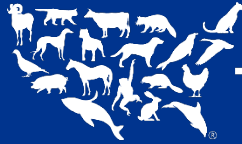




**THE HUMANE SOCIETY
OF THE UNITED STATES**

Cost Savings Analysis

Choosing to serve more plants and less meat will help you save more money.

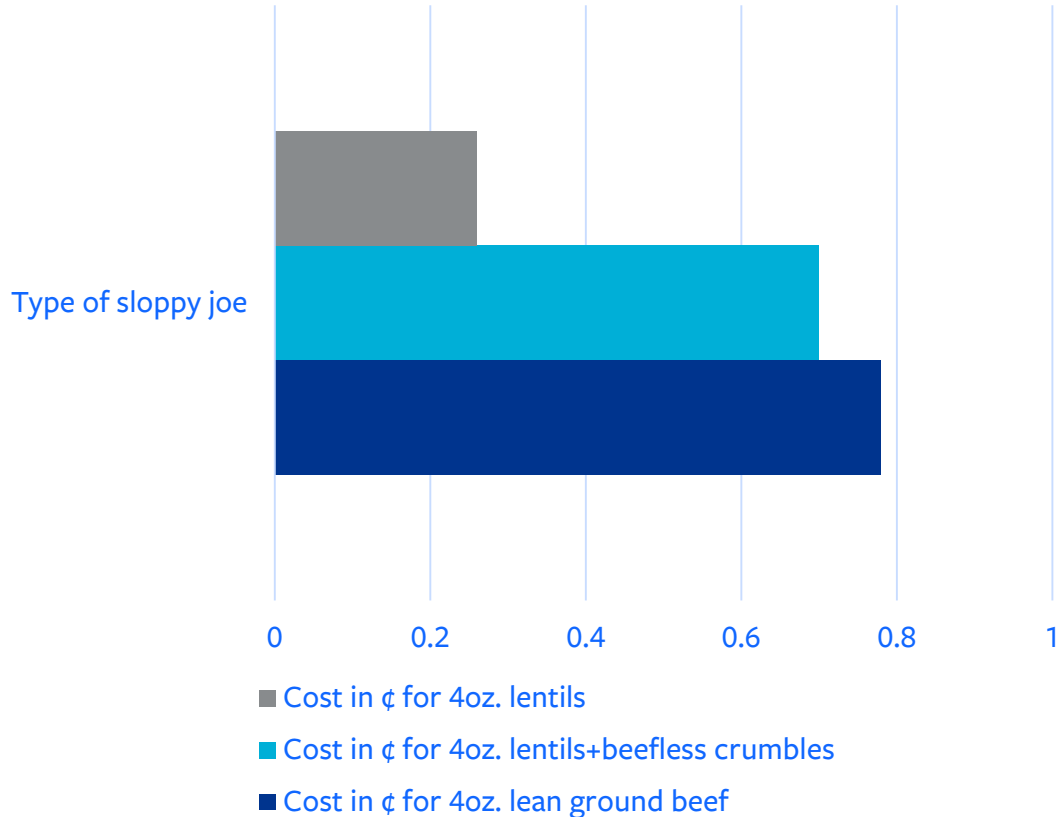


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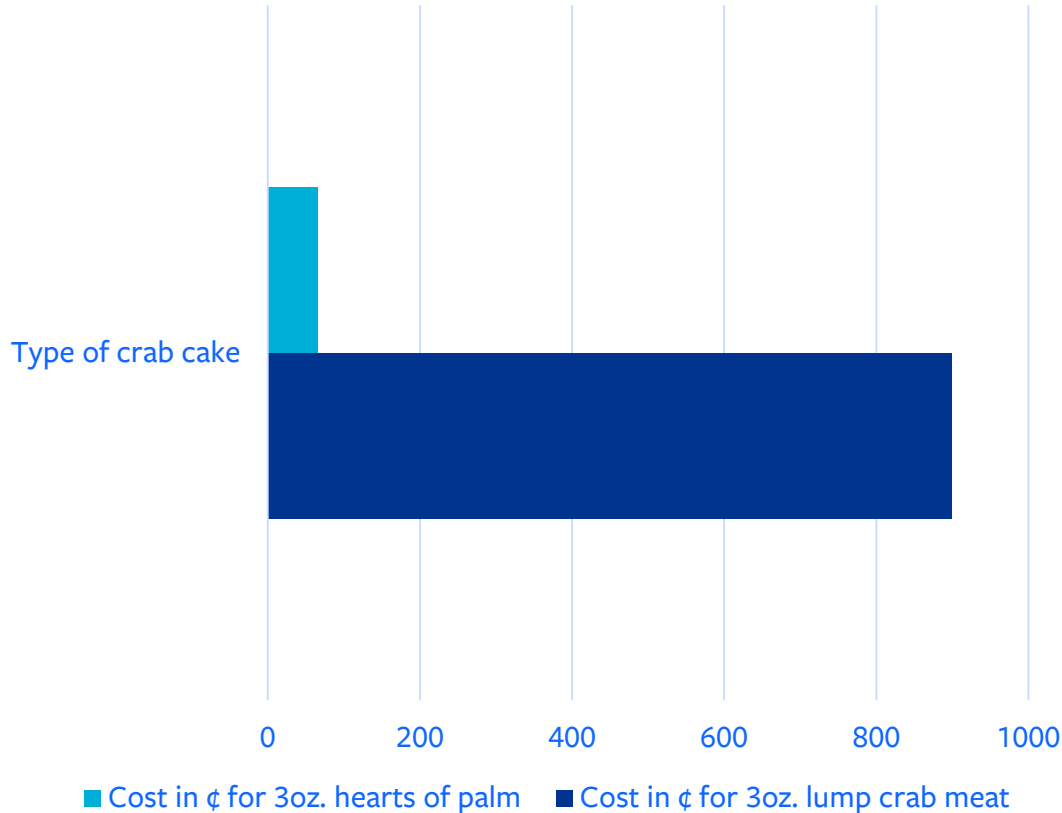
Sloppy Joes Cost Savings



Sloppy Joes

- By choosing to use lentils instead of lean ground beef, you can save 52¢ per 4oz. serving!

