

SWAPS GUIDE | No Beef This Week

VEGETARIAN and NON-VEGETARIAN options

Welcome!



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- Welcome to our **SWAPS GUIDE | No Beef This Week – With Vegetarian and Non-Vegetarian Options!**
- In this guide, you are going to find tons of delicious meal ideas and substitutions for bovine meat (beef).
- Because we all have different preferences and lifestyles, we have split the guide into three main sections for you:
 - **At Home Meals** – Non-vegetarian and Vegetarian
 - **When Eating Out** – Non-vegetarian and Vegetarian
 - **When Ordering In** – Non-vegetarian and Vegetarian
- To make the most of this guide, see our tips on the next pages!

What counts as **beef**?



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- ❑ Beef is the culinary term that refers to **cow's meat** and other bovine meat such as a steer, ox, and bull. It also includes **veal** – the meat from younger cows (calves).
- ❑ Some beef cuts are cooked from raw, such as roasts, ribs, or steak. Other cuts are processed, such as corned beef and beef jerky.
- ❑ Trimmings and minced (ground) beef are used in dishes, deli wraps, sausages, and spreads such as pâté.
- ❑ Humans have domesticated numerous breeds of cattle for their meat since prehistoric times.
- ❑ Sadly, current beef production has a **huge environmental impact** and is the leading cause of deforestation in the Amazon and other tropical forests...

Swapping beef for just 1 week

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- Not buying and not eating beef (and its derivative products) for an entire week may feel daunting to some of us who regularly consume these...
- Beef consumption is a staple in many families and cultures around the world.
- That's why, YOUR commitment to skip beef for one week (and to encourage others to do so as well) is a giant leap.
- **It shows that you care a lot about our planet.**
- And so do we. We are in this together!
- Joining forces with millions of humans around the world for just one week in protest against ramping deforestation is a **noble first step** to protect the quality of the air we breathe and to save the lungs of the world: rainforests.

Tips to use this guide



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- While the substitutions and meal ideas that we have listed here aren't exhaustive, they can serve as an example and an excellent starting point to **plan your own swaps** for the week!
- We have included:
 - substitutions for your at-home meals
 - simple swaps at 24 traditional restaurants for when eating out
 - alternatives to the most commonly ordered takeaway meals in many countries
- This way, you'll never run out of ideas!
- Every day of the week, we've got you and your kid(s) covered.

Monday to Sunday...



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- ❑ In this guide, you're getting both vegetarian and non-vegetarian options.
- ❑ The good news is that you may not need to radically change the way you eat.
- ❑ This week is all about simply swapping beef and its derivative products.
- ❑ We hope you love and use this guide as much as we did developing it for you.
- ❑ And if you want to spread the word about having **#NoBeefThisWeek**, go [here](#). You'll find amazing resources to support you.
- ❑ Thank you for doing this together. Enjoy your guide!



At Home Meals

Vegetarian and Non-Vegetarian Swaps

What are your regular beef items?

- This [At Home Meals](#) section shows you beef products that are commonly used when preparing meals.
- Read through these pages, thinking of meals you may have prepared or consumed over the past week which contained any of the listed beef products.
- If you kept receipts from your most recent groceries, you could also check which beef products you purchased.
- You will then find some alternative options to replace beef and its derivative products in your cooking and your usual food preparation – whether served cold or warm.
- And remember to update your usual grocery shopping basket or checklist with your favourite substitutes from this guide!

Making smart swaps

- Whether you are just looking to keep up with your usual meals and purely replace beef products with something different, or you want to experiment further and try something new altogether, we've got you covered.
- On the following pages, you will find different types of beef products, alongside a variety of non-vegetarian and vegetarian alternative options.
- For those beef products that you regularly purchase or consume, jot down or circle the swaps that you would like to try instead.
- Next, let's look at some delicious swaps for your at-home meals!

