VEG
GRILLING GUIDE
Make sure there's something for everyone at your BBQ!

#GetYourGrillOn
**THE CLASSICS**

They're classics for a reason — Made of whole foods, these delicious options are packed with plant protein & fiber!

![Bean Burgers](image1)
![Gluten-based protein](image2)
![Tofu](image3)
![Tempah: Fermented soy](image4)
![Lentil Burgers](image5)

**A POWERFUL CHOICE**

<table>
<thead>
<tr>
<th>Eating this plant-based meat</th>
<th>Instead of this conventional meat</th>
<th>reduces land use (m²/y/kg) by this much</th>
<th>reduces greenhouse gas emissions (kg-CO₂-eq/kg) by this much</th>
<th>reduces water use (L/kg) by this much</th>
<th>reduces aquatic eutrophication potential (g-PO₄³⁻-eq/kg) by this much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Black Bean Burger®</td>
<td>Beef burger*</td>
<td>97%</td>
<td>89%</td>
<td>96%</td>
<td>76%</td>
</tr>
<tr>
<td>Roasted Garlic &amp; Quinoa Burger®</td>
<td>Beef burger*</td>
<td>93%</td>
<td>88%</td>
<td>98%</td>
<td>73%</td>
</tr>
</tbody>
</table>

GOOD FOOD INSTITUTE SIMPLIFIED TABLE / MORNING STAR FARMS COMPARED TO BEEF BURGERS

Click on each plant protein above to learn more about the preparation process!

SEE PAGE 5 FOR MARINADE AND SAUCE OPTIONS
"Science has shown us over and over again that the more meat we eat, the higher our risk of diabetes, heart disease, and strokes. Conversely, the more fruits and vegetables we eat, the lower our risk for these diseases, and the lower our body mass index."

Monique Tello, MD, MPH, Harvard Health

**DON'T WORRY, IT DOESN'T HAVE TO BE BORING.**

**PRO TIP:** Mix and match mock meats and whole foods to create kabobs with the whole family.
THE MOCK MEATS

You don’t have to go without your favorites - chicken, beef, sausage, and hot dogs all have plant-based options!

Grilled Pineapple "Beyond Burgers"

Lemongrass "Impossible" Skewers

Plant-based meat uses 47–99% less land, 72%–99% less water, causes 51%–91% less aquatic nutrient pollution, and emits 30%–90% less greenhouse gas than conventional meat.

Good Food Institute

ALWAYS CHOLESTEROL FREE!

#GetYourGrillOn
SPICE THINGS UP

Make your own marinades + sauces to mix things up.

MARINADES: THE FORMULA.

ACID + SPICE + SALT

Lemongrass
Coconut Curry
Gyro
Sesame Maple Miso
Mango Teriyaki
GRILLING GUIDE

2022

DON'T FORGET TO SHARE YOUR CREATIONS.

#GetYourGrillOn

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