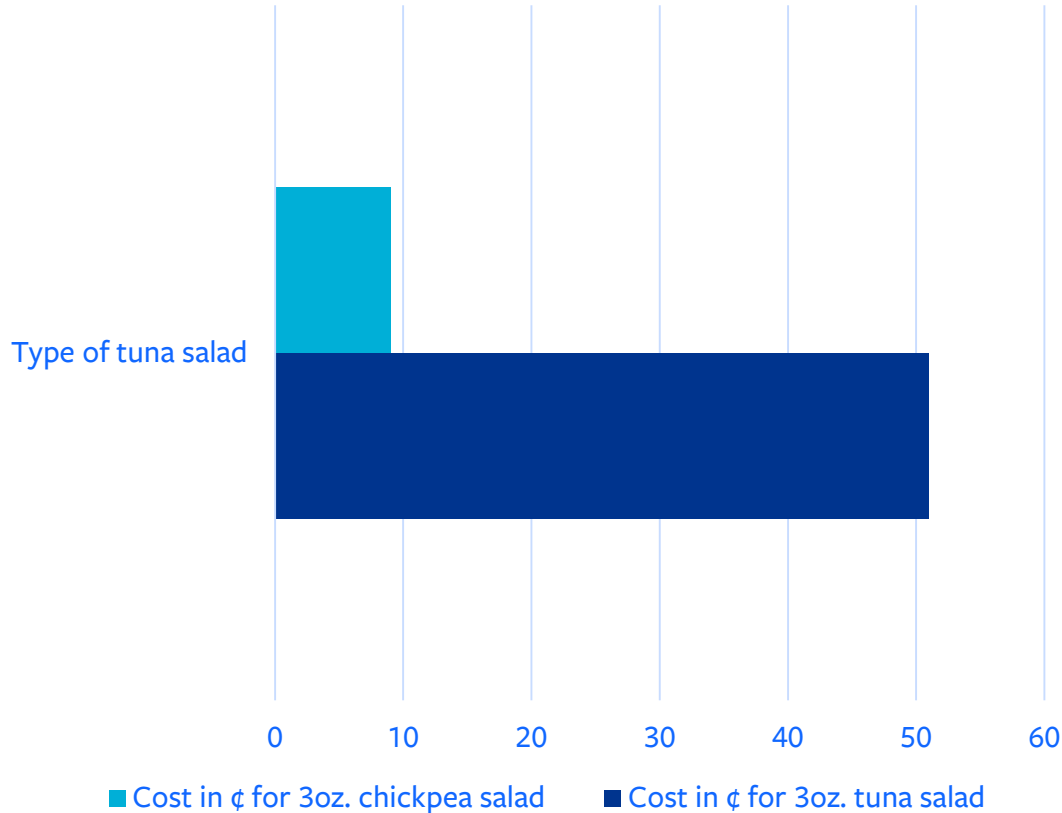
Crab Cakes Cost Savings



Crab Cakes

- By choosing to use hearts of palm instead of lump crab meat, you can save \$8.34 per 3oz. serving!

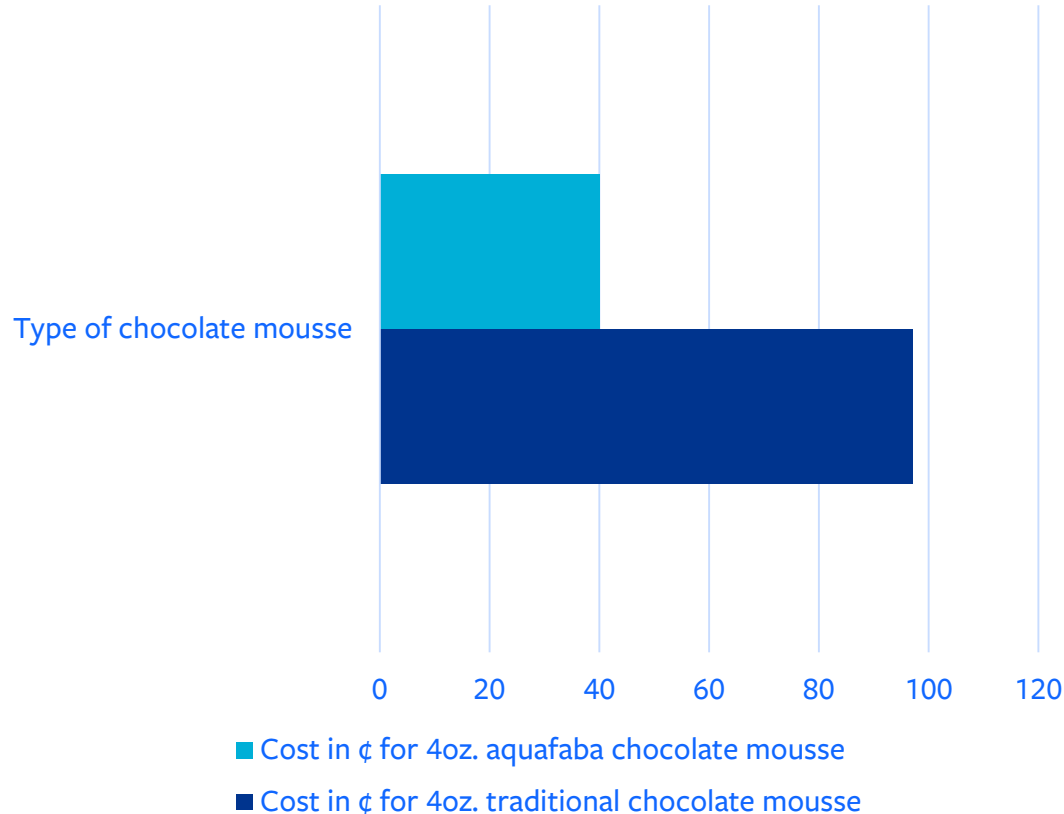
Tuna Salad Cost Savings



Tuna Salad

- By choosing to use chickpeas instead of tuna, you can save 42¢ per 3oz. serving!

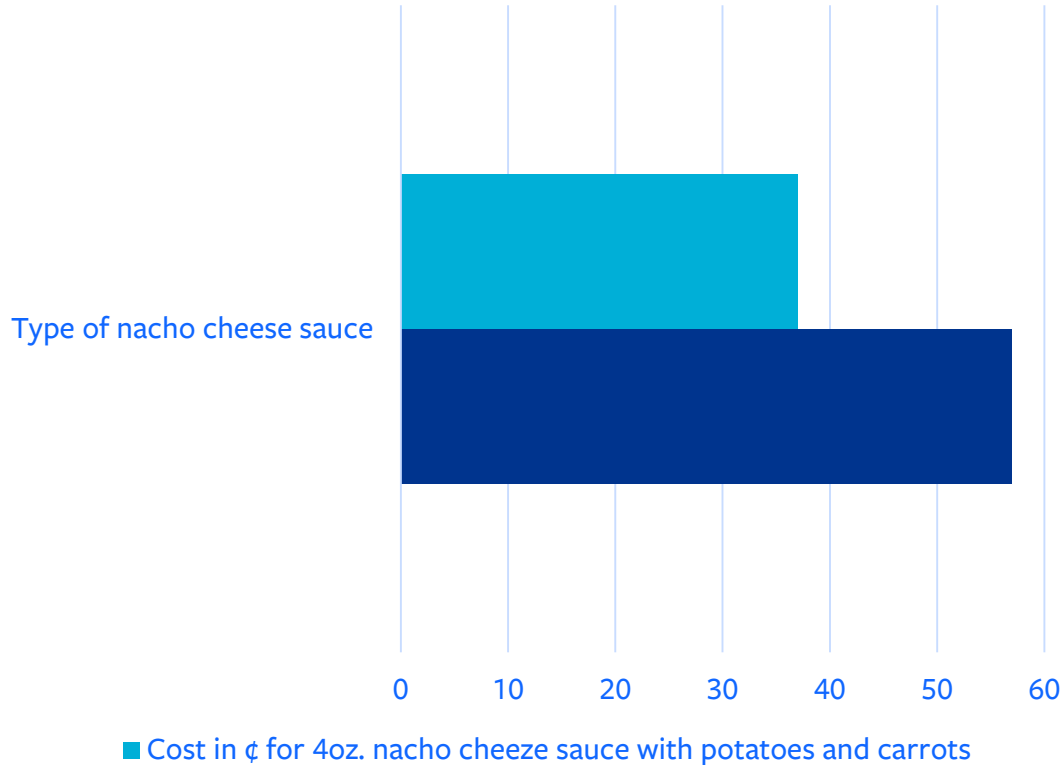
Chocolate Mousse Cost Savings



Chocolate Mousse

- By choosing to use aquafaba instead of dairy products, you can save 57¢ per 4oz. serving!