Steaks | fillets | other cuts

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BEEF PRODUCTS



- Roasts
- Short ribs
- Fillet mignon
- Sirloin steak
- Rump steak
- Rib steak
- Rib eye steak
- Hanger steak
- Oxtail
- Liver
- Tongue
- Tripe
- Heart
- Brain
- Kidneys
- Testicles
- Intestines
- Veal cuts

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Roast chicken or turkey
- Chicken or turkey breast fillet
- Chicken or turkey drumsticks, thighs, or wings
- Oily fish fillet (salmon, mackerel, trout)
- White fish fillet (cod, haddock, halibut, bream, hake)

VEGETARIAN

- Roasted aubergine (eggplant)
- Roasted courgette (zucchini)
- Roasted butternut squash, pumpkin, or carrots
- Flavoured vegan fillet (made with plant protein or with mycoprotein)
- Textured vegetable protein (TVP) fillet
- Extra-firm tofu steak

Hamburgers

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BEEF PRODUCTS



- Angus hamburger
- Commercial frozen patty
- Cheese-filled patty
- Beef quarter pounder
- Brisket hamburger
- Dry-aged beef hamburger
- Grass-fed beef hamburger
- Reduced-fat beef hamburger
- Wagyu hamburger
- Short rib hamburger
- Sirloin hamburger
- 50/50 burger
- Bøfsandwiche
- Chilli con carne burger
- Longaniza chori burger
- Kimchi patty
- Slugburger
- Hamdog

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Fishcake hamburger
- Salmon or flaky white fish patty
- Chicken or turkey patty or escalope

VEGETARIAN

- Soya-based veggie burger
- Sapal ng niyog (shredded coconut pulp) burger
- Portobello mushroom patty
- Flavoured rice or quinoa patty
- Black bean burger
- Chickpea (garbanzo bean) burger
- Lentil burger
- Beet burger
- Aubergine (eggplant) burger

Sausages

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BEEF PRODUCTS



- Aberdeen angus sausage
- Beef bacon
- Garlic beef or veal sausage
- Beef chorizo
- Vienna sausage
- Beef salchicha
- Oxford (veal) sausage
- Cow's blood sausage (black pudding, bloedworst, boudin noir, blodpølse, blunze, morcilla, moronga, verivorst)
- Boerewors
- Spicy beef merguez
- Beef currywurst
- Butifarra soledañas
- Nürnberger bratwürste
- Ossenworst (raw beef sausage)
- Runderworst
- Sucuk

ALTERNATIVE OPTIONS



NON-VEGETARIAN



- Chicken or turkey sausage
- Chicken or turkey frankfurter
- Chicken or turkey hot dog
- Seafood sausage
- Fish sausage

VEGETARIAN

- Tofu sausage
- Mycoprotein sausage
- Seitan and nuts sausage
- Pulses sausage
- Vegetarian currywurst
- Glamorgan (cheese, leeks, breadcrumbs) sausage
- Meat-free brown-rice boudin

Salami | pepperoni | salt-cured cuts

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BEEF PRODUCTS 	ALTERNATIVE OPTIONS 
<ul style="list-style-type: none">▪ Salami▪ Pepperoni▪ Pastrami▪ Corned beef▪ Beef summer sausage▪ Beef Bologna or Lucanica▪ Beef kaminwurze▪ Cold-smoked beef sausage▪ Beef pepperette▪ Beef longaniza▪ Chorizo de Pamplona▪ Beef salchichón/saucisson▪ Genoa veal salami▪ Beef kielbasa▪ Bresaola▪ Smoked meatloaf▪ Dutch loaf▪ Beef jerky (charqui)	NON-VEGETARIAN
	<ul style="list-style-type: none">▪ Chicken or turkey slices▪ Diced turkey breast▪ Chicken or turkey roll, loaf, or galantine▪ Smoked salmon or smoked tuna (e.g. katsuobushi)▪ Prawns
	VEGETARIAN <ul style="list-style-type: none">▪ Vegan 'salami' or deli slices▪ Cooked tofu slices or pieces▪ Flavoured mycoprotein slices or pieces▪ Smoked whole-roasted cauliflower▪ Grilled aubergine (eggplant) slices▪ Smoked olive-oil marinated tomato slices▪ Green and black olives in brine

Minced (ground) beef

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BEEF PRODUCTS



- Minced (ground) beef
- Steak tartare
- Brazilian (Carioca) picadillo
- Chilli con carne
- Blinde vink (ground veal loaf)
- Chopped beef
- Beef trimmings
- Shredded beef

