

vegan SHOPPING LIST

Product Recommendation by Brand Name



GRAINS AND STAPLES

Bread: *Whole Foods 365 Everyday Value White or Sourdough*
Pasta: *Whole Foods 365 Everyday Value Italian Macaroni Product*
Cereal: *Nature's Path Corn Flakes*
Rice: *Any brand*
Coffee: *Any brand*
Tortillas: *Whole Foods 365 Everyday Value Brand Flour & Corn Tortillas*
Frozen French Fries: *Cascadian Farms French Fries*

Frozen Waffles: *Van's Dairy-free Blueberry Waffles*

Instant Mashed Potatoes: *Edward and Sons Instant Mashed Potatoes*

Hamburger Buns: *Rudy's White Hamburger Buns or Whole Foods 365 White Hamburger Buns*

Hot Dog Buns: *Whole Food's White Hot Dog Buns or Whole Foods 365 White Hot Dog Buns*

All-Purpose Flour: *Whole Foods 365 Everyday Value*

Organic Unbleached All-Purpose Flour



Soup Stock: *Better Than Bouillon: No Chicken Base or Edward & Son's Not-Chick'n and Not-Beef*

Sugar: *Whole Foods 365 Everyday Value Vegan Cane Sugar or any organic white, brown, or powdered sugar*

Rice and Bean Burritos: *Amy's Non-Dairy Burritos*

Peanut Butter: *Any brand*

Refried Beans: *Whole Foods 365 Everyday Value Organic Refried Pinto Beans with Roasted Chile and Lime*

Nutritional Yeast: *Red Star*

Crackers: *Whole Foods 365 Everyday Value Saltines*

Silken Tofu: *Mori-Nu*

"MEATS"

Hot Dogs: *Tofurky Hot Dogs*

"Chicken" Breasts: *Gardein Chick'n Fillets*

"Chicken" Patties: *Boca Original Chick'N Vegan Meatless Patties*

"Chicken" Nuggets: *Gardein Crispy Tenders*

Stir-fry "Chicken" Strips: *Gardein Chick'n Strips*

"Turkey" Slices: *Tofurky Hickory Smoked, Oven Roasted, and Peppered Deli Slices*

"Bacon": *Yves Meatless Canadian Bacon, Lightlife Smart Bacon, or Sweet Earth Benevolent Bacon*

"Sausage" Links: *Lightlife Smart Links, Tofurky Breakfast Links, Beer Brats, Kielbasa, or Italian Sausage, or Morning Star Breakfast Sausages (vegan variety)*

Bologna Slices: *Tofurky Bologna Style Deli Slices*

Ground "Beef": *Impossible Burger or Boca Meatless Ground Round*

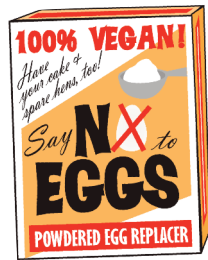
"Beef" Slices: *Tofurky Roast Beef and Philly Steak Deli Slices*

Hamburger Patties: *Impossible Burger or Gardein Beefless Burgers*

Pepperoni: *Tofurky Pepperoni Deli Slices*

Seitan: *WestSoy Cubed Seitan, Sweet Earth Traditional Seitan, or Upton's Naturals Traditional Seitan*

Tofu: *Wildwood*



"EGGS & DAIRY"

Soy Milk: *Soy Dream Vanilla*

Cream: *Wildwood Soy Creamer or Silk Vanilla Almond Creamer*

Cheese: *Daiya (Cheddar, Mozzarella, or Pepperjack)*

Cheese Singles: *Daiya American-style Slices*

Yogurt: *Silk Soy Yogurt (Strawberry or Mango flavors)*

Sour Cream: *Tofutti Sour Supreme Cream*

Cream Cheese: *Kite Hill or Daiya*

Margarine: *Earth Balance Natural Buttery Spread (original)*

Egg Replacer for Baking: *Ener-G or Beyond Eggs*

Egg Replacer in Egg-Based Dishes (such as scrambled eggs or omelets): *Just Egg or Follow Your Heart VeganEgg*

Ice Cream: *Trader Joe's Soy Creamy Frozen Dessert*

"TREATS"

Tortilla Chips: *Whole Foods 365 Everyday Value Yellow Strips*

Flavored Tortilla Chips: *Beanfields Bean and Rice Nacho Chips*

Candy Bars: *Go Max Go (Jokerz, Mahalo, Twilight, Buccaneer, Cleos' & Snap Bars)*

Soda: *Virgil's Root Beer*

Donuts: *Whole Foods Vegan Donuts*

Sprinkles: *Let's Do Sprinkelz (Chocolatey, Carnival, Confetti)*

Cake Mix: *Dr. Oetker Vanilla or Chocolate Cake Mix or Whole Foods 365 Everyday Value Classic Yellow Cake Mix*

Frosting: *Dr. Oetker Vanilla or Chocolate Icing or Whole Foods 365 Everyday Value Chocolate or Vanilla Frosting*

Marshmallows: *Dandies*

Ice Cream Cones: *Let's Do Organic Sugar Cones (ready-made version: Tofutti Yours Truly Ice Cream Cones)*

Frozen Fudge Bar: *Tofutti Totally Fudge Premium Pops*

Lollipops: *Yummy Earth Lollipops*

Gummy Bears: *Surf Sweets Sour Berry Bears*

Cookies: *Uncle Eddie's (any flavor), Alternative Baking Company (any flavor)*

Jello: *Natural Desserts Jel Dessert (any flavor)*

Pudding: *ZenSoy Pudding (Chocolate, Vanilla, Banana or Chocolate Vanilla Swirl)*

CONDIMENTS, SPREADS & SAUCES

Mayonnaise: *Vegenaise (original) or Hellman's Vegan*

Instant Gravy: *Hain's Vegetarian Brown Gravy Mix*

Spaghetti Sauce: *Whole Foods 365 Everyday Value Classic Pasta Sauce and Amy's Family Marinara*

Jelly: *Whole Foods 365 Everyday Value Organic*

Strawberry Conserve

Soupy Sauce: *Whole Foods 365 Everyday Value Organic Soy Sauce*

Hot Sauce: *Cholula, Tabasco, or Sriracha*

Maple Syrup: *Any organic maple syrup*

Ketchup: *Whole Foods 365 Everyday Value Organic Ketchup and Muir Glenn Organic Ketchup*

Mustard: *Whole Foods 365 Everyday Value Organic Yellow Mustard*

Pickles: *Bubbie's Pure Kosher Dills*

Sweet Relish: *Whole Foods 365 Everyday Value Sweet Relish*

Chocolate Sauce: *Ah!!aska Organic Chocolate Syrup*