Nacho Cheese Sauce Cost Savings



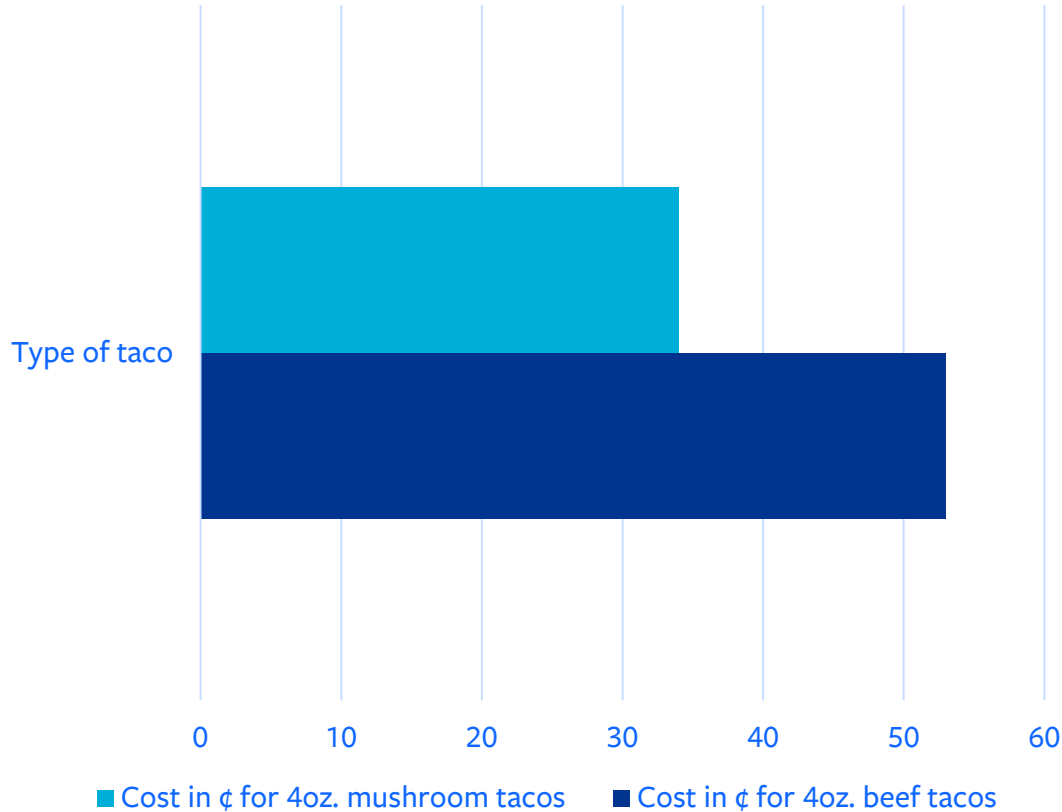
■ Cost in ¢ for 4oz. nacho cheese sauce with potatoes and carrots

■ Cost in ¢ for 4oz. nacho cheese sauce

Nacho Cheese Sauce

- By choosing to use potatoes and carrots instead of dairy products, you can save 20¢ per 4oz. serving!

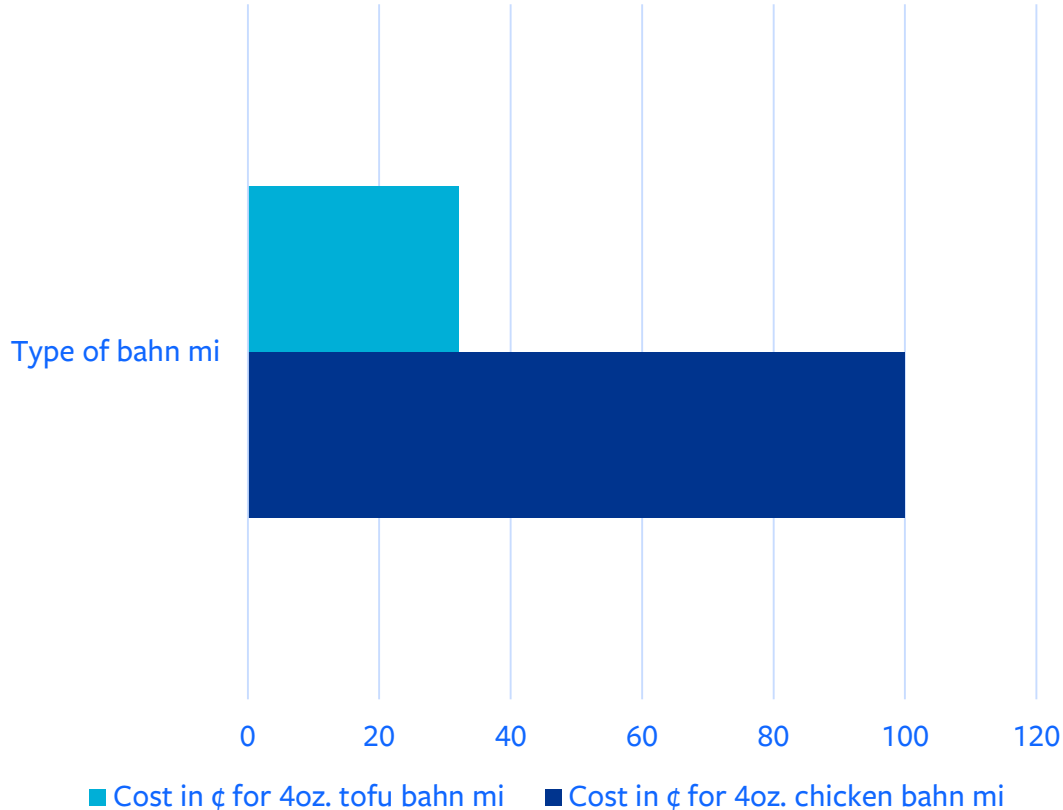
Taco Cost Savings



Tacos

- By choosing to use mushrooms instead of beef, you can save 19¢ per 4oz. serving!

