.
2. Add the canned tomatoes and all of the beans and bring to a simmer. reduce the heat, cover, and simmer for 30 minutes, until flavorful. Adjust the seasoning with salt and pepper if you like.
3. Serve with fresh cilantro and other toppings of your choice.

Eggplant Parmesan

Yield: 6-8 servings

Prep Time: 20 minutes

Total Time: 1 hour



Gluten-free



Soy-free



Nut-free

Ingredients

- 2 medium eggplants, sliced into 1/4 inch rounds
- ½-1 cup all-purpose flour, gluten-free if necessary
- ½-1 cup plain unsweetened plant-based milk of choice
- 1 teaspoon garlic powder
- 1-2 cups panko breadcrumbs, gluten free if necessary
- 3 cups tomato sauce
- 2 cups plant-based shredded mozzarella and/or parmesan cheese
- 1 pint cherry tomatoes, halved
- ¼ cup fresh basil, chopped
- Salt and pepper, to taste

Instructions

1. If you have time, place the sliced eggplant in a colander in the sink, sprinkle liberally with salt, and let sit for 15 minutes, and up to an hour. Squeeze the slices dry with a clean dish towel.
2. Preheat the oven to 425°F. Set a wire rack over a baking sheet.
3. In one bowl, place the flour and a pinch of salt. In a second bowl, combine the milk, garlic powder and a pinch of salt. In a third dish, place the panko.
4. Dip each slice of eggplant first in the flour, then in the nut milk, then in the panko to coat both sides. Add more flour, milk, or panko to your bowls as needed. Place the breaded eggplant on the prepared wire rack and roast for 25 minutes, flipping halfway through.
5. Spread 1 cup of tomato sauce on the bottom of a 9x13 inch baking dish. Top with eggplant slices, add a second layer of tomato sauce, an even sprinkling of cheese, another layer of eggplant, cherry tomatoes, and a final sprinkling of cheese.
6. Bake for 20-25 minutes, until the cheese is melted and golden. Remove from the oven and let the dish cool for 5 minutes before topping with basil and serving.

Veggie Fajitas

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 15 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

- 1 teaspoon chili powder
 - 1 teaspoon smoked paprika
 - 1 teaspoon cumin
 - 1 teaspoon dried oregano
 - ½ teaspoon kosher salt
 - 2 tablespoons olive oil
 - 3 bell peppers, seeded and sliced
 - 1 red onion, sliced thinly
 - 1 large or 2 small garlic cloves, minced
 - 1 lime, juiced
 - ½ cup chopped fresh cilantro
 - 8 6-inch flour or corn tortillas
- Optional toppings: plant-based sour cream, sliced avocado, diced tomatoes

Instructions

1. In a small bowl, combine the chili powder, paprika, cumin, oregano, and salt.
2. Heat the oil in a large cast-iron skillet over medium. When the oil is hot, add the peppers, onions, garlic, and spice blend. Cook, tossing regularly, until the peppers are softened but still crisp, about 5 minutes. Add the cilantro and lime juice, toss, taste, and adjust the seasoning with salt and pepper.
3. Serve in tortillas with toppings of choice.

Variations

- Add jalapeño or another hot pepper for more heat.
- Add black beans or quinoa for more protein.

Greek Salad

Yield: 4 peppers

Prep Time: 5 minutes

Total Time: 35 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

2 tablespoons red wine vinegar

½ lemon, juiced

1 garlic clove, minced

2 teaspoons Dijon mustard

1 teaspoon dried oregano

½ teaspoon salt

¼ cup olive oil

2 romaine hearts, chopped

2 English cucumbers, sliced into half moons

½ red onion, sliced thinly

3 medium tomatoes, sliced

½ cup pitted black or kalamata olives

4 ounces plant-based feta, diced

Fresh basil and oregano

Instructions

1. In a small bowl, whisk together the vinegar, lemon juice, garlic, mustard, oregano, and salt. While whisking, drizzle in the oil until emulsified. Season to taste.
2. In a large serving bowl, toss together the romaine, cucumbers, onion, tomatoes, olives, and feta. Drizzle with dressing and garnish with fresh herbs.

