

BEST SUBSTITUTES FOR MEAT

THE BEST 10 HEALTHIEST MEAT SUBSTITUTES
THAT PROVIDE ALL THE PROTEIN YOU NEED



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Best Substitutes For Meat

**The Best 10 Healthiest Meat Substitutes That
Provide All The Protein You Need**

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Introduction

A lot of people are looking closely at the amount of meat that they eat and considering healthier alternatives. There are several meat substitute products available these days but you need to know which are the best for you.

There has been a lot of research into the plant-based meat substitute industry. The experts are predicting that this industry will be worth more than \$16 billion by 2026 as long as it continues to grow at the current rate.

There is no reason to believe that the growth of meat substitute products will not continue at the same growth rate or even grow at an increased rate. The price of meat continues to rise around the world and there are many research studies that show that eating a lot of meat could be an unhealthy choice. Many people are choosing to embark on diets that do not include meat nowadays.

There are also the environmental factors to take into account. A large meat ranch will create a vast amount of methane and uses precious resources that can be used elsewhere. At the end of the day, these factors are making people think twice about a meat-based diet and switching to a plant-based meat substitute diet.

This all sounds good, but when you switch to a diet of meat substitutes it is vital that your new diet provides you with all of the proteins you need to be healthy. To be healthy you need to consume the right amounts of protein, carbohydrates and vitamins. Exercising regularly is also necessary for optimum health.

You need to consume the right protein levels each day as this is essential for the building and repair of your muscles, bone, blood, tissues, and skin. The consumption of protein also helps you to increase your strength and build muscle mass. In addition to this, the right amount of protein helps to give your metabolism a boost.

Recently, a research study revealed that participants that had a high protein diet lowered their blood pressure, reduced triglycerides and bad cholesterol. When you consume protein, you will feel full which should prevent you from overeating and gaining weight.

In this special report, we will reveal 10 of the best meat substitute products. Please note: when you are considering the purchase of meat substitute products, always read the nutrition label and check the ingredients. You do not want to purchase meat substitute products that have been processed too much and contain a lot of salt and unhealthy fats.

The number of ingredients that the meat substitute product contains is a good indication of how processed it is. Usually, products with a lot of ingredients are highly processed. Also check for any added sugar and salt.

Important Note: Not all of the meat substitute products available will contain the right amount of protein that you need each day, so you must read the labels. Some of the products will have added nutrients and vitamins that a vegetarian diet will not provide such as vitamin B12, zinc, and iron. Please be aware that only a few meat substitutes include the 9 amino acids you need. These are known as complete proteins.

Examples of complete proteins include quinoa, buckwheat, and soy. It is essential that you choose meat substitute products that will provide you with the vital amino acids you require.

In this special report, we will provide details about the 10 best substitutes for meat that are available today. We will also provide you with important nutrition information you need to know.

Let's get started...

1. The Tofu Meat Substitute

It is important for you to know that the majority of meat substitute products are made from legumes such as cereal, peas, other vegetables, and soy. All of these plants individually contain almost the amount of protein you need and when they are combined, they will provide the same amount as meat.

One of the most well-known meat substitutes is tofu. It is made from soybeans and is an inexpensive protein source that has been used in Asia for many years.

Tofu does not contain many calories and it will absorb aromas from any marinades or spices you may use in your cooking. It is very versatile and you can eat it like cheese if you want. However, we recommend that it is used as an alternative meat product.

How Tofu is made

Tofu is made by soaking soybeans and making a puree by mashing them. The puree is then filtered to separate the liquid element from the solid. Then the liquids are heated so that they curdle and form solid tofu. It is then pressed into slabs and can be cut into different shapes. Usually, tofu is available in a rectangular format. There is a fibrous part of the puree known as okara, that is then dehydrated and used as mince or alternative meat chunks.

There are different forms of tofu which are silken, soft, firm and extra-firm. You can make tofu crispy if you remove more water from it by pressing it. Patting the tofu dry is required in some recipes. The right recipes will ensure that your tofu is the most flavorful. If you go for extra-firm tofu, you can grill it or fry it like you can ordinary meat. You can make smoothies out of silken tofu.