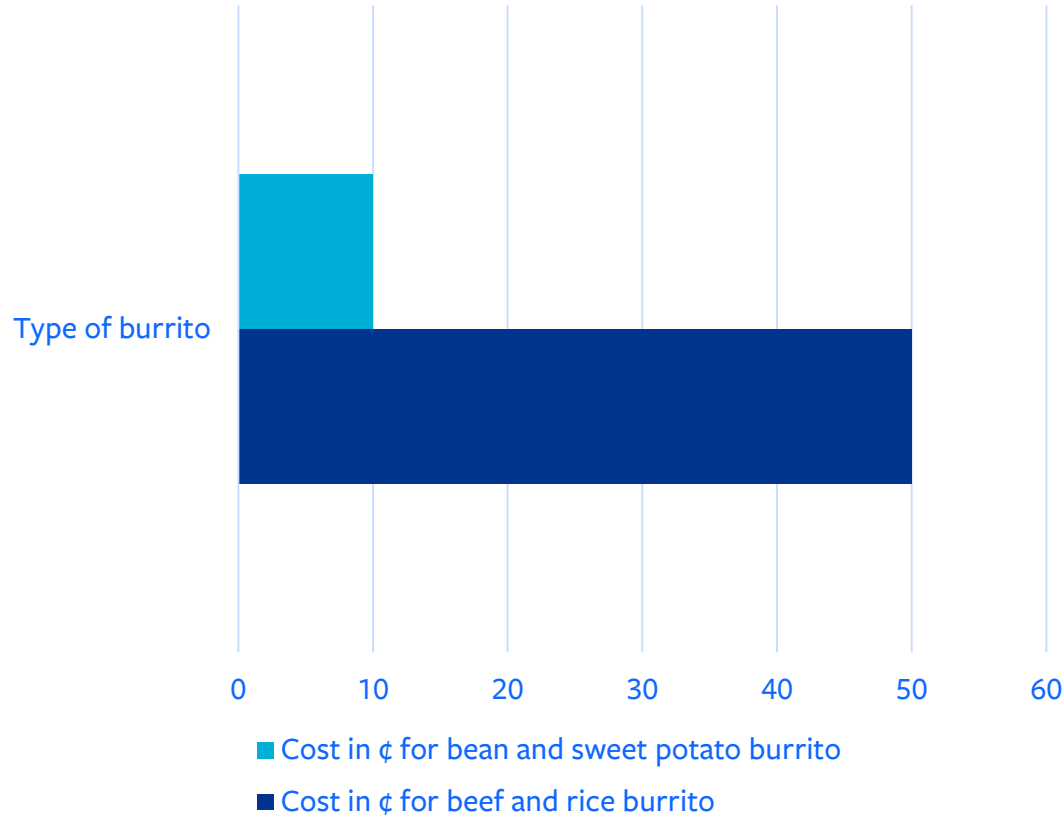
Bahn Mi Cost Savings



Bahn Mi

- By choosing to use tofu instead of chicken, you can save 68¢ per 4oz. serving!

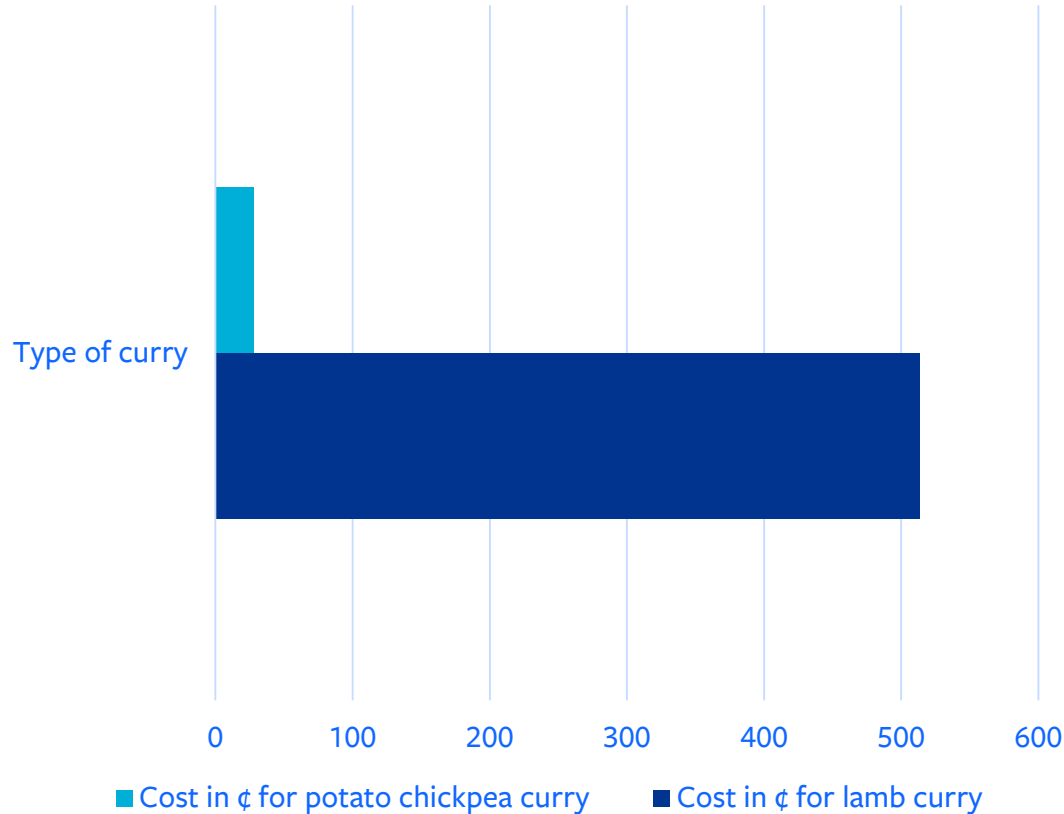
Burrito Cost Savings



Burrito

- By choosing to use beans and sweet potatoes instead of beef and rice, you can save 40¢ per serving!

