



Kitchen replacement chart

The following table lists common animal-based, refined, and processed food/ingredients and suggested replacements.

Food/ingredient	Replacement options
Butter	Almond butter, avocado, cashew butter, peanut butter, coconut butter and sesame butter (as a spread)
Buttermilk	Buttermilk made from plant-based curd/yoghurt, tender coconut
Canned and frozen food	Fresh alternatives whenever possible
Cheese	Cheese made from plant-based sources such as nuts, seeds, and legumes and nutritional yeast flakes
Chocolate (milk)	Cocoa powder or dark chocolate
Cream	Cashew or other nut butters mixed with water and ground
Curd/yoghurt	Curd/yoghurt made from plant-based milks such as soy and peanut
Eggs	Many different options, depending on the use
Fried food	Oil-free baked or roasted alternatives
Ghee	Nuts, seeds, and legumes such as cashews, coconut, peanuts, and sesame seeds
Ice cream	Plant-based milk or fruit ice creams with no sugar
Khakra	Oil-free ambil khakra

Mayonnaise	Oil-free cashew mayonnaise , tofu mayonnaise
Meat and seafood	Soy nuggets and flakes, tofu, beans, readymade meat replacers, yam and raw jackfruit
Milk	Plant-based milks including almond, cashew, coconut, corn, oat, peanut, rice, sesame, and soy
Oil	Nuts, seeds, and legumes such as cashews, coconut, peanuts, and sesame seeds
Paneer	Tofu or “soy paneer” and tofu marinated in cashew cream
Ready-made cereals	Muesli made with whole flakes, nuts, and dried fruit and roasted whole-grain dalias such as wheat, barley, maize, millet, amaranth, and rolled oats (not quick-cooking)
Salad dressing	Oil-free salad dressings and chutneys
Salt (iodized)	Himalayan, rock, or sea salt
Soft drinks	Water, lime juice with water, fruit smoothies, etc.
Sugar, honey, and artificial sweeteners	Dried fruits such as dates, raisins, figs and apricots.
Tea and coffee	Homemade herbal infusions from herbs and spices, ready-made herbal teas, and barley or soy coffee
White flour (maida) and bread	Flours and breads (e.g., chapatis and rotis) made from whole wheat (atta) or other whole grains like millet (e.g. jowar, bajra, and nachni/ragi), brown rice, and spelt (most wheat breads in the market contain emulsifiers and fat)
White rice	Whole (unpolished) rice such as brown or red rice