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Minced (ground) chicken or turkey
- Minced (ground) lamb
- Tuna chunks, chopped salmon, or flaky white fish
- Roe and salmon tartare, or tuna tartare
- Scrambled egg whites, flavoured with chicken stock

VEGETARIAN

- Minced (ground) tofu
- Mycoprotein mince
- Tempeh mince
- Textured vegetable protein (TVP) mince, chunks, or flakes
- Lentils or beans
- Chopped mushrooms

Meatballs

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BEEF PRODUCTS



- Beef meatballs
- Meatballs in pasta dishes such as spaghetti
- Meatball sandwiches or subs
- Meatball soups
- Meatball pizza
- Meatball stews or casseroles
- Meatball skewer
- Roasted or baked meatballs

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken meatballs
- Turkey meatballs
- Lamb meatballs
- Fish meatballs
- Pork meatballs

VEGETARIAN

- Cooked black beans, chickpeas, lentils, rice, or quinoa rolled into small balls
- Textured vegetable protein (TVP) mince balls
- Tempeh mince balls
- Seitan meat-free 'meatballs'
- Chopped mushroom or aubergine (eggplant) balls
- Falafels

Beef in wraps and sandwiches

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BEEF PRODUCTS



Beef used in:

- Wraps
- Tacos
- Tortillas
- Burritos
- Fajitas
- Quesadillas
- Empanadas
- Dumplings
- Pitta bread
- Sandwiches
- Rolls
- Buns
- Bagels
- Subs

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken or turkey slices or trimmings
- Diced, shredded, or minced turkey
- Lamb, turkey, or chicken shawarma
- Smoked salmon
- Tuna and sweetcorn
- Prawns or fish surimi paste

VEGETARIAN

- Beans or lentils in chipotle sauce
- Pulled jackfruit seasoned with spices
- Mushrooms or aubergine (eggplant) trimmings
- Falafel and hummus
- Egg and cress, or vegan scrambled tofu and cress
- Cheese, tomato, and avocado slices with pesto
- Textured vegetable protein (TVP) mince or chunks

Beef in pies, sauces, and stews

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BEEF PRODUCTS



Beef used in:

- Sauces
- Gravies
- Stuffing
- Pies
- Tarts
- Quiche
- Pastries
- Stews
- Casseroles
- Hot pots
- Broths
- Stock
- Bouillon
- Soups

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chopped or diced chicken or turkey
- Minced (ground) or shredded chicken or turkey
- Lamb, turkey, or chicken shawarma
- Smoked salmon
- Tuna and sweetcorn
- Prawns or fish surimi paste

VEGETARIAN

- Beans or lentils
- Mixed garden vegetables
- Textured vegetable protein (TVP) mince, chunks, or flakes
- Chopped mushrooms or aubergine (eggplant)
- Chopped or minced (ground) tofu or tempeh
- Chunky winter vegetable casserole

Pâté | beef spreads

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BEEF PRODUCTS



- Beef liver pâté
- Beef spreads
- Beef paste
- Dutch 'rosbief' spread
- Beef terrine
- Beef quenelle
- Beef forcemeat

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Poultry liver pâté (duck, pheasant, turkey, chicken)
- Fish or seafood pâté
- Rillettes (paste of slow-cooked goose, duck, chicken, game birds, rabbit, or fish)

VEGETARIAN

- Truffled or tarragon mushroom pâté
- Red lentil and sweet potato pâté
- Red pesto
- Red bell peppers, aubergine (eggplant), garlic, and olive oil paste
- Roast pepper and walnut spread
- Feta, yogurt, and black olive pâté
- Tofu and tomato pâté

Write your own...



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MY USUAL BEEF PRODUCTS



MY CHOSEN ALTERNATIVE OPTIONS



NON-VEGETARIAN

VEGETARIAN



When Eating Out

Vegetarian and Non-Vegetarian Swaps

Top dishes without beef

- ❑ If you are planning on visiting a restaurant or café during the **#NoBeefThisWeek**, this section may come in handy.
- ❑ On the following pages, we'll look at some of the most common beef dishes in 24 different restaurant types.
- ❑ We'll also provide you with some alternative options that do not contain beef, often considered to be top treats at these restaurants.
- ❑ Note that, in some cases, these alternatives may be prepared with either beef or other meats, such as chicken.
- ❑ Simply ask the chef whether the dish contains beef or not. And if it does, check whether they can replace it with an alternative non-vegetarian or vegetarian option!