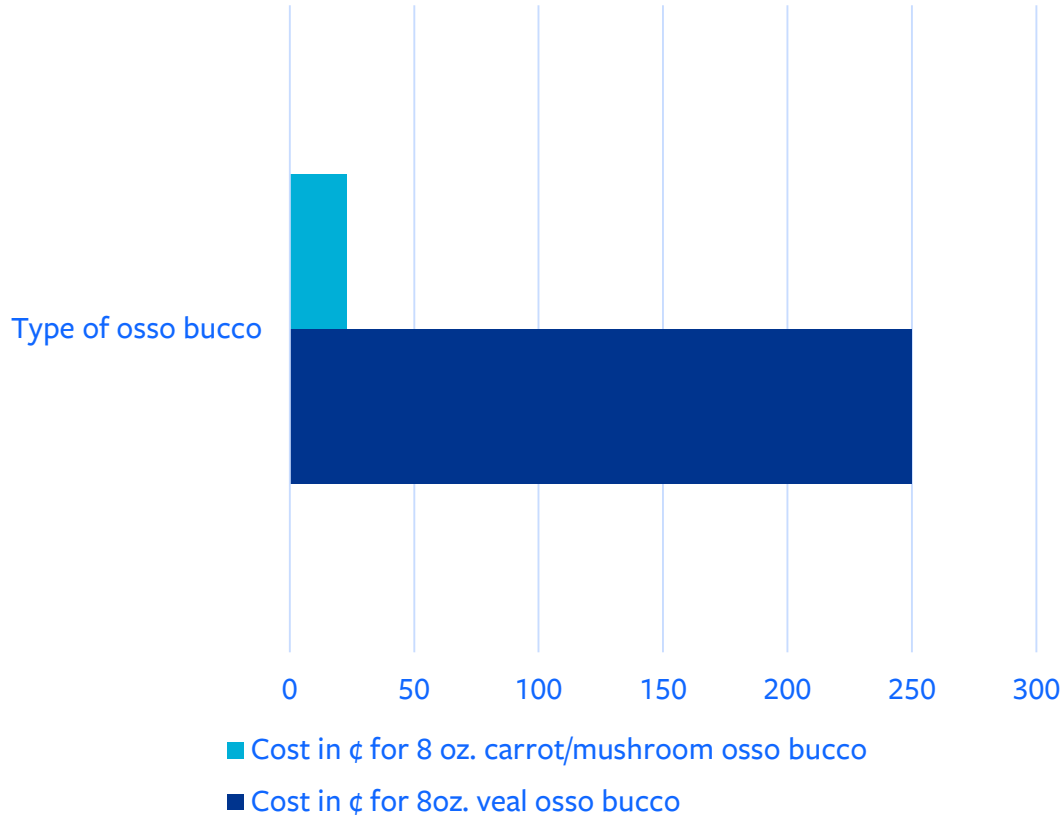
Curry Cost Savings



Curry

- By choosing to make a spicy potato chickpea curry instead of a lamb curry, you can save \$4.86 per serving!

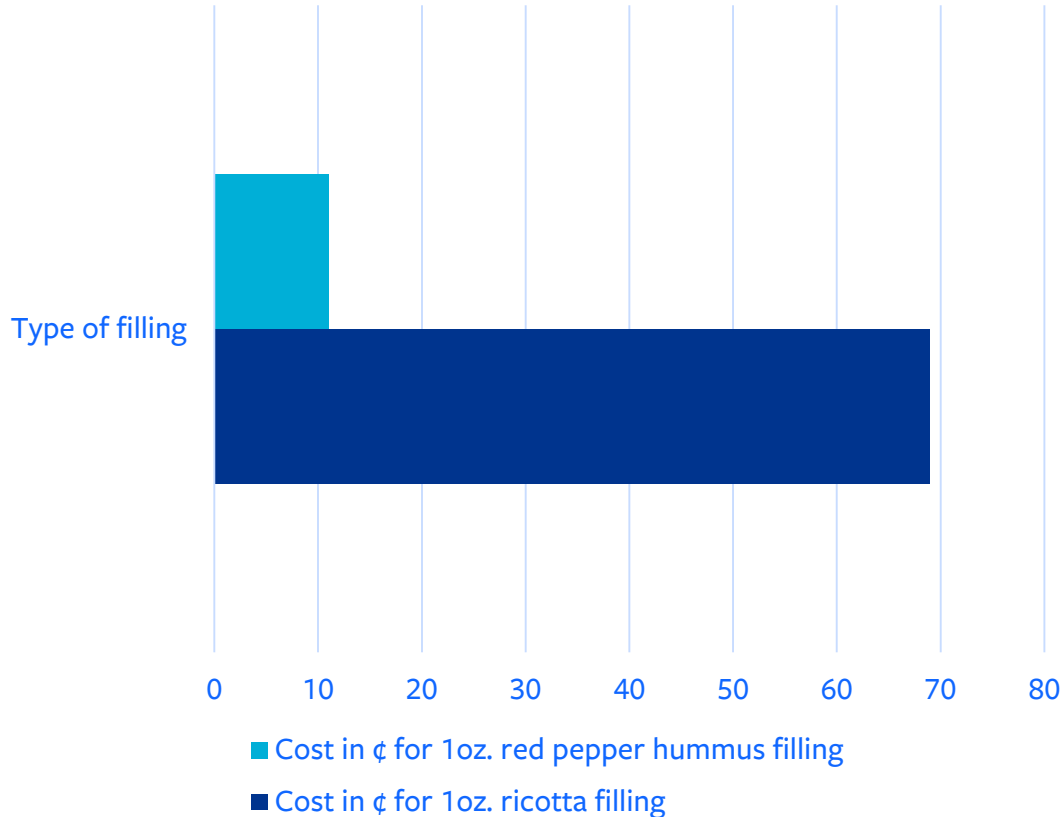
Osso Bucco Cost Savings



Osso Bucco

- By choosing to use carrots and mushrooms instead of veal, you can save \$2.27 per 8oz. serving!

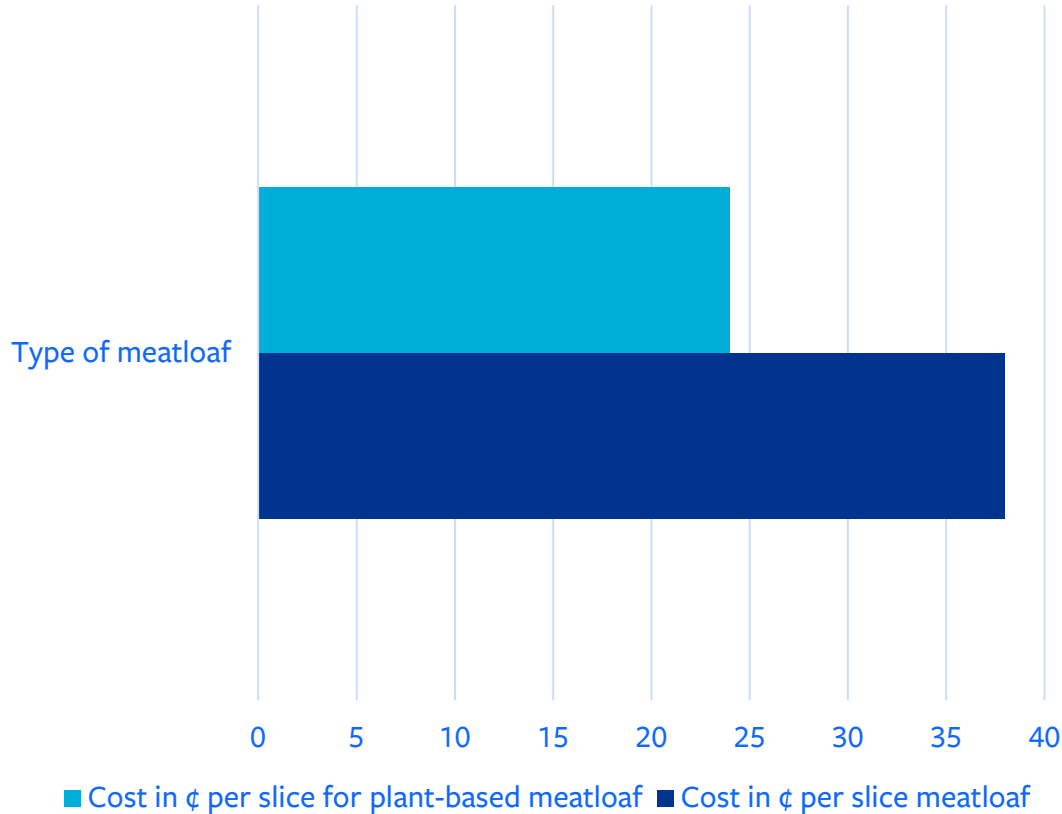
Eggplant Rollatini Cost Savings



Eggplant Rollatini

- By choosing to use red pepper hummus instead of ricotta, you can save 58¢ per 1oz. serving!

