

**Table S1. Recommended literature based on citations, impact factor, time of publication, and relevance to keywords.**

<b>Title</b>	<b>Journal</b>	<b>Date</b>	<b>IF</b>	<b>PMID</b>
A systematic review of natural toxins occurrence in plant commodities used for plant-based meat alternatives production	Food Res Int	2022	7.425	35840202
Real meat and plant-based meat analogues have different in vitro protein digestibility properties	Food Chem	2022	9.231	35413556
Nutritional assessment of plant-based meat analogues on the Swedish market	Int J Food Sci Nutr	2022	4.444	35658803
Plant-based meat alternatives: technological, nutritional, environmental, market, and social challenges and opportunities	Nutrients	2023	6.706	36678323
Predicting the textural properties of plant-based meat analogs with machine learning	Foods	2023	5.561	36673436
Plant-based meat analogues weaken gastrointestinal digestive function and show less digestibility than real meat in mice	J Agric Food Chem	2022	5.895	36070521
Plant-based meat analogue of soy proteins by the multi-strain solid-state mixing fermentation	Food Chem	2023	9.231	36809723
Critical food and nutrition science challenges for plant-based meat alternative products	Crit Rev Food Sci Nutr	2022	11.208	35972071
Flavor challenges in extruded plant-based meat alternatives: A review	Compr Rev Food Sci Food Saf	2022	15.786	35470959
Millennials' consumption of and attitudes toward meat and plant-based meat alternatives by consumer segment in Finland	Foods	2022	5.561	35159606
Plant-based meat analogs and fat substitutes, structuring technology and protein digestion: A review	Food Res Int	2023	7.425	37316007
Perspective: Plant-based meat alternatives can help facilitate and maintain a lower animal to plant protein intake ratio	Adv Nutr	2023	11.567	36906147
Preparation of whole-cut plant-based pork meat and its quality evaluation with animal meat	Gels	2023		37367132
Recent advances in the processing and manufacturing of plant-based meat	J Agric Food Chem	2023	5.895	36626726
Prospects for plant-based meat: Current standing, consumer perceptions, and shifting trends	Foods	2022	5.561	36496577
Meet the meatless: Demand for new generation plant-based meat alternatives	Appl Econ Perspect Policy	2023	4.89	36936068
Can plant-based meat alternatives be part of a healthy and sustainable diet?	JAMA	2019	56.272	31449288
Commercialization of plant-based meat alternatives	Trends Plant Sci	2020	18.313	32896491
Plant-based and cell-based approaches to meat production	Nat Commun	2020	14.919	33293564

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Consumer acceptance of plant-based meat substitutes: A narrative review	Foods	2022	5.561	35563997
Dietary assessment of lithogenic factors in plant-based meat products	J Endourol	2023	2.619	36103379
Plant-based meat analogues from alternative protein: A systematic literature review	Foods	2022	5.561	36140998
Peptidomics comparison of plant-based meat alternatives and processed meat after in vitro digestion	Food Res Int	2022	7.425	35840194
Nutritional assessment of plant-based meat alternatives: A comparison of nutritional information of plant-based meat alternatives in Spanish supermarkets	Nutrients	2023	6.706	36986056
Conservative consumer disinterest in plant-based meat: A problem of message incongruence	Appetite	2023	5.016	37127246
Fermentation for designing innovative plant-based meat and dairy alternatives	Foods	2023	5.561	36900522
Multi-mycotoxin determination in plant-based meat alternatives and exposure assessment	Food Res Int	2023	7.425	37120216
Fake meat or meat with benefits? How Dutch consumers perceive health and nutritional value of plant-based meat alternatives	Appetite	2023	5.016	37286170
Structure analysis and quality evaluation of plant-based meat analogs	J Texture Stud	2023	3.942	35711124
Novel plant-based meat alternatives: future opportunities and health considerations	Proc Nutr Soc	2023	6.391	36603854