American diner

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BEEF DISHES



- Beef hamburger
- Beef Manhattan
- Beef on weck
- Pot roast
- Roast beef sandwich
- Sloppy joe
- Loose meat tavern sandwich
- Cowboy beans
- Canadian tourtière
- Reuben sandwich
- Surf and turf
- Meatloaf
- Beef club sandwich

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken burger
- Chicken club sandwich
- Grilled chicken
- Biscuits and gravy
- Eggs benedict

VEGETARIAN

- Veggie omelette
- Veggie burger
- Hash browns
- Grilled cheese and onion sandwich
- Cauliflower sloppy joe
- Jackfruit pot pie
- Lentil loaf with cauliflower mash

Argentinian restaurant

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BEEF DISHES



- Tira de asado
- Churrasco
- Matambre arrollado
- Matambre a la pizza
- Colita de cuadril
- Bife de chorizo
- Bife angosto
- Vitel toné
- Asado con cuero
- Entraña
- Molleja
- Palomita de paleta
- Vacío
- Lomito
- Milanesa de carne
- Empanadas de carne
- Albóndigas rellenas
- Choripán

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Pechuga de pollo asada
- Milanesa de pollo
- Pollo con chimichurri
- Empanadas de pollo o pavita
- Tortilla de pollo

VEGETARIAN

- Empanadas / tarta de verduras
- Fugazza con queso
- Locro sin carne y fainá
- Berenjenas y pimientos asadas con chimichurri
- Provoleta
- Milanesa de soja
- Tortilla de verduras y champignones

Brazilian (Carioca) restaurant

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BEEF DISHES



- Bife a cavalo
- Carne-de-sol (jabá)
- Mocotó
- Alcatra
- Fraldinha
- Picanha
- Vaca atolada
- Beef churrasco

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Feijoada (without beef)
- Moqueca de camarão
- Misto quente
- Frango churrasco
- Cabidela
- Galinhada

VEGETARIAN

- Oregano cheese skewers
- Pão de queijo
- Black beans feijoada
- Bobó de tofu
- Cuscuz pie
- Torta de espinafre

British pub

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BEEF DISHES



- Beef hamburger
- Beef bangers
- Beef wellington
- Sunday roast
- Steak and ale pie
- Cumberland pie
- Shepherd's pie
- Steak and kidney pudding
- Boiled beef
- Fillet of Beef Prince Albert
- Scottish mince and tatties
- Scottish stovies with beef
- Welsh beef cawl
- Pulled beef brisket sandwich
- Savoury mince pie

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken burger
- Fisherman's pie
- Fish and (oven) chips
- Lancashire lamb hot pot
- Chicken bangers and mash

VEGETARIAN

- Veggie burger
- Welsh rarebit
- Spinach and goat cheese quiche
- Jacket potato with baked beans
- Leek and potato soup
- Tofu hotpot
- Sweet potato and black bean

Chinese restaurant

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BEEF DISHES



- Chinese beef ball
- Beef chow fun
- Fuqi feipian
- Geung ngao yuk (ginger beef)
- Taiwanese (Mongolian) beef
- Sha cha beef
- Steamed beef meatball
- Beef manchurian
- Black pepper beef

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken chow mein
- Hot pot with chicken
- Kung Pao chicken
- Char siu (roasted pork)
- Peking duck

VEGETARIAN

- Cong you bing (scallion pancake)
- Sesame noodles
- Hot pot with vegetables
- Zha jiang mian (noodles with bean sauce)
- Stir-fried tomato and scrambled eggs
- Tofu and vegetables stir fry
- Yeung Chow fried rice