Variations

- Add drained and rinsed chickpeas or white beans for more protein.
- Add cooked quinoa, rice or farro.
- Top with crispy tofu or seitan.

Sausage Sheet Pan Dinner

Yield: 4 servings

Prep Time: 5 minutes

Total Time: 30 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

- 4 plant-based sausages
- 1 red bell pepper
- 1 yellow bell pepper
- 1 head broccoli, cut into florets
- ½ head cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- Rolls, for serving, optional

Instructions

1. Preheat the oven to 450°F.
2. On a baking sheet, toss the sausages, bell peppers, broccoli, and cauliflower with the oil and Italian seasoning.
3. Roast for 15-20 minutes, until the veggies are tender and the sausages are browned.
4. Slice the sausages and serve with rolls and sauces of your choice.

Variations

- Add any of your favorite chopped vegetables, such as onions, fennel, carrots, parsnips, sweet potatoes, or regular potatoes.
- Before roasting, toss the veggies and sausages with your favorite hot sauce for a kick.



"Crab" Cakes

Yield: 6 Crab Cakes

Prep Time: 20 minutes

Total Time: 45 minutes



Gluten-free



Soy-free



Nut-free

Ingredients

Crab Cakes

- 1 15-ounce can chickpeas, drained and rinsed
- 2 scallions, roughly chopped
- 1 jalapeño, chopped
- 1 garlic clove, peeled
- 1 tablespoon Old Bay seasoning
- 1 teaspoon Dijon mustard
- ¼ cup packed parsley, chopped
- 1 cup Panko breadcrumbs, divided, gluten-free if necessary
- 1 teaspoon salt
- 1 15-ounce hearts of palm or artichoke hearts, chopped
- Olive oil for cooking

Tartar Sauce

- ½ cup plant-based mayonnaise or plain yogurt
- 2 dill pickle spears, minced
- ½ shallot, minced
- ½ lemon, juiced
- ¼ cup packed parsley, minced
- 1 teaspoon Dijon mustard

Instructions

1. Add the chickpeas, scallions, jalapeño, garlic, Old Bay, mustard, parsley, ½ cup breadcrumbs, and salt to a food processor. Pulse to form a dough, being careful not to overprocess.
2. Transfer the chickpea mixture to a bowl. Add the chopped hearts of palm and mix with your hands. Form the dough into 6 cakes.
3. Place the cakes on a plate in the fridge to chill for 20 minutes.
4. Meanwhile, combining all of the tartar sauce ingredients in a bowl.
5. Preheat the oven to 375° F.
6. Heat a frying pan over medium-high heat with a drizzle of oil. Add a layer of panko to a clean plate and coat the cakes on both sides with breadcrumbs.
7. When the pan is hot, fry the cakes, adding more oil as necessary so you constantly hear sizzling, until golden brown, about 2-3 minutes per side. Work in batches as necessary.
8. As you finish browning the cakes, place them on a baking sheet and heat through in the oven, 10-15 minutes. Serve with tartar sauce.

Kale Caesar Salad

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 2:10



Gluten-free



Soy-free

Ingredients

- ½ cup raw cashews
- 1 lemon, juiced
- 1 tablespoon Dijon mustard
- 1 garlic clove, peeled
- 3 tablespoons nutritional yeast
- 2-4 tablespoons water
- ½ teaspoon salt
- 2 teaspoons capers
- 6 cups chopped kale
- 1 medium tomato, sliced into wedges
- 1½ cups croutons, gluten-free if necessary
- Plant-based parmesan cheese

Instructions

1. Place the cashews in a bowl, cover with warm water, and let sit for at least 2 hours and up to overnight.
2. Drain the cashews. Add them to a blender, along with the lemon juice, mustard, garlic, nutritional yeast, salt, and 2 tablespoons water. Blend until smooth, adding more water as needed to reach your desired consistency.
3. Add the capers and pulse once to combine.
4. In a large bowl, toss the kale with the Caesar dressing, massaging the leaves with your hands. Let the salad sit for 5-10 minutes to soften.
5. Top with croutons and parmesan cheese.



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