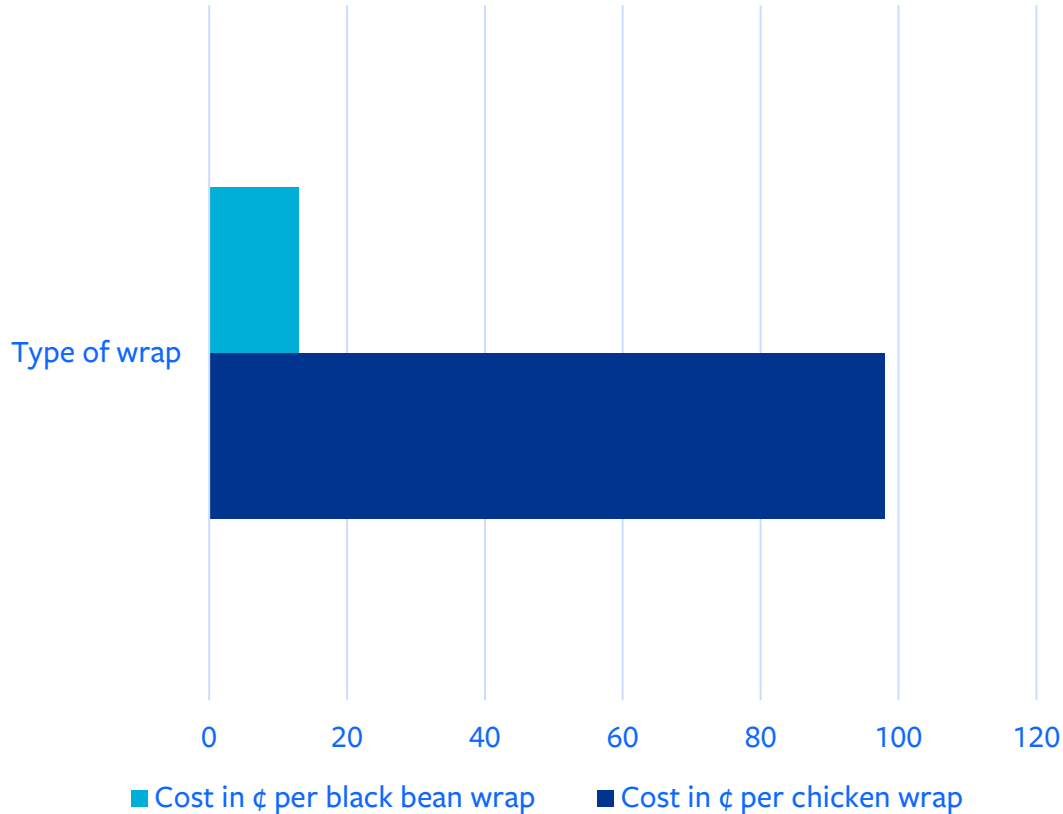
Meatloaf Cost Savings



Meatloaf

- By choosing to use oats and vegetables instead of animal products, you can save 14¢ per slice!

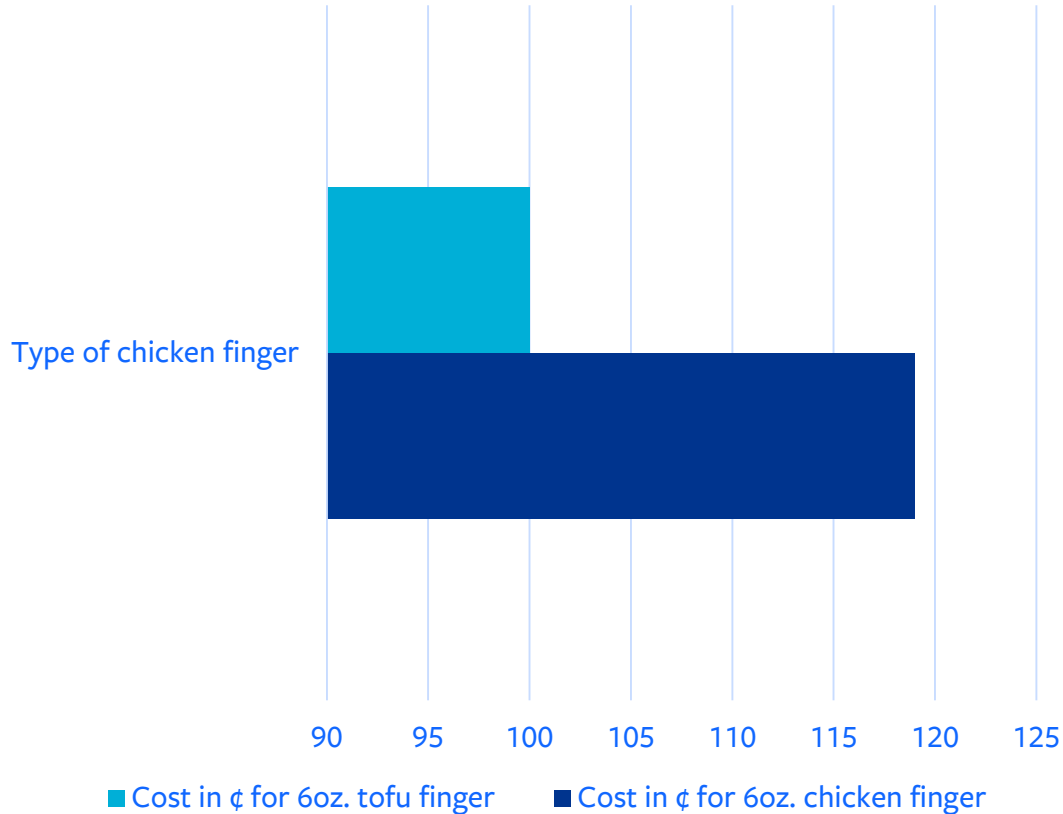
Wrap Cost Savings



Wraps

- By choosing to use black beans instead of deli chicken, you can save 85¢ per wrap!