Dutch restaurant

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BEEF DISHES



- Bitterballen
- Beef carpaccio
- Beef goulash
- Slavink
- Gehaktbrood (beef meatloaf)
- Amsterdam ossenworst broodje
- Gehaktballen
- Kapsalon
- Rosbief broodje
- Beef zoervleis
- Sudderlapjes
- Blinde vink
- Berenklauw
- Hachee
- Gehaktballen

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Aardappelen, kip, en groente
- Kip hutspot
- Stampot andijvie
- Pannekoeken met kip
- Broodje kabeljauw

VEGETARIAN

- Snert
- Pannekoeken met groente
- Meatless stampot
- Stampot zuurkool
- Nasischijf in de oven / gebakken in de oven
- Broodje met gouda kaas, pesto, en tomaat
- Wintersalade

French restaurant

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BEEF DISHES



- Boeuf à la mode
- Châteaubriand
- Daube glacé
- Filet mignon
- Tournedos Rossini
- Tournedos à la bordelaise
- Beef bourguignon
- Entrecôte à la bordelaise
- Steak au poivre
- Steak tartare
- Steak-frites
- Parmentier

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken confit
- Coq au vin
- Quiche lorraine
- Salmon en papillote
- Duck cassoulet

VEGETARIAN

- Vegetable bouillabaisse
- Tofu tartiflette
- Carrot bourguignon
- Lentil parmentier
- Omelette with fine herbs
- Leek gratin
- Feta, pesto, and asparagus flammekuche

Greek restaurant

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BEEF DISHES



- Bifteki
- Beef brizola
- Beef Margaret's keftedes
- Beef stifado
- Beef brizola
- Beef moussaka
- Beef souvlaki
- Beef gyros

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken or lamb moussaka
- Safridia
- Bogana
- Giouvetsi
- Kotopoulo me ryzi

VEGETARIAN

- Tomatokeftedes
- Tiropita
- Arakas me aginares
- Spanakopita (spanakotiroпита)
- Grilled aubergine (eggplant) pie
- Florina peppers / yemista
- Fava

Indian restaurant

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BEEF DISHES



- Ghormeh
- Kerala beef fry
- Beef curry
- Beef kheema
- Beef korma
- Kerala beef

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Tandoori chicken
- Chicken tikka masala / korma
- Biryani
- Murgh mahal chicken
- Tandoori fish tikka

VEGETARIAN

- Vegetable korma
- Chole bhature
- Koottu
- Kuzhakkattai
- Masala dosa
- Olan
- Poriyal

Indonesian restaurant

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BEEF DISHES



- Beef bakso
- Dendeng
- Empal gentong
- Empal gepuk
- Rendang
- Semur
- Beef gulai ayam
- Beef kalio

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken gulai ayam
- Kari ayam / kepala ikan / udang
- Tempoyak ikan patin
- Ayam bakar
- Ayam bumbu rujak

VEGETARIAN

- Oncom / tempeh dishes
- Gudeg
- Cap cai
- Plecing kangkung
- Rujak cingur / juhi
- Tauge goreng
- Tahu campur

Irish pub

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BEEF DISHES



- Guinness beef stew
- Guinness steak pie
- Guinness Shepherd's pie
- Irish spiced beef
- Sunday beef roast
- Steak and mushroom pie
- Crock pot Irish beef stew
- Reuben egg rolls
- Layered Reuben casserole
- Reuben dip
- Reuben biscuit bombs
- Black pudding

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Cod and prawn bake
- Irish seafood and oysters
- Irish coddle
- Irish lamb stew
- Chicken, leek, and mushroom pie

VEGETARIAN

- Irish boxty (potato pancake)
- Senate bean soup
- Colcannon with spinach, kale, leeks, and chives
- Vegetarian colcannon pie
- Irish soda bread
- Pureed carrots and parsnips
- Veggie biscuit bombs

Italian restaurant

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BEEF DISHES



- Spaghetti with meatballs
- Beef lasagne
- Beef braciola
- Beef ravioli
- Steak pizzaiola
- Bistecca alla Fiorentina
- Beef braciolone
- Coda alla vaccinara
- Rollatini di vitello / di manzo
- Scaloppine di vitello / di manzo
- Bollito misto
- Carpaccio di manzo

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Pollo alla Fiorentina
- Pollo braciolone
- Rollatini di vitello
- Scaloppine di vitello
- Carpaccio di tonno

