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[#GetYourGrillOn](#)

THE CLASSICS

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



A POWERFUL CHOICE

Eating this plant-based meat	instead of this conventional meat	reduces land use (m ² -y/kg) by this much	reduces greenhouse gas emissions (kg-CO ₂ -eq/kg) by this much	reduces water use (L/kg) by this much	reduces aquatic eutrophication potential (g-PO ₄ ³ -eq/kg) by this much
Spicy Black Bean Burger ⁹	Beef burger*	97%	89%	96%	76%
Roasted Garlic & Quinoa Burger ⁹	Beef burger*	93%	88%	98%	73%

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!



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THE VEG

Vegetables can add a delicious & nutritious variety to your next cookout! Our favorites are brussel sprouts, potatoes, and mushrooms.

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"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

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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.

@LOVEANDLEMONS



@JESSICAINTHEKITCHEN



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THE MOCK MEATS

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

@GOODFOODBADDIE [@](#)



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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

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**Grilled Pineapple
"Beyond Burgers"**

**Lemongrass
"Impossible" Skewers**

@IMPOSSIBLE FOODS [@](#)



**ALWAYS
CHOLESTEROL
FREE!**



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SPICE THINGS UP

Make your own marinades + sauces to mix things up.

MARINADES: THE FORMULA.



Lemongrass

Coconut Curry

Gyro

@OKONOMI KITCHEN



Sesame
Maple Miso

Mango
Teriyaki

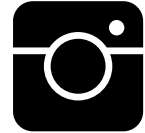
VEG

GRILLING GUIDE



DON'T FORGET TO SHARE YOUR CREATIONS.

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