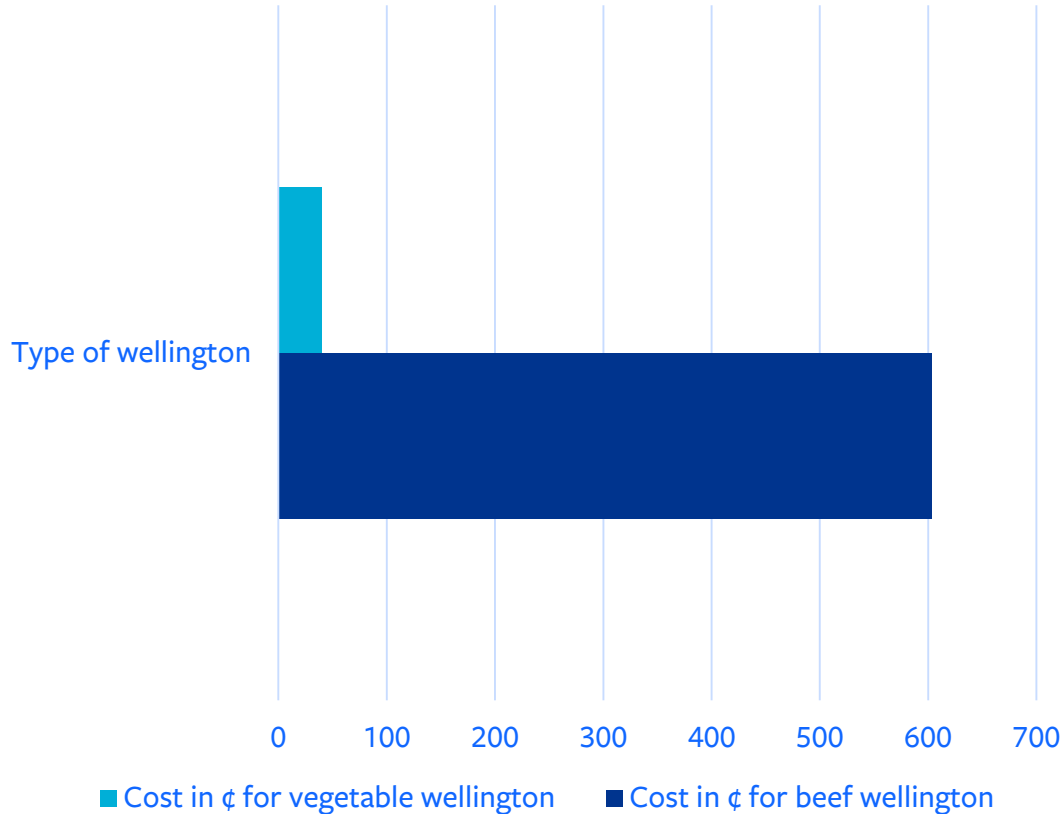
Chicken Fingers Cost Savings



Chicken Fingers

- By choosing to use tofu instead of chicken, you can save 19¢ per 6oz. serving!

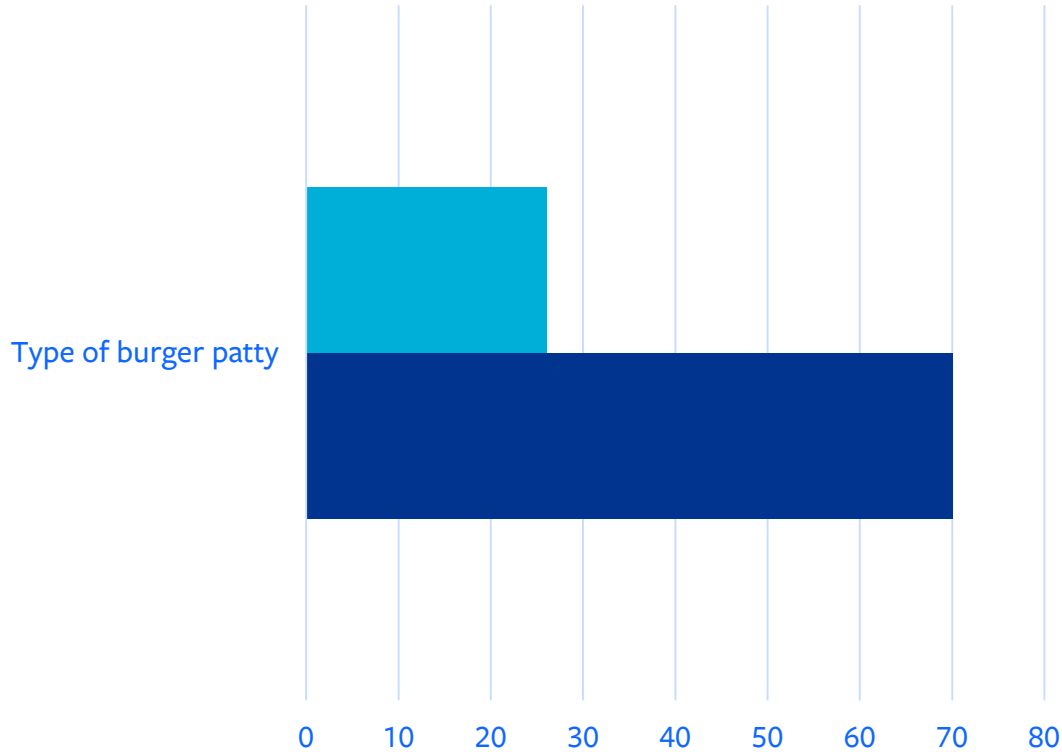
Beef Wellington Cost Savings



Beef Wellington

- By choosing to use vegetables instead of beef, you can save \$5.63 per slice!

Burger Cost Savings

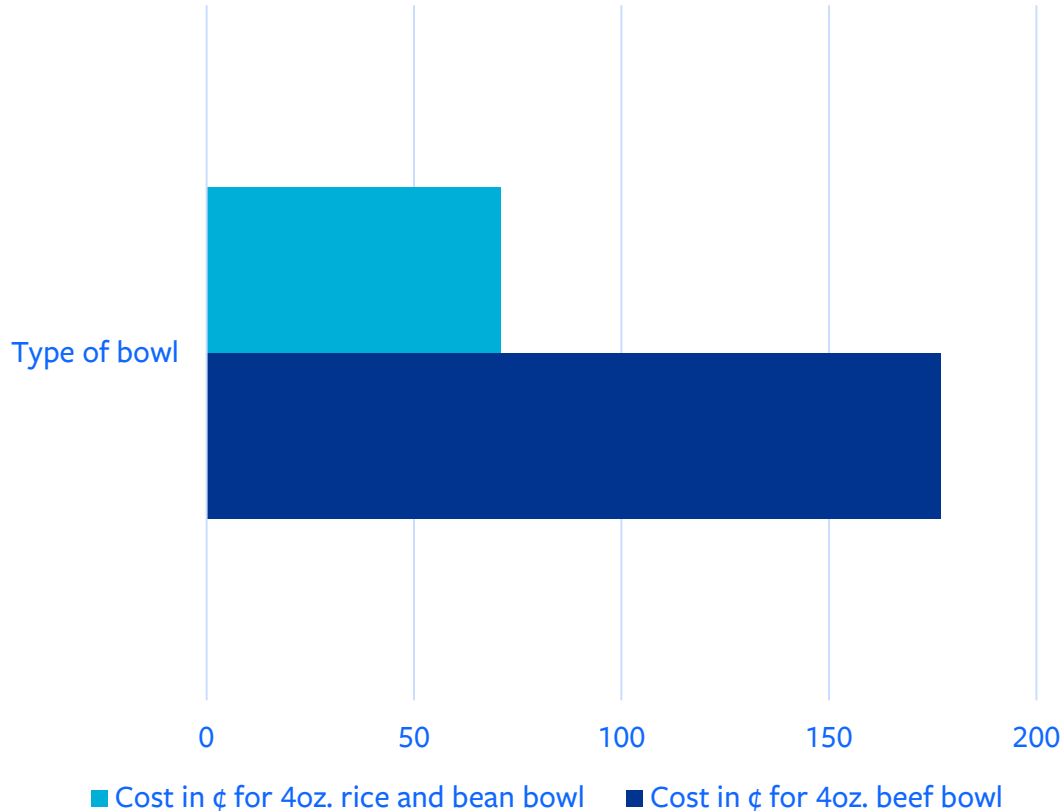


■ Cost in ¢ for 4oz. black bean burger ■ Cost in ¢ for 4oz. hamburger patty

Burger Patty

- By choosing black bean burgers instead of frozen hamburger patties, you can save 44¢ per 4 oz. serving!

