



Menus for Change

Your Plant-Based Thanksgiving Guide

CELEBRATE THE SEASON WITH FLAVORS
THAT HONOR ANIMALS, THE PLANET, AND
YOUR VALUES.



Why a Plant-Based Thanksgiving Matters

1

A celebration without harm.

Choosing plant-based dishes means celebrating the holiday without harming turkeys or other animals who feel comfort, curiosity, and connection just like the companions we love.

2

Care That Reaches the Earth

Plant-based dishes naturally reduce your environmental footprint by using fewer resources, protecting habitats, and helping safeguard the planet we depend on.

3

Nourishment That Loves You Back

Plant-based foods are rich in nutrients, gentle on the body, and free from cholesterol. They energize, restore, and let you enjoy the holiday without the heaviness.

4

A Table Where Everyone Belongs

Plant-based dishes make it easy to include guests with allergies, health needs, or religious practices. It's food that welcomes your guests and makes everyone feel cared for.



SHOPPING LIST

Many classic Thanksgiving dishes are already plant-based or incredibly simple to make that way. Boxed stuffing mixes often turn plant-based with just vegetable broth and vegan butter, and most store-bought pie crusts are accidentally vegan (just give the label a quick check for butter or lard). Veggie broth and vegan butter can easily make almost any side dish recipe plant-based, and coconut milk or oat creamer make great substitutes for heavy cream. With just a few small swaps, your favorite holiday dishes stay familiar, comforting, and completely cruelty-free.

GRAVY

- Campbell's Mushroom Gravy
- Pacific Foods Organic Vegan Mushroom Gravy
- Imagine Organic Vegan Mushroom
- Simply Organic Vegetarian Brown Gravy Mix
- Tofurky Plant-Based Savory Gravy

DESSERT & TOPPINGS

- Daiya frozen vegan cheesecakes
- Sara Lee fruit pies (select flavors)
- Marie Callender's fruit pies (select flavors)
- Wholly Wholesome Dairy-Free Pumpkin Pie
- Costco apple pie
- Reddi-Wip Non-Dairy Almond & Coconut
- Truwhip Vegan
- So Delicious Cocowhip
- Silk Dairy-Free Heavy Whipping Cream
- Nestlé Toll House Allergen-Free Semi-Sweet Morsels
- Enjoy Life Chocolate Chips

STUFFING

- Ian's Gluten-Free Homestyle Stuffing
- Mrs. Cubbison's
- Pepperidge Farm Cubed or Classic
- Thrive Market Grain-Free Stuffing

BUTTER & EGG REPLACEMENTS

- Miyoko's Plant Milk Butter
- WayFare Dairy-Free Butter
- Country Crock Plant Butter
- Melt Organic
- Bob's Red Mill Egg Replacer
- Just Egg



Herb-Crusted Chickpea & Mushroom Loaf

A hearty, savory main that slices beautifully and pairs perfectly with gravy.

Looking for premade?

Find these options and more at most major grocery chains across the U.S.!

- Field Roast roasts
- Gardein roasts
- Tofurky roasts

Ingredients:

- 2 cans chickpeas, drained
- 1 ½ cups finely chopped mushrooms
- 1 cup breadcrumbs (GF if needed)
- 1 tbsp soy sauce or tamari
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp thyme
- 1 tsp rosemary
- Salt & pepper
- 1 flax egg (1 tbsp flax + 3 tbsp water)

Instructions:

1. Mash chickpeas until chunky. Sauté mushrooms until browned.
2. Mix everything together in a bowl.
3. Press into a loaf pan.
4. Bake 40–45 minutes at 375°F.
5. Let rest 10 minutes before slicing.



3 Simple Sides to Steal the Spotlight

Creamy Mashed Potatoes

Ingredients: 3 lbs Yukon gold potatoes peeled & chopped, ½ cup canned coconut milk, 3 tbsp vegan butter, 4 cloves roasted garlic (optional), salt & pepper

Cook potatoes → drain → mash with coconut milk, butter, & garlic → season with salt & pepper → devour.

Mushroom Gravy

Ingredients: 1 cup finely chopped mushrooms, 2 tbsp flour (use GF if needed), 2 tbsp vegan butter, 1 ½ cups vegetable broth, ½ tsp soy sauce or tamari, black pepper

Sauté mushrooms in butter → add flour → whisk → add broth → simmer until thick → serve.

Apple & Sage Stuffing Skillet

Ingredients: 6 cups cubed bread (stale works best), 1 apple (diced), 1 cup celery (chopped), 1 cup onion (chopped), 2 tbsp vegan butter, 1 tsp sage, 1 tsp thyme, 1-1 ½ cups vegetable broth, salt & pepper

Sauté veggies → add herbs + apple → add bread → moisten with broth → bake 20 min at 350°F.



Pumpkin Pie



Ingredients

- 1 (15-oz) can pumpkin purée
- 1 cup full-fat coconut milk
- $\frac{3}{4}$ cup brown sugar
- 2 tbsp cornstarch
- 1 tbsp pumpkin pie spice
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp salt
- 1 vegan pie crust

Instructions

- Preheat oven to 350°F (175°C).
- In a mixing bowl, whisk together pumpkin purée, coconut milk, brown sugar, cornstarch, pumpkin pie spice, vanilla extract, and salt.
- Pour the filling into the unbaked vegan pie crust.
- Bake for 55–65 minutes. The edges should be firm and the center slightly jiggly.
- Let the pie cool completely, then chill in the fridge for at least 3–4 hours (overnight makes the best texture).



Navigating Holiday Food Questions

Celebrating a plant-based Thanksgiving can spark curiosity, and sometimes people just don't know what to ask. When questions come up, a little warmth and confidence go a long way.

You might hear things like:

"Don't you miss the traditional foods?"

"Isn't vegan cooking complicated?"

"Where do you even get your protein?"

Try these kind, simple responses:

"I love celebrating in a way that reflects my values, and I promise the food is still just as comforting."

"It's actually much easier than people think! Most dishes are simple swaps, and everything tastes amazing."

"Plant-based food can be nourishing and delicious. Want to try some?"

Lead with warmth, not pressure. Most people are asking because they're curious, not critical. Your kindness (and delicious food) often speaks louder than anything you could say.

Our Food Choices Shape the World

Every meal is a chance to show what we value — compassion, sustainability, community, and care for all beings. By choosing plant-based foods, you're helping create a kinder world.

At Menus for Change, we help organizations bring their values to the table by adopting plant-based food policies that protect animals, strengthen community health, and reduce environmental harm.

Get in Touch

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Be Part of the Change

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Support plant-based policy adoption

Connect us with an organization

Whether you're an individual, an organization, or a supporter who believes food should reflect our deepest values, you're part of this movement.

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