

Food Substitution List



If you do not like an ingredient in a recipe, use this list to make a substitute. Making recipes delicious is a must so you can enjoy your food, so feel free to do so. Any listed substitute can be used for any other food in the list, not just the first food listed.

Fruit and Vegetable Substitutions

When making substitutions, use your imagination. As you can see from this list, there are many options: So pick the foods you like and enjoy!

Apples: Beets, Carrots, Grapes, Oranges, Pears, Cantaloupe, Honeydew, Watermelon

Apricots: Apples, Nectarine, Mango, Peaches

Banana: Apples, Avocado, Mango, Pears

Basil: Cilantro, Dill, Oregano, Parsley, Thyme

Beets: Apples, Carrots, Daikon Radish, Golden Beets for Red Beets and visa versa, Green, Cabbage, Red Cabbage, Tomatoes

Blueberries: Acai, Apricots, Black Currants, Black Raspberries, Blackberries, Cherries, Raspberries, Red Currants, Strawberries, White Raspberries

Broccoli: Bok Choy, Cabbage, Cauliflower, Cabbage, Green Beans, Kale, Spinach

Butternut: Squash: Pumpkin, Sweet Potato, Zucchini, Other types of squash

Carrots: Apples, Beets, Cabbage, Oranges, Sweet Potatoes, Tomatoes

Celery: Bok Choy, Cabbage, Romaine Lettuce, Spinach, Zucchini

Cilantro: Basil, Dill, Oregano, Parsley, Thyme

Cucumber: Celery, Cabbage, Green or Red Pepper, Romaine Lettuce, Spinach, Zucchini

Ginger: Lemon, Lime, Fresh Horseradish

Grapes: Apples, Cantaloupe, Honeydew Mellon, Pears, Plums, Watermelon

Grapefruit: Oranges, Lemons, Limes, Mango, Raspberries, Pineapple

Green Peppers: Cucumber, Carrots, Celery Red or Yellow Peppers, Red Cabbage, Romaine Lettuce

Kale: Bok Choy, Broccoli, Cauliflower, Daikon Radish, Romaine Lettuce, Spinach, Swiss Chard

Lemon: Ginger, Grapefruit, Lime, Mango, Orange, Papaya, Passion Fruit, Raspberries, Strawberries

Lime: Ginger, Grapefruit, Lemon, Mango, Orange, Passion Fruit, Raspberries, Strawberries

Mango: Grapefruit, Kiwi, Papaya, Peaches, Pineapple, Plums

Orange: Apples, Carrots, Grapefruit, Lemon, Lime, Mango, Papaya, Pear, Passion Fruit

Parsley: Basil, Dill, Cilantro, Oregano, Rosemary, Thyme

Peaches: Apples, Apricots, Nectarines, Orange, Plums, Strawberries

Peanuts: Cashews

Pineapple: Apples, Apricots, Grapefruit, Lemon, Lime, Mango, Orange

Plums: Apricots, Peaches, Nectarines, Grapes

Potatoes: Sweet potatoes, Jerusalem artichokes

Pomegranate: Acai, Blueberries, Black Raspberries, Black Currants, Lemon, Lime, Pineapple, Raspberries, Strawberries

Red Cabbage: Bok Choy, Daikon Radish, Golden or Red Beet, Green Cabbage, Romaine Lettuce

Romaine Lettuce: Bok Choy, Cabbage, Celery, Cucumber, Green and Red Pepper, Kale, Spinach, Zucchini

Spinach: Bok Choy, Broccoli, Kale, Romaine Lettuce, Swiss Chard

Strawberries: Acai, Apples, Blackberries, Blueberries, Grapefruit, Orange, Pears, Pomegranate, Raspberries

Swiss Chard: Arugula, Bok Choy, Green and Red Cabbage, Green and Red Pepper, Kale, Romaine Lettuce, Spinach

Tomato: Carrot, Golden or Red Beet, Parsnip, Red Pepper or Yellow Pepper

Watermelon: Apples, Cantaloupe, Honeydew Melon, Orange, Pear

Protein Substitutions

Beef: Pork, Tuna

Chicken: Turkey, Duck, Cornish Game Hen

Fish: Seafood, Chicken, Turkey

Salmon: Tuna, Halibut, Cod

Shrimp: Lobster, Crab, Mussels

Whey Protein Powder: Hemp Protein Powder, Rice Protein Powder, Fermented Soy Protein Powder, Pumpkin Protein Powder.

Grain Substitutions

Brown Rice: Quinoa, Teff, Millet, Farro, Corn

Whole Wheat: Spelt, Kamut, Einkorn

Nuts and Seed Substitutions

Almonds: Filberts, Pecans, Cashews, Walnuts

Flaxseeds: Chia Seeds, Hemp Seeds

Legumes Substitutions

Soy Beans: Kidney Beans, Black Beans, Adzuki Beans, Green Beans, Peas, Great Northern Beans, Turtle Beans, Pinto Beans

Dairy Substitutions

Cow's Milk: Goat Milk, Almond Milk, Rice Milk, Coconut Milk, Hemp Milk

Cheese: Goat Cheese, Sheep Cheese, Vegan Cheese

Cream: Full- Fat Coconut Milk