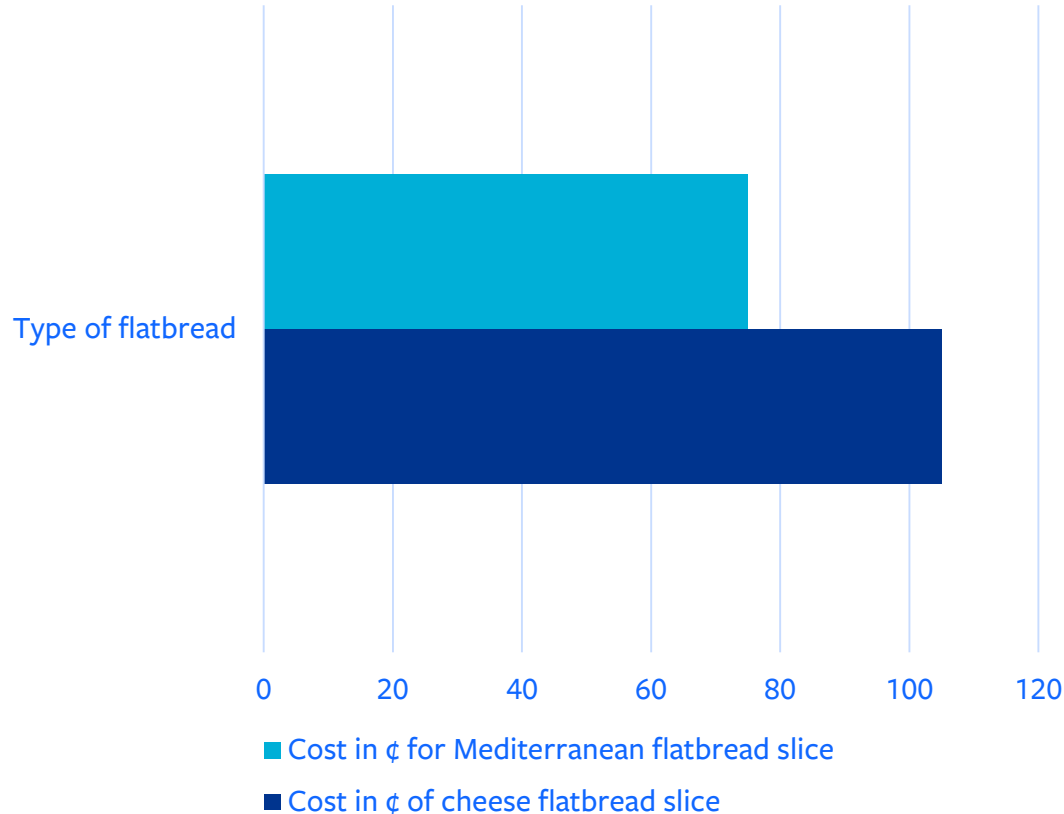
Fiesta Bowl Cost Savings



Fiesta Bowl

- By choosing rice and black beans instead of beef, you can save \$1.06 per 4 oz. serving!

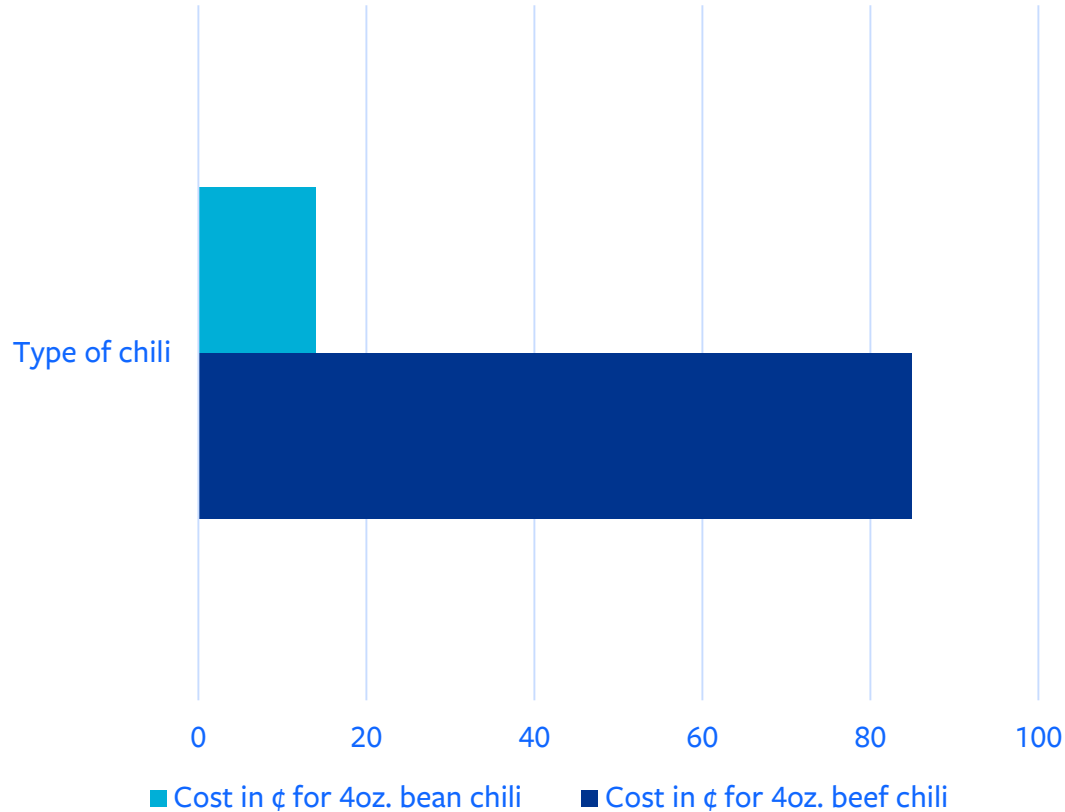
Flatbread Cost Savings



Flatbread

- By choosing a plant-based Mediterranean flatbread instead of a cheese flatbread, you can save 30¢ per piece!

Chili Cost Savings



Chili

- By choosing beans instead of beef, you can save 71¢ per 4oz. serving!