VEGETARIAN

- Penne all'arrabbiata
- Spaghetti alla Puttanesca
- Tagliatelle al pomodoro
- Tortelloni di ricotta e spinaci
- Risotto indivia e fiori di zucca
- Polenta e vegetali autunnali
- Ravioli ai funghi

Japanese restaurant

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BEEF DISHES



- Beef bun
- Curry beef triangle or puff
- Gyūdon (gyūmeshi)
- Hayashi beef rice
- Horumonyaki
- Nikujaga
- Shabu-shabu
- Sukiyaki
- Yakiniku
- Beef motsunabe
- Beef yaki-gyoza
- Beef teriyaki

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Seafood sushi
- Kamo nanban
- Motoyaki
- Yakitori
- Yakizakana

VEGETARIAN

- Vegetable sushi
- Tofu chanpurū
- Kinpira gobo
- Mushroom zosui
- Tofu oyakodon
- Spinach miso soup
- Meatless ramen

Lebanese restaurant

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BEEF DISHES



- Beef kibbeh
- Beef shawarma
- Kofta kebab
- Lebanese-style cinnamon meatballs
- Manakish (mankouche) topped with beef
- Beef lahm bi ajin / sfiha
- Pastirma
- Tabbouleh bi dehn (cooked with beef ghee)
- Ghameh
- Beef kafta bithine
- Kafta nayyeh
- Beef kebbe

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken or lamb shawarma
- Lamb kibbeh
- Shish taouk
- Chich taouk
- Samkeh harra

VEGETARIAN

- Falafels
- Tabbouleh
- Fattoush
- Hummus or muhammara served with pita
- Manakish topped with vegetables
- Baba ghanouj
- Mujaddara

Mexican restaurant

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BEEF DISHES



- Alambre
- Machacado con huevo
- Menudo (mole de panza)
- Picadillo
- Quesobirria
- Burritos de carne
- Enchiladas de carne
- Quesadilla de carne
- Salpicón de carne
- Tacos de carne
- Fajitas de carne
- Frijoles con carne molida
- Chilli con carne
- Suadero

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Burritos de pollo / cerdo / pescado
- Enchiladas de pollo / cerdo
- Quesadilla de pollo / cerdo
- Salpicon de pollo / cerdo
- Tacos de pollo / cerdo / camaron

VEGETARIAN

- Burritos vegetarianos
- Enchiladas vegetarianas
- Quesadilla vegetariana
- Tacos vegetarianos
- Tamales vegetarianos
- Sopa de fideos y verduras
- Salpicón de verduras

Peruvian restaurant

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BEEF DISHES



- Chorrillana
- Bistec a lo pobre
- Chairó
- Lomo saltado
- Cau-cau
- Mondongo ayacuchano
- Beef morusa
- Patasca moqueguana (caldo de mondongo)
- Patasca tacneña
- Pebre
- Picante a la tacneña

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Ceviche
- Cuy
- Aji de gallina
- Adobo
- Aguadito de mariscos / de pollo
- Apanado de alpaca
- Arroz con pato a la limeña

VEGETARIAN

- Rocoto relleno sin carne
- Picante de pallares
- Causa
- Papas a la huancaína
- Choclo con queso
- Puchero sin carne

Philippine restaurant

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BEEF DISHES



- Balbacua
- Bulalô
- Crispy tadyang ng baka
- Mechado
- Morcón
- Pares
- Ropa vieja
- Beef bopis
- Beef giniling (picadillo)
- Beef kaldereta

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Adobo
- Daing
- Escabeche
- Halabos na hipon
- Chicken or fish kinilaw (kilawin)
- Lechón

VEGETARIAN

- Palapa
- Pinakbet
- Batchoy
- Pancit lomi / luglug / canton
- Kinilnat
- Lugaw
- Ensaladang talong

Pizza shop (pizzeria)

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BEEF DISHES



- Meat lover's pizza
- Meat feast pizza
- Peperoni pizza
- Salami pizza
- Mexican pizza with minced (ground) beef, jalapeños, and onion
- Pizza Africana with beef and curry
- Beef Stroganoff pizza
- Ciao-ciao folded pizza with beef and garlic
- Beef calzone
- Beef satay pizza

