

*Popular vegan
meat-alternatives*

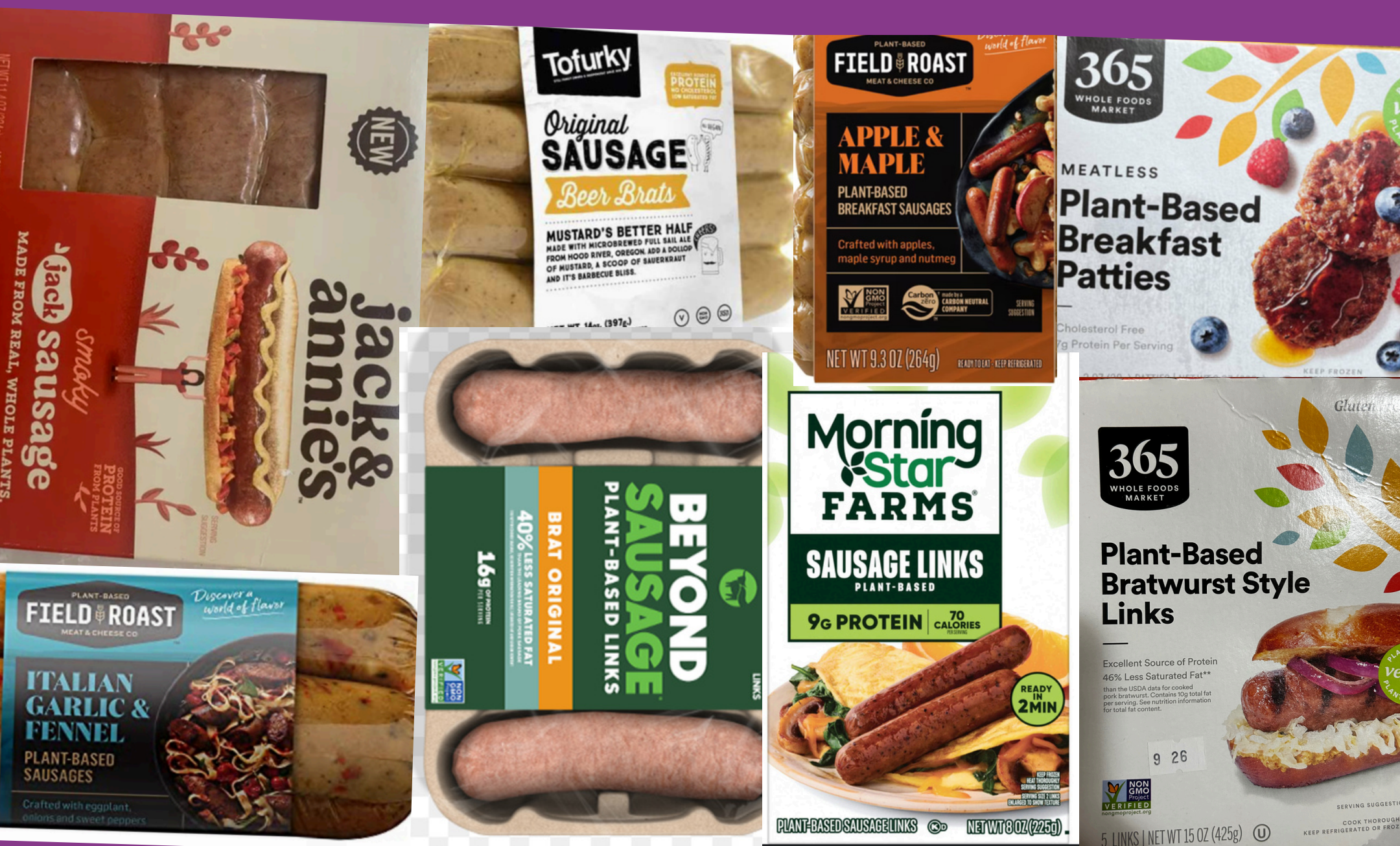
**EASY, ACCESSIBLE
PLANT-BASED**

NJVEG.ORG

VEGAN SAUSAGE

YOU CAN FIND ALL STYLES OF VEGAN SAUSAGE ON THE SHELVES: SUCH AS ITALIAN, BRATWURST & BREAKFAST STYLE SAUSAGES MAJORITY OF THESE PRODUCTS ARE MADE FROM SOY OR PEA PROTEIN. THEY'RE BEST COOKED ON A FRYING PAN.

VEGAN SAUSAGE HAS 50%-70% LESS FAT THAN REAL SAUSAGE





VEGGIE & PLANT-BASED BURGERS

COMMON INGREDIENTS INCLUDE: SOY, BEANS, CORN,

GRAINS, POTATO, MUSHROOMS, PEA PROTEIN

SOME VEGGIE BURGERS ARE MADE WITH EGGS

CAN BE GRILLED OR COOKED

IN A FRYING PAN



VEGAN HOT DOGS!

SOY BASED

SAME HOT DOG TASTE BUT CLEANER INGREDIENTS
COMPARED TO NON-VEGAN HOT DOGS

CAN BE GRILLED OR COOKED

IN A FRYING PAN



VEGAN CHICKEN
FROM CHICKEN NUGGETS, TENDERS
AND PATTIES TO LEMON CHICKEN,
SWEET & SOUR, AND MUCH MORE!!
MOSTLY SOY AND PEA PROTEIN BASED.
SOME PRODUCTS ARE BREADED WITH
GRAINS & FLOUR
BEST WHEN BAKED (IF BREADED)





**PLANT-BASED DELI MEATS
CAN BE EATEN COLD OR HEATED
TYPICALLY SOY BASED**

CAN BE USED IN DELI STYLE SANDWICHES, BREAKFAST SANDWICHES, WRAPS, STROMBOLIS & TO TOP VEGAN PIZZA!!

VEGAN MEATBALLS!

MADE WITH SOY & SOMETIMES MUSHROOMS

SOME PLANT-BASED MEATBALL BRANDS CONTAIN EGG

BEST IF COOKED ON A FRYING PAN





PLANT-BASED GROUND BEEF
SOME INGREDIENTS MAY INCLUDE: SOY,
PEA PROTEIN OR MUSHROOMS
CAN BE USED TO REPLACE BEEF
IN ANY RECIPES
CAN BE BAKED OR PAN FRIED.



VEGAN BACON!

INGREDIENTS VARY
PER BRAND. SOME
INCLUDE SOY,
SEITAN, COCONUT
MEAT, OR PEA
PROTEIN

WAY LESS SODIUM
AND SATURATED FAT
THAN REAL BACON

CAN BE COOKED IN
A FRYING PAN,

GRILLED, OR BAKED

