Ground Turkey Guide

We use 93% lean ground turkey (such as Aldi fresh ground 93/7 turkey; view nutrition info here) in our recipes as it's widely available, provides a solid middle ground of flavor, texture, nutrition and is affordable. Below are other options you can use!





*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



PASTURE RAISED

Indicates outdoor access and natural foraging, but not a set amount of pasture time. Nutritional differences are not significant.



ORGANIC

Fed organic feed and raised without antibiotics or synthetic additives. Nutritional differences are not significant.



~97/3 MEAT

Beef, chicken, or pork of similar lean % will have a similar nutrition profile.



*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



LEAN FISH

Tilapia, cod or haddock, shrimp, or scallops have similar protein but typically provide little fat.



TEMPEH

Plant-based, fermented soy, higher in fiber. slightly lower protein (but much more than other meatless options)



ROTISSERIE

A fairly nutritionally similar, pre-prepared alternative.



CAN OF TUNA

Provides similar protein but tend to have less fat.



SALMON

Comparable protein, adds fats and omega-3s, making it more nutrient-dense but less lean. Canned is a no-cook option!



T.V.P

Shelf stable dehydrated sov. similar protein with the addition of fiber.



EGGS

~1/2 the protein, yolk provides more fat and additional nutrients.



TOFU

Provides ~1/3 - 1/2 the protein with the addition of some carbs and fat.



BEANS

Much lower in protein and higher in carbs/fiber.