



Join us at [www.Engine2Diet.com](http://www.Engine2Diet.com) where you'll find hundreds of recipes, helpful tips and a community of E2ers to support you on your plant-strong journey.

## 28 DAY TOOLBOX: **Vegetable substitutions**

Here are some easy substitutions to keep in mind when choosing recipes from the Engine 2 book or website:

**Spinach** = chard = kale = cabbage = collards = mustard greens = arugula = bok choy  
= beet greens = romaine lettuce if you're desperate

**Potatoes** = turnips = parsnips = beets = kohlrabi

**Cabbage** = broccoli = cauliflower = brussel sprouts = kohlrabi = bok choy

**Winter squash** = sweet potatoes = carrots

**Leeks** = onions = shallots = green onions = garlic

**Celery** = fennel = tart apple

**Pears** = apples

**Broccoli** = asparagus = peas = green beans = zucchini