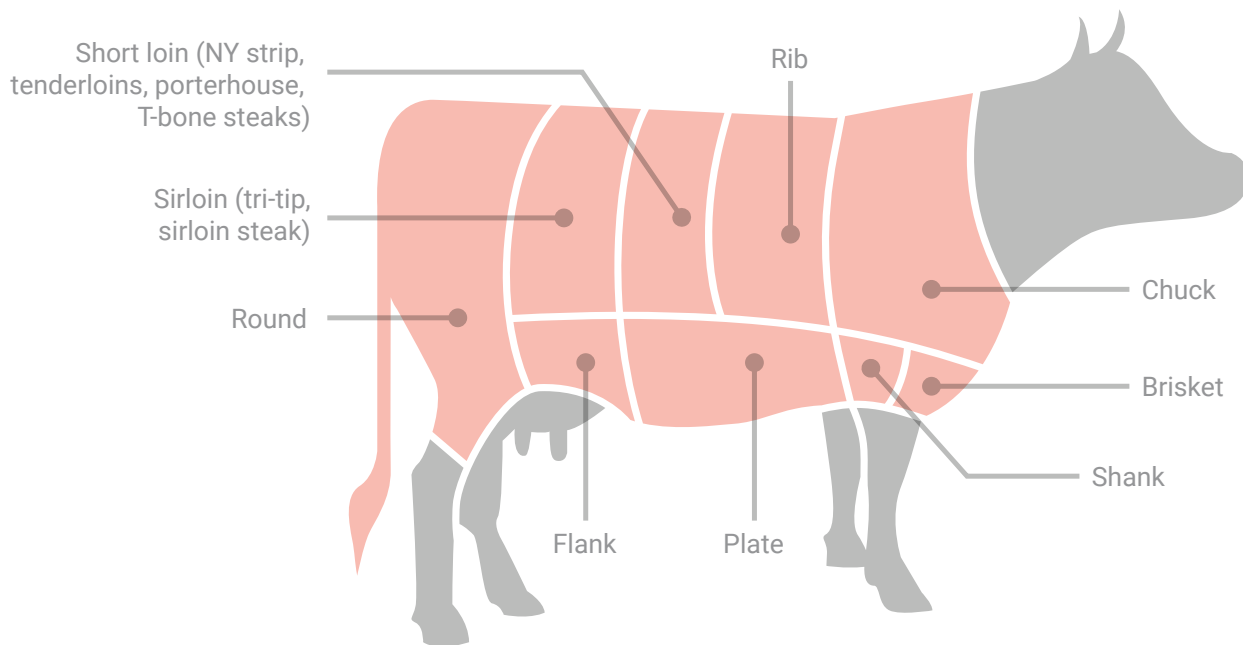







COOKSMARTS GUIDE TO INGREDIENT SUBSTITUTIONS FOR MEAT CUTS & SEAFOOD

We believe that recipes are meant to be guides, so don't be afraid to make swaps when you're cooking! With this infographic, you can easily switch a protein that better suits your taste or budget for any recipe.

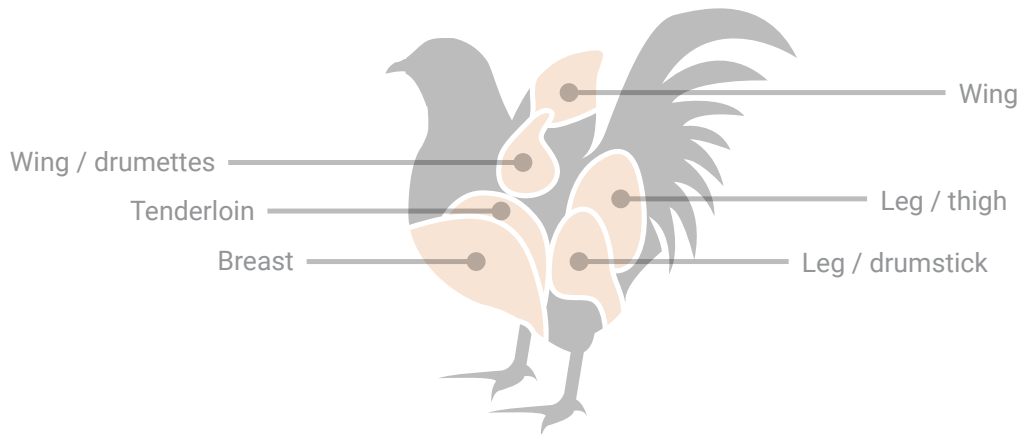
Note: We've done our best to include substitutions that are similar in flavor profile, texture, or cooking time to the original.