Tofu Nutrition Information

A single cup of tofu will usually have around 188 calories. It will also have around 20 grams of protein, 12 grams of fat, 0.7 grams of fiber, 13 milligrams of iron, and 868 milligrams of calcium.

In 2016 there was a study which concluded that over 80% of the soybean farms in the world use a GMO (genetically modified organism) process. You can purchase organic tofu as well. A lot of people are concerned about GMO products as nobody knows what the long-term consequences of eating these products are.

The good thing about soy is that it is a complete protein. It has all 9 of the amino acids you need. Usually, tofu is also fortified with vitamin B12 which is not the case with proteins that are plant-based.

There are some natural phytoestrogens in tofu so do not eat it more than a couple of times a week. Pregnant women should ask their doctor if it is OK for them to consume tofu as should anyone that has had hormone-related cancer. The reason is that the natural hormone in tofu could cause problems.

2. Tempeh Meat Substitute

You may not have heard of tempeh but it is a good meat substitute to consider. Like tofu it is made from soybeans. It originates from Indonesia.

How Tempeh is made

Tempeh is made by fermenting whole soybeans. It uses the action of certain bacteria which breaks down some of the proteins in the beans so that humans can digest them more easily.

It is an ideal meat substitute because it is high in fiber, contains around 20% protein, and has a dry texture. To give the tempeh more flavor and texture, other beans and grains can be added to it. You need to know that tempeh is a little tangy and there is a nutty taste to it so it is not going to be for everyone.

A lot of people use tempeh as a good meat substitute for a barbeque. You can also bake it, sauté it, fry it, or grill it. Some people like to eat tempeh in a grain bowl or a lettuce wrap.

Like yoghurt, tempeh is fermented so it can help with the maintenance of healthy gut bacteria. Tempeh is high in antioxidants and calcium. It also has a high manganese content which can assist in the regulation of blood sugar. Usually, tempeh is low in sodium. As tempeh has a high fiber content, we recommend that you add it to your diet gradually to avoid excessive gas and bloating.

Tempeh Nutrition Information

A single cup of tempeh will usually have around 319 calories. It will also have around 34 grams of protein, 18 grams of fat, 4.5 milligrams of iron, and 184 milligrams of calcium. This meat substitute is also a good source of vitamin B6 and magnesium.

When you are purchasing tempeh, pay attention to the label. People with gluten sensitivity or a celiac disease should avoid tempeh with added grain. Tempeh is not a good product if you have a soy allergy. If you are lactose intolerant or need a dairy free diet then tempeh is good as it has added calcium.

3. TVP Meat Substitute

TVP stands for textured vegetable protein. It is again made from soybeans which are mixed with water to form a healthy meat substitute which is inexpensive. Also known as a soy protein, TVP is available in balls, cutlets, chunks and mince formats. As with tofu, TVP will absorb the odors of spices easily. You can use TVP as a good alternative to meat sauces such as Bolognese or chili, meat cutlets, meatballs, and meat patties.

The TVP meat substitute has low sodium and it does contain a little fiber, some calcium, phosphorous, iron and magnesium. You need to know that TVP tends to be processed a lot more than some of the other meat substitutes that we discuss in this report. It is important that you read the label on the product to ensure that you choose TVP that only contains soy.

TVP Nutrition Information

A single cup (dry) of TVP (soy protein) will usually have around 222 calories. It will also have around 35 grams of protein, 0.83 grams of fat, 6.3 milligrams of iron, 12 grams of fiber, and 164 milligrams of calcium. This meat substitute is also a good source of some B vitamins and magnesium.

Although TVP is a high protein meat substitute, there is an isolating process used to make it which will remove several of the natural nutrients that it contains. When you want to purchase TVP we recommend that you choose the organic variety so that you avoid possible contamination from pesticides use in the process of extraction. Find out where your TVP comes from as well. Avoid TVP from Brazil as soy farming there has resulted in heavy deforestation.

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