

Alternative Foods

Examples of some unusual foods which will keep you alive.

Sprouts:

Beans, mung and others

Alfalfa

Broccoli and other Cole crops

Radish

Carrot

Beets

Corn

Grains:

Amaranth

Teff

Kamut

Einkorn

Millet

Sorghum

Spelt

Emmer

Quinoa

Shoots:

Sunflower

Pea

Grass:

Wheat grass juice

Microgreens:

Clover

Radish

Sunflower

Lettuce

Cabbage

Beets

Broccoli

Radish

Baby Greens:

Leaves:

Bean
Radish
Turnip
Amaranth
Lambs Quarter
Carrot
Tomato
Pepper
Horseradish
Grape

Natural alternative foods

Vegetarian and vegan foods:

Jackfruit BBQ
Cheese – tapioca flour and cashews, nutritional yeast
Gluten meat – Loma Linda, Seitan
Starch Bacon – pancakes, thickener, pudding
Black bean hummus
Pea protein meats
Lab produced meat substitutes, cultured meat
Insect meat substitutes, black soldier fly larvae, mealworms, crickets, earthworms (ethromeal), etc.
Tofu
Tempeh
TVP
Mushroom products
Grain and nut milks: soy, almond, rice, wheat, sesame, walnut, peanut, etc.
Yogurt alternative
Mayonnaise alternative
Winged beans
Sweet potato
Ice cream, Yonanna and other soft-serve treat options
Flax eggs
Fat substitute: flax, applesauce, prune sauce, etc.
Koji
Riced cauliflower for rice, pizza crusts, etc.

Interesting facts about sweeteners:

Honey is predigested by the honey bee in the honey stomach and is passed mouth to mouth until it arrives in the honeycomb.

Honeydew is a sweetener which passes through the aphid (they are only interested in the mineral content of a plants sap) and is expelled in the end.

Why would anyone want to avoid or reduce meat consumption?

Word of Wisdom recommendation to eat sparingly

Hormones and antibiotic concerns

Health, unhealthy fats

Water waste

Land waste

Land use for feed, grazing, etc.

Atmosphere – CH₄

Pollution, water, air, land

Efficiency of protein conversion/reduction: 10:1