

Cheese Replacements

- Daiya
- Soya Kaas
- Sunergia Soyfoods
- Follow Your Heart and Galaxy Nutritional Foods are all good and come in cheddar, mozzarella, parmesan and feta

Dairy/Milk Replacements

- Rice, Almond, Oat or Soy milk

Other Non-Dairy Essentials

- Cream cheese and sour cream (Tofutti)
- Coffee creamer (Silk Soy Creamer)

Condiments

- Mayonnaise (Vegenaise mayonnaise)
- Ketchup, mustard, relish (Annie's Naturals, Cascadian Farm and Organicville are good)

Egg Substitute

- Ener-G Egg Replacer

Canned Goods

- Pasta sauces, beans and vegetables (try Eden Organic or Muir Glen)

Vegan Cooking Stocks and Broths

- Imagine Foods Organic No-Chicken Broth
- Imagine Foods Organic Vegetable Broth
- Pacific Natural Foods Organic Mushroom Broth
- Pacific Natural Foods Organic Vegetable Broth
- Rapunzel Vegetable Broth

- Better Than Bouillon No Beef Base

- Better Than Bouillon No Chicken Base

Frozen Foods/Meat Replacements

- Gardein frozen products (all vegan)

- Morningstar Farms Hickory BBQ Riblets

- Morningstar Farms Chick'n strips

- Nate's Meatless Meatballs

- Nate's Meatless Nuggets

- Amy's Bowl: Brown Rice, Black-Eyed Peas & Veggies

- Amy's Veggie Loaf (with mashed potatoes and veggies)

- Amy's Indian: Vegetable Korma or Mattar Tofu

- Amy's Enchilada or Burrito Especial

- Kashi Black Bean Mango

- Kashi Mayan Harvest Bake

- Kashi Tuscan Veggie Bake

- Amy's Bistro Burger (gluten-free)

- Sunshine Veggie Burgers

- Morningstar Farms Grillers (vegan)

Refrigerated Section

- Food for Life Sprouted Corn Tortillas

- Lightlife Smart Dogs

- Lightlife Organic Three Grain Tempeh

- Tofurky Italian Deli Slices

- Tofurky Italian Sausages

- WestSoy Baked Tofu, Italian-style

- Gardein products

- High-protein organic tofu and organic baked tofu

- Chicken-less Stuffed Cutlet

- Sweet potato spears

- Lentils, served hot or cold

- Hummus

Breakfast/Cereal

- Nature's Path Frozen Waffles (gluten-free, original and flax-plus)

- Amy's Mexican Tofu Scramble

- Natural Toasted Oat Bran

- Organic Oat & Flax

- Organic Cinnamon Spice Oatmeal

- Instant and regular organic steel-cut oats

- Kashi 7 Whole Grain Puffs

- Kashi Island Vanilla

- Kashi Strawberry Fields

- Kashi Autumn Wheat

- Kashi Heart to Heart Oat Flakes & Blueberry Clusters

- Kashi GOLEAN Crisp! Toasted Berry Crumble

- Kashi 7 Whole Grain Flakes

- Kashi Heart to Heart Oatmeal

Organic Grains/Breads

- Whole grains: brown or wild rice, millet, quinoa, amaranth, buckwheat, corn, etc.

- Flax crackers, rice cakes

- Steel-cut oats

- Whole grain breads (try the sprouted ones; go for gluten-free if you are sensitive to gluten)

- Whole grain pastas made from artichoke, wheat, corn, quinoa, spelt, black beans or rice

- Brown-rice pasta (fusilli, penne)