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Pizza Romana (tomato, mozzarella, anchovies)
- Pizza capricciosa (mozzarella, tomato, mushrooms, artichokes, cooked ham, olives)
- Pizza quattro stagioni (ham, shrimp, mussels, mushrooms, artichoke)

VEGETARIAN

- Pizza Napoletana or Margherita (tomato and mozzarella)
- Pizza marinara (tomato, garlic, oregano, olive oil)
- Pizza with spinach, ricotta, and pesto
- Pizza quattro formaggi (four cheese pizza)
- Hawaiian pizza (pineapple)
- Pizza vegetariana (mushrooms, onion, bell peppers)

South Korean restaurant

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BEEF DISHES



- Bulgogi
- Galbi
- Meat jun
- Makchang
- Yukgaejang
- Yukhoe
- Yukpo

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Dak galbi
- Haemul Pajeon
- Samgyetang
- Sannakji
- Swasabi hoe

VEGETARIAN

- Japchae
- Kimchi
- Ddukbokki
- Sundubu-jjigae
- Bibimbap
- Naengmyeon
- Hobakjuk
- Hoeddeok

Spanish tapas restaurant

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BEEF DISHES



- Albóndigas de ternera
- Albóndigas de carne de vaca
- Carne de Ávila
- Carcamusa
- Empanadillas de ternera
- Chuletón de buey / vacuno
- Chuletón de Ávila/ ternera
- Solomillo Wellington en hojaldres individuales
- Moni-hamburguesas de chuletón

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Albóndigas de pavo / pollo
- Pincho moruno de cabra / de pollo
- Bacalao
- Calamares (rabas)
- Empanadillas de pollo
- Gambas

VEGETARIAN

- Banderillas
- Papas arrugadas / con mojo
- Patatas bravas / a lo pobre con pimiento
- Pimientos de padrón
- Tortilla de patatas / de espinaca
- Empanadillas de verduras

Steak house

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BEEF DISHES



- Beef steak
- Prime rib
- Steak tartare
- BBQ ribs
- Beef stew
- Filet mignon
- Sirloin on the bone
- Rump
- Tail on ribeye
- Centre-cut fillet
- Ribeye
- Fillet medallion
- Cast-iron skillet steak
- Beef Wellington
- Steakhouse beef soup

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Grilled chicken or turkey breast fillet
- Chicken or turkey drumsticks, thighs, or wings
- Chargrilled salmon or sea bass fillets
- Confit duck leg
- Fishcake or crabcake

VEGETARIAN

- Smoked tofu and broccoli
- Roasted aubergine (eggplant) and pearl barley
- Eggs Florentine with grilled mushrooms
- Flat-iron tofu and avocado salad
- Roasted asparagus with garlic mashed potatoes
- Garlic-roasted Brussels sprouts with mustard sauce
- Tofu steaks with chipotle-lime chimichurri

Street café

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BEEF DISHES



- Corned beef sandwich
- French dip sandwich
- Beef meatballs sub
- Roast beef panini
- Steak and caramelised onions baguette
- Beef wrap
- Medium rare beef sandwich
- Mince buns
- Curry beef rolls
- Salt beef and mustard focaccia
- Beef in pita pockets
- Mexican beef enchiladas
- Shredded beef ragout sandwich
- Beef croque madame

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken or turkey salad sandwich
- Tuna or prawn mayo sandwich
- Caesar salad and chicken wrap
- Salmon and cream cheese bagel
- Smoked turkey and roasted vegetables baguette

VEGETARIAN

- Pesto, tomato, and mozzarella panini
- Caesar salad wrap
- Tofu and cress sandwich
- Mexican-style beans wrap
- Roasted vegetable focaccia
- Hummus and falafels wrap
- Beetroot, hummus, and chickpea sub or bun

Thai restaurant

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BEEF DISHES



- Beef coconut curry
- Beef satay
- Beef chin hum
- Beef kaeng om
- Beef khua kling
- Beef tom saep
- Panang beef
- Kaeng matsaman
- Kaeng phanaeng
- Kaeng ranchuan

