

Good Vegan Options

Meat

Beyond Meat - <https://www.beyondmeat.com>

Impossible Foods - <https://impossiblefoods.com>

These companies produce a variety of plant-based meat products, including burgers, meatballs, sausage, and crumbles. I tried the Beyond burger once and found it to be unappetizing because it seemed too realistic. But I've heard lots of good things about them. Meat eaters, not vegans, are actually their target audience, and they work to make them as much like animal based meats as possible.

Gardein - <https://www.gardein.com> - (all vegan products) virtually any of their products, but my favorites include the following:

- Ultimate Chik'n Tenders
- Sliders (beef and chick'n)
- Beefless Tips
- Sausage
- Meatless meat balls
- Turkey cutlets

Different products are available at different stores, including Dillons, Target, and health food stores. One of the most widely available brands.

Field Roast (all vegan products) - <https://fieldroast.com>

- Smoked apple sage sausage
- Frankfurters
- Miniature corn dogs
- Burgers
- Apple & maple breakfast sausages
- Celebration Roast
- Hazelnut & cranberry roast

Availability varies. Some products available at Dillons, some at Target, some at health food stores. Hazelnut roast generally available for the holidays

Tofurky (all vegan products) - <https://tofurky.com>

- Deli slices - hickory smoked turkey, bologna, smoked ham
- Tofurky Roast
- Ham roast
- Italian sausage

Some available at Dillons, more at health food stores.

Yves (not all vegan) - <http://yvesveggie.com/en/>

- Pepperoni - available at Sprouts and some Green Acres

Lightlife (not all vegan) - <https://lightlife.com>

- Smart Bacon

Boca (not all vegan) - <https://www.bocaburger.com>

- Vegan veggie burgers

Morningstar Farms (not all vegan) - https://www.morningstarfarms.com/en_US/home.html

- Corn dogs (recently vegan)

Cheese / “Dairy”

Miyoko’s (all vegan) - <https://miyokos.com>

Butter

Cheese shreds

Double Cream Classic Chive

Mozzarella / smoked mozzarella

Smoked English Farmhouse - available at Whole Foods

With the exception of the smoked English farmhouse, Miyoko cheese is available at health food stores and the butter is more readily available including at Dillons.

Field Roast - <https://fieldroast.com>

Chao slices

Kite Hill - <https://www.kite-hill.com>

butter

ricotta cheese

yogurt

Follow Your Heart - <https://followyourheart.com>

Cheese - provolone; smoked gouda; grated Parmesan

Vegenaise - vegan mayo

Salad Dressings - ranch; bleu cheese; Thousand Island

Violife - <https://violifefoods.com/us>

Cheese - Colby jack shreds; smoked provolone slices; epic mature cheddar block; Parmesan wedge

Cream cheese - cheddar cheese flavor