Cheese Replacements	☐ Better Than Bouillon No Beef	☐ High-protein organic tofu and
□ Daiya	Base	organic baked tofu
☐ Soya Kaas	☐ Better Than Bouillon No Chicken Base	☐ Chicken-less Stuffed Cutlet _
☐ Sunergia Soyfoods		☐ Sweet potato spears
☐ Follow Your Heart and Galaxy	Frozen Foods/Meat	☐ Lentils, served hot or cold
Nutritional Foods are all good and come in cheddar, mozzarella, parmesan and feta  Dairy/Milk Replacements	Replacements	☐ Hummus
	☐ Gardein frozen products (all vegan)	Breakfast/Cereal
	<ul><li>Morningstar Farms Hickory BBQ Riblets</li></ul>	☐ Nature's Path Frozen Waffles (gluten-free, original and flax-plus)
☐ Rice, Almond, Oat or Soy milk	☐ Morningstar Farms Chick'n strips	☐ Amy's Mexican Tofu Scramble
Other Non-Dairy	□ Nate's Meatless Meatballs	☐ Natural Toasted Oat Bran
Essentials	☐ Nate's Meatless Nuggets	☐ Organic Oat & Flax
☐ Cream cheese and sour cream (Tofutti)	☐ Amy's Bowl: Brown Rice, Black-Eyed Peas & Veggies	<ul><li>Organic Cinnamon Spice Oatmeal</li></ul>
☐ Coffee creamer (Silk Soy Creamer)	☐ Amy's Veggie Loaf (with mashed potatoes and	<ul><li>Instant and regular organic steel-cut oats</li></ul>
·	veggies)	☐ Kashi 7 Whole Grain Puffs
Condiments	☐ Amy's Indian: Vegetable	☐ Kashi Island Vanilla
☐ Mayonnaise (Vegenaise mayonnaise)	Korma or Mattar Tofu	☐ Kashi Strawberry Fields
☐ Ketchup, mustard, relish	☐ Amy's Enchilada or Burrito	☐ Kashi Autumn Wheat
(Annie's Naturals, Cascadian Farm and Organicville are good)	Especial Kashi Black Bean Mango	☐ Kashi Heart to Heart Oat Flakes & Blueberry Clusters
	☐ Kashi Mayan Harvest Bake	☐ Kashi GOLEAN Crisp! Toasted
Faa Subatituto	☐ Kashi Tuscan Veggie Bake	Berry Crumble
Egg Substitute  ☐ Ener-G Egg Replacer	☐ Amy's Bistro Burger (gluten- free)	☐ Kashi 7 Whole Grain Flakes
		☐ Kashi Heart to Heart Oatmeal
Canned Goods	☐ Sunshine Veggie Burgers	Organic Grains/Breads
☐ Pasta sauces, beans and vegetables (try Eden Organic or Muir Glen)	<ul><li>Morningstar Farms Grillers (vegan)</li></ul>	☐ Whole grains: brown or wild rice, millet, quinoa, amaranth,
	Refrigerated Section	buckwheat, corn, etc.
Vegan Cooking Stocks	☐ Food for Life Sprouted Corn	☐ Flax crackers, rice cakes
and Broths	Tortillas	☐ Steel-cut oats
Chicken Broth ☐ Light ☐ Imagine Foods Organic Ter  Vegetable Broth	☐ Lightlife Smart Dogs	☐ Whole grain breads (try the sprouted ones; go for glutenfree if you are sensitive to
	☐ Lightlife Organic Three Grain Tempeh	
	•	gluten)
☐ Pacific Natural Foods Organic	<ul><li>☐ Tofurky Italian Deli Slices</li><li>☐ Tofurky Italian Sausages</li></ul>	☐ Whole grain pastas made from artichoke, wheat, corn,
Mushroom Broth  Pacific Natural Foods Organic Vegetable Broth	☐ WestSoy Baked Tofu, Italian- style	quinoa, spelt, black beans or rice
☐ Rapunzel Vegetable Broth	☐ Gardein products	☐ Brown-rice pasta (fusilli, penne)

☐ Polenta	☐ Cascadian Farm granola bars	
☐ Whole-wheat couscous	☐ Sweet potato breakfast	
☐ Brown-rice bread	pudding	
Kid's Favorites	☐ Root vegetable corn chips	
☐ Health is Wealth Chicken-Free	☐ Popcorn	
Vegan Nuggets and Patties	☐ Corn chip dippers	
☐ Ian's Mac & No Cheese (wheat-free and gluten-free)	☐ Nut butters (almond, peanut, sunflower seed)	
☐ Amy's Rice Mac & Cheese	☐ Trail mixes	
☐ Thai Kitchen Noodle kits	□ Nuts	
☐ Tofutti Better Than Cream	☐ Organic brown rice cakes	
Cheese and Bagel	☐ Kettle corn	
☐ Soy yogurt	☐ Salt & Pepper Crisps	
☐ Cascadian Farm granola bars	☐ Flax crackers	
☐ Crinkled wedge potatoes	☐ Wasa crackers with nut butter	
(frozen)	and agave	
☐ Meatless corn dogs (frozen)	Desserts/Non-Dairy Ice	
☐ Meatless meatballs (frozen)	Cream	
☐ Bean & rice burritos	☐ Purely Decadent	
☐ Toaster waffles (frozen)	☐ It's Soy Delicious	
☐ Organic brown-rice pasta	☐ Rice Dream	
(fusilli, penne)	☐ Luna & Larry's Organic	
Vegetables and Fruits	Coconut Bliss	
☐ Avocados, squashes, broccoli, kale, mustard greens, Swiss chard, cucumbers, carrots, radishes, tomatoes,	☐ Living Harvest Tempt Hemp Milk	
	☐ Good Karma, Organic Rice Divine	
artichokes, cauliflower,	☐ Tofutti	
Brussels sprout, eggplant, all kinds of mushrooms, salad greens, sweet potatoes	☐ Tofutti Cuties (ice cream sandwiches)	
(yams, roasting potatoes)	□ Sorbets	
☐ Dried figs, apples, plums,	☐ 72% dark or bittersweet	
blood oranges, cherries,	chocolate (any chocolate	
blueberries, limes, etc.	marked over 70% is non-	
Snack Ideas	dairy, and now you can even find "milk" chocolate made	
☐ Dips and Garden Fresh Salsa	from rice milk)	
☐ Clif Bars	☐ Vegan cookies	
☐ Dried fruit	☐ Soy Dream soy creams	
☐ Prepared hummus	☐ Vegan chocolate mousse	
□ Baba ghanoush		