Beef



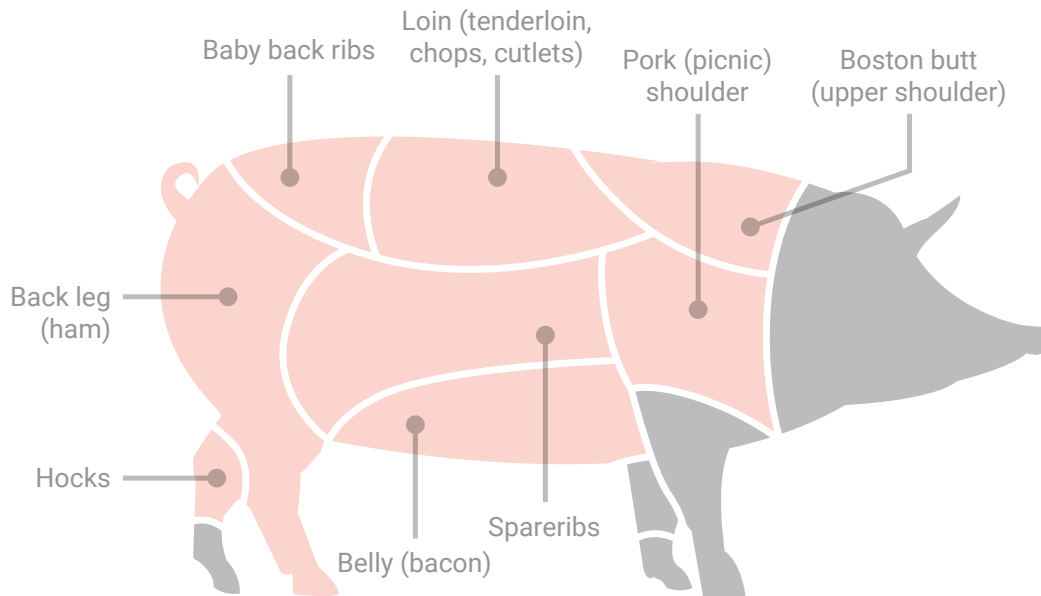
Meat Cut	Substitute
 <p>Steak (T-bone, ribeye, top sirloin, filet mignon)</p>	<p>Steaks (flank, strip, skirt) Bison steak Pork chops Halloumi cheese</p>
 <p>Steak (flank, strip, skirt)</p>	<p>Steaks (T-bone, ribeye, top sirloin, filet mignon) Bison steak Chicken breast Turkey cutlets</p>
 <p>Ground beef</p>	<p>Ground bison Ground pork Ground lamb Ground chicken / turkey Lentils and beans</p>
 <p>Roasts (round, chuck)</p>	<p>Beef stew meat Pork butt Pork shoulder Whole chicken</p>
 <p>Beef stew meat</p>	<p>Roasts (round, chuck) Ground beef Ground bison</p>





