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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 <sup>2</sup> -y/kg) by this much	reduces greenhouse gas emissions (kg-CO <sub>2</sub> -eq/kg) by this much	reduces water use (L/kg) by this much	reduces aquatic eutrophication potential (g-PO <sub>4</sub> <sup>3-</sup> -eq/kg) by this much
Spicy Black Bean Burger <sup>9</sup>	Beef burger*	97%	89%	96%	76%
Roasted Garlic & Quinoa Burger <sup>9</sup>	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 spouts, 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**

”

**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 



“

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

”

**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.

ACID



SPICE



SALT

Lemongrass



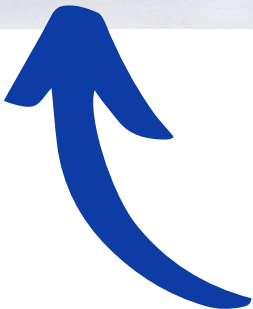
Coconut Curry



Gyro

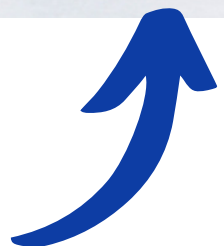


@OKONOMI KITCHEN



Sesame  
Maple Miso

Mango  
Teriyaki



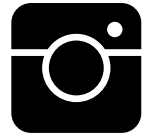
VEG

# GRILLING GUIDE



**DON'T FORGET TO SHARE YOUR CREATIONS.**

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