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken curry
- Pad Thai
- Tom yum goong
- Aep mu
- Chuchi pla thu sot

VEGETARIAN

- Yum kanom jeen
- Coconut rice
- Vegetarin nam sup
- Meatless tom chuet
- Mushroom tom kha kai
- Meatless tom khlong
- Meatless tom saep

Vietnamese restaurant

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BEEF DISHES



- Beef pho
- Bò 7 món
- Bún bò Huế
- Chả lụa
- Thịt bò nướng lá lốt
- Banh Mi Cha Bo
- Bò Kho
- Bò Luc Lac
- Bò Ne

ALTERNATIVE OPTIONS



NON-VEGETARIAN

- Chicken pho
- Canh chua
- Bánh đa cua / bột lọc lá / nậm
- Bún chả
- Bún thang

VEGETARIAN

- Vegan pho
- Vegetable popiah bò bía (spring roll)
- Meatless bánh mì
- Bánh xèo
- Bánh bột chiên
- Meatless mì Quảng
- Vegetable bánh tét

Write your own...



MY USUAL BEEF DISHES <input type="checkbox"/>	MY CHOSEN ALTERNATIVE OPTIONS <input checked="" type="checkbox"/>
	NON-VEGETARIAN
	VEGETARIAN



When Ordering In



Vegetarian and Non-Vegetarian Swaps

Staying in but ordering out?

- Planning on staying at home but ordering a takeout during **#NoBeefThisWeek?**
- Then the following pages can help you replace some of the most common takeaways containing beef with alternative options.
- This may also be a good opportunity for you to try a new dish that you haven't yet had.
- And, when eating with friends or family, you could order different options to share.
- You may just find a new favourite dish!



Takeaways beef swaps

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MEAL CONTAINING BEEF 	ALTERNATIVE OPTIONS 
Beef hamburger	Chicken or veggie burger
Beef pad thai	Chicken or vegetable pad thai
Beef burrito	Chicken, turkey, or tofu burrito
Beef curry	Chicken or vegetable curry
Beef doner kebab	Chicken or vegetable kabab
Beef roll sushi	Teriyaki chicken sushi or cucumber sushi

Takeaways beef swaps

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MEAL CONTAINING BEEF 	ALTERNATIVE OPTIONS 
Beef tacos	Chicken or vegetable tacos
Meat lover's pizza, pepperoni pizza, meat feast pizza, salami pizza, or meatball pizza	BBQ chicken pizza, four-cheese pizza, margarita pizza, spinach and ricotta pizza, or Hawaiian pizza
Shredded crispy chilli beef	Chicken and broccoli, baked salmon, or tofu stir fry
Meatball sub	Chicken, turkey, tuna fish, or portabello mushroom sub
Pasta with meatballs	Vegetable lasagne or fettuccine alfredo
Chop suey	Chicken, pork, skrimp, or vegetable lo mein

Write your own...



MY USUAL BEEF TAKEOUTS <input checked="" type="checkbox"/>	MY CHOSEN ALTERNATIVE OPTIONS <input checked="" type="checkbox"/>

Well done!



- You've now gone through all **536 swaps** in this guide for 120 beef products, 260 beef dishes from 24 restaurant types, and 12 beef-containing takeaways!
- That's a whopping total of **404 beef products and dishes** around the world that could easily be replaced for a week, and you can use this guide to help source beef-free options to your menu.
- You've gotten a lot of valuable information to get started and work with, so let's get going with **#NoBeefThis Week** to support the health of our planet.
- And if you loved this and feel ready to learn more, we have the perfect resources for you on the next page...

Additional resources for you



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- Want to know more about the [#NoBeefThisWeek](#) campaign and how the consumption of beef impacts the Amazonian rainforest, among others?
- Check out the [True Health Initiative](#) and get the full scoop!
- Perhaps going through this guide made you curious about your overall diet quality... if that's the case, take a look at the [DietID](#) website.
- And if you felt inspired to learn more about nutrition and discover ways to improve your eating and your health, and help others along the way, explore the courses available at [The Health Sciences Academy](#).
- **Thanks for being here, and enjoy your no-beef week!**

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