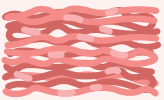
Poultry







Meat Cut	Substitute
 Whole bird	Cornish game hen Chicken thighs Chicken drumsticks Whole duck Chicken breast
 Breast	Chicken tenders Chicken thighs Ground chicken Pork chops Turkey cutlets White fish (cod, halibut) Steaks (sirloin, skirt) Tofu
 Thighs	Chicken drumsticks Chicken wings Chicken breasts Sausage (links) Tofu
 Wings	Chicken drumsticks Chicken thighs
 Drumsticks	Chicken thighs Chicken wings Pork tenderloin Pork chops Tofu
 Ground chicken	Ground turkey Ground pork Ground beef Ground lamb Tofu Lentils and beans

Pork

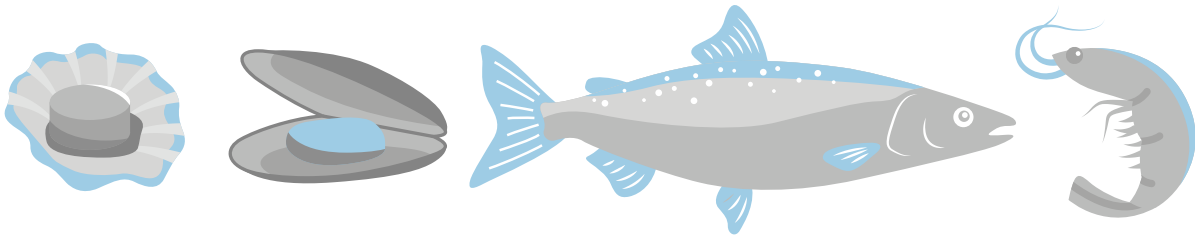


Meat Cut		Substitute
	Pork chops	Pork tenderloin Chicken thighs Chicken breasts Steak (sirloin, skirt) Fish (salmon, cod, halibut) Tofu
	Loin	Pork shoulder Pork butt Chicken drumsticks Roasts (round, chuck)
	Tenderloin	Pork chops Chicken breast Chicken thighs
	Pork shoulder, Pork butt	Pork loin Roasts (round, chuck)
	Ground pork	Sausage (loose) Ground beef Ground chicken Ground turkey Lentils and beans

Pork

Meat Cut	Substitute
 Pancetta	Prosciutto Serrano ham Canadian bacon Bacon Sliced ham
 Prosciutto	Pancetta (cooked) Bacon (cooked) Deli meats (ham, pastrami)
 Bacon	Pancetta Prosciutto Serrano ham Canadian bacon Turkey bacon
 Sausage (loose, links)	Ground pork Chorizo Chicken sausage Chicken thighs Vegan sausage



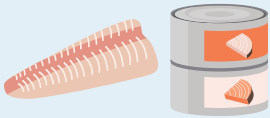

Seafood



Meat Cut	Substitute
 <p>Salmon (oil-rich fish)</p>	<p>Arctic char Cod Tuna Chicken breasts Shrimp Tofu</p>
 <p>Tuna (white, firm, oil-rich fish)</p>	<p>Swordfish Mahi Mahi Halibut Salmon Shrimp Chicken breasts Steak (sirloin, skirt) Tofu</p>
 <p>Tilapia (white, lean, flaky fish)</p>	<p>Trout Flounder Red snapper Grouper Cod Shrimp Tofu</p>
 <p>Shrimp</p>	<p>Scallops Tilapia Cod Tofu</p>
 <p>Scallops</p>	<p>Shrimp Cod Tilapia Tofu</p>
 <p>Mussels, Clams</p>	<p>Oysters Scallops Cod Tilapia Shrimp</p>

Budget-Friendly Substitutions

If a particular animal protein is out of your price range or you are working to lower your monthly food budget, you can save a lot by substituting these generally less expensive ingredients.

Beef & Pork	Poultry	Seafood	Vegetarian
 <p>Flank steak Strip steak Skirt steak Pork chops</p>	 <p>Bone-in chicken thighs Boneless, skinless chicken thighs Chicken tenders Ground chicken Ground turkey</p>	 <p>Tilapia Canned salmon Canned tuna</p>	 <p>Tofu Beans (black, pinto, white, kidney, butter) Lentils Eggs</p>