



PLANT-BASED CHEAT SHEET

We're here to make your plant-based meal planning easy and delicious!
Use this sheet for tips on choosing what to buy and where to find **plant-based*** items. Look for indicators throughout the store.

Meal planning on a specialty diet can be difficult.
Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Butter, lard, tallow, animal-based fats	Oils from vegetables, seeds, olives, avocados, canola, sesame, walnut, almond, and coconut, including coconut butter
Mayonnaise	Plant-based, egg-free mayonnaise
Eggs	Plant-based egg replacement products
Meat, poultry, and fish	Tofu, tempeh, jackfruit, plant-based burgers, beans, and legumes
Dairy cheeses	Plant-based cheeses made from yogurt or other ingredients like cashew milk
Dairy milk	Nut, oat, hemp, or other non-dairy alternative milks
Canned soup	minestrone with farro or tomato basil soup at our soup bar

*We use plant-based terminology to mean that the items or recipes are compliant based on the NSF standard which can be found here at

www.nsf.org/services/by-industry/food-safety-quality/label-claims/certified-plant-based



WHERE TO FIND PLANT-BASED ITEMS

PREPARED DELI FOODS

Minestrone soup with farro
Tomato basil soup
Farmer's market vegetable soup
African peanut soup
Jackfruit BBQ salad
Lentil salad
Summer black rice
7-grain lemon salad
Vegan smoky yam quinoa wrap

GROCERY

Raw nuts
Select snack bars from Larabar
Thrive Culinary algae-based oil

DAIRY

Select plant-based deli slices
from Lightlife, Good & Green,
and Field Roast
Field Roast meat substitutes
Nutpods and Three Trees
dairy-free creamers
Miyoko's Creamery nut cheeses
Kite Hill non-dairy cream cheeses
Follow Your Heart vegan cheeses
Island Spring Organics tofu
Firefly Kitchens kimchi and
pickled and fermented vegetables
Plant-based yogurts

FROZEN

Luvo rice bowls
Heritage brand and other selected
brands of plant-based burgers

COLD DRINKS

Plant-based tonic drinks
Soylent plant-based protein
meal replacements

HEALTH AND NUTRITION

Four Sigma mushroom elixirs
Plant-based protein powders
Bulletproof XTC Protein Oil

In addition to this sheet, be sure to check out tasty Plant-based recipes on
our web site at www.metropolitan-market.com/recipes/plantbased