

YOUR JOURNEY TO A Healthier Plate

A matrix of meal comparisons and recipe ideas



From the standard Australian/NZ diet to WFPB eating

From here

To here

 S.A.D. Standard Australian/NZ diet	 Vegan Excluding animal products	 Plant-based Excluding animal products and reduction in processed food	 WFPB* Whole food plant-based (no animal products + low oil, salt & sugar)
Stir fry with white rice, vegetables, chicken, commercial stir fry sauce.	Stir fry with white rice, vegetables, mock meat strips, and commercial vegan stir fry sauce (e.g. using vegan mushroom "oyster" sauce etc). Recipe example (alt meat brand examples - Fry's , Coles Nature's Kitchen , Birds Eye Plant Based range).	Stir fry with brown rice, extra vegetables, tofu or tempeh and homemade sauce based on tamari or miso, tahini etc. May contain nuts or be sprinkled with sesame seeds. Recipe example (ideally use the no oil option).	Stir fry with brown rice, extra vegetables, chickpeas and homemade low fat WFPB sauce and no nuts or seeds. Recipe example
Roast lamb dinner with lamb, mixed vegetables, potato bake, gravy.	Pre-made vegan roast/roll or homemade vegan seitan roast with vegan gravy, potato bake made with vegan cream etc. Roast recipe example , or premade roast example , potato bake recipe example and gravy options .	Homemade nut/legume 'meatloaf' style roast, gravy such as McDougall Golden Gravy, potato bake made with cashews, oil-free roasted vegetables. Loaf recipe example , potato bake example and gravy example .	Homemade legume roast, roasted oil free whole potatoes and other veg, low salt gravy. Loaf recipe example and gravy example .
Spaghetti bolognese made S.A.D. way with garlic bread.	As per S.A.D. but a TVP based bolognese and vegan cheese, vegan garlic bread. Bolognese recipe example , vegan alt parmesan - grated and block , vegan garlic bread from Woolworths and Coles .	Wholemeal pasta and legume based bolognese, homemade. Side of greens and wholemeal bread roll. Bolognese recipe example (ideally omit oil), homemade 'parmesan' example .	Same as WFPB but a lower fat and salt version of the homemade parmesan. Low salt homemade parmesan example .

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Bangers and mash (sausages, mashed potato and vegetables)	Mock meat sausages, mash made with vegan milk, cream or butter. Example sausages: Aldi Earth Grown, Vegie Delights sausages, Linda McCartney sausages	Homemade bean sausages or looking at other options such as WFPB style supermarket patties, mash made with plant milk or cashew cream. Sausage recipe example, healthier patties such as Wildly Good instead of sausages.	All vegetables on the grill, mash with plant milk and/or cauliflower through the mash for a creamy texture.
Chicken bánh mì	Bánh mì using pre-marinated satay tofu e.g. Soyco Malaysian Peanut Satay Tofu, Woolworths Macro Satay Tofu, same as S.A.D. option but vegan mayonnaise.	Wholemeal bun, homemade marinated tofu or tempeh, skip oil. Bánh Mì recipe example (includes oil free mayonnaise recipe) and use wholemeal bread if possible.	Similar to plant-based but use oil free wholemeal pitta bread or have as a “bowl” instead of in a bun. Use homemade soy yoghurt instead of mayonnaise or a tofu mayonnaise
Chicken parmigiana and mash and veggies	Mock meat version of the parmigiana, vegan cheese, mash made with vegan milk, cream or butter, veggies. Example schnitzels: Plantein, Plantitude, Vegie Delights, V2, Nature’s Kitchen, Fry’s.	Eggplant or tofu parmigiana (homemade, oil free), mash with plant milk or cashew cream, steamed veggies. Vegan Tofu Parmesan recipe example.	Same as WFPB but stick to eggplant parmigiana. Eggplant parmigiana recipe example.
Alfredo pasta	Alfredo pasta with vegan cream.	Alfredo pasta (cashew based) with wholemeal or legume pasta. Alfredo sauce example but use wholemeal pasta or legume based pasta.	Alfredo pasta (cauliflower sauce based) with same pasta as plant-based. Cauli alfredo sauce example.

Important!

- Always verify ingredient lists and product labels before purchasing or consuming any items, as formulations and manufacturing processes can change. Some products we reference were free from animal products at the time of course creation, but their formulations may change over time.
- Always double-check labels to ensure they align with your dietary needs.



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Tacos / burritos with white off the shelf burrito kit and mince, dairy cheese, sour cream, salad	Similar to S.A.D., white or wholemeal store-bought burritos, but using TVP or a similar option, or mince from supermarket, vegan versions of cheese and sour cream, salad. Vegan mince examples: Birds Eye, Plantein, Protein Plate. Or use TVP to create TVP taco mince. Vegan cheese example: Made with Plants grated cheddar.	Using best store-bought options such as corn tortillas without oil, making a mince from lentils/walnuts/quinoa etc, cashew or tofu based sour cream and/or potato based cheese sauce, salad. Example walnut mushroom taco mince, cashew cream, potato-based cheese sauce, corn tortillas.	Homemade tortillas, veggie and or lentil filling (minus walnuts), tofu based sour cream and/or low salt potato/bean based cheese sauce, salad. Example lentil wraps (or store-bought), lentil quinoa taco mince, tofu based sour cream and queso sauce (omit salt if required) or WFPB cheddar cheese.
Pancakes and icecream	Vegan version of the same. Example: vegan pancakes served with vegan ice cream such as Streets Blue Ribbon Plant-based Vanilla.	WFPB version using wholegrain flour, with banana nice cream.	Similar to plant-based example. Additional example below. Example using oats and bananas. Also serve with nice cream or homemade soy yogurt and berries.
Banana bread	Use plant-based butter or oil and egg replacements like this example.	Use flax egg, wholegrain flours, maple syrup or coconut sugar like this example.	Switch out the refined sugar for dates as the sweetener as per this example (minus optional nuts for those requiring low fat).
Brownies	Use plant-based butter and egg replacements like this example.	Sweeten with dates and use nut butters (rather than vegan butter) as per this example.	Lower fat than plant-based version if you omit the optional nuts and chocolate pieces in this example.

* Note on Whole Food Plant-Based (WFPB) choices: A WFPB diet includes fruits, vegetables, legumes, wholegrains, nuts, seeds, and minimally processed plant foods. However, **individuals managing heart disease, insulin resistance, or other chronic health conditions may opt for a lower-fat WFPB** approach by reducing higher-fat plant foods like nuts, seeds, avocado, tofu, and tempeh. While these foods are part of a WFPB diet, this column offers additional guidance for those aiming to limit fat intake for specific health goals. Personalisation is key - choose what aligns with your needs.

