

## 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)

