

# The Beginner's Guide to Plant-Based Shopping



This guide is to help you as you begin your journey into plant-based eating.

## Restaurants with Vegan Options:

### Nationwide

[Carl's Jr.](#)  
[Cheesecake Factory](#)  
[Chipotle](#)  
[Noodles and Co.](#)  
[P.F. Chang's](#)  
[Red Robin](#)  
[Taco Bell](#)  
[TGI Friday's](#)  
[wahlburgers](#)  
[White Castle](#)  
[Yardhouse](#)

### Twin Cities

[The Buzz Coffee & Cafe](#)  
[Camdi](#)  
[Crave](#)  
[Earth Burger](#) (all vegan!)  
[Evan's Organic Eatery](#) (all vegan!)  
[Glam Doll Donuts](#)  
[Hamburguesas El Gordo](#)  
[the hardtimes cafe](#)  
[Jasmine 26](#)  
[I. Selby's](#)  
[Modern Times](#)  
[Parkway Pizza](#)  
[Pizza Luce](#)  
[Reverie](#) (all vegan!)  
[Seed Cafe](#)  
[seward cafe](#)  
[Trio](#) (all vegan!)  
[Vegan East](#) (all vegan!)

### 100% Vegan Brands

[Beyond Meat](#)  
[daiva](#)  
[earth balance](#)  
[Field Roast](#)  
[Follow Your Heart](#)  
[Gardein](#)  
[The Herbivorous Butcher](#)  
[Impossible Foods](#)  
[Miyoko's](#)  
[So Delicious](#)  
[Tofurky](#)  
[Upton's Naturals](#)  
[Violife](#)

### Brands With Vegan Options

[Amy's](#)  
[Annie's](#)  
[Boca](#)  
[Go Veggie](#)  
[Just, Inc.](#)  
[Lightlife](#)  
[Morning Star Farms](#)  
[Sweet Earth](#)  
[Yves Veggie Cuisine](#)

Visit us: [LivingThePlantLife.com](http://LivingThePlantLife.com)

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Whether you are choosing to go vegan for the animals or a plant-based diet for your health or the environment, getting started can be confusing.

This guide is to help you discover a whole new world of food and flavors that won't disappoint. Ok....some may....but don't let that stop you. There will be plenty more that will ROCK! This guide is not intended to include EVERY vegan food option that is available; we just want to get you started with the basics. Be ready to take some time to explore the grocery stores to find all of the amazing plant-based choices.

Many things that you already eat may be plant-based. Other things that you wouldn't imagine have animal products in it, do. Bread, for example, often has milk in it. The most important thing to do is to read ingredients on **everything**. When a label says "this may contain" or "made in a facility that uses", it is not made with that ingredient; it is an allergen disclaimer.

**Throughout the brochure, the brands will be listed with the following code for stores in which they can be found.**

T=Target WF=Whole Foods C=Cub CO=Co-Ops W= Walmart  
FT=Fresh Thyme TJ=Trader Joe's H=HyVee A=All Grocery Stores

## Ingredients to Avoid

- Honey
- Beeswax
- Casein or Caseinate is a dairy product
- Confectioner's Glaze on candy. Also listed as Resinous Glaze, Shellac, Natural Glaze, or Pure Food Glaze. This is made from bug secretions.
- Whey (often found in bread and sweets)
- L. Cysteine (often found in bread products)
- Gelatin

## Meat Replacements



**Gardein:** fish fillets, meatloaf, chicken strips, chicken fingers, hamburger crumbles, turkey cutlets, chicken sliders, pork bites, etc. They are in the frozen food section: A

**Field Roast:** hot dogs, chorizo, hamburgers, sausage, etc. T, WF, CO, W, FT,

**Herbivorous Butcher:** steaks, bacon, hot dogs, sausage, everything you would find at a traditional butcher shop can be found at their NE Mpls store or online.

**Impossible Foods:** burgers

**Beyond Meat:** crumbles, chicken strips and a "realistic" hamburger called the Beyond Burger and 3 sausages (traditional brats, mild Italian and hot Italian). T, WF, CO

**Upton's Naturals** has BACON! And many other meat alternative options. T, WF, CO, FT

**Lightlife:** ground sausage, hot dogs, etc. T, WF, CO, C, FT, TJ, H

**Tofurky:** deli meat, pizza, roasts, sausages, hot dogs, etc. FT, WF, T, CO, TJ, H

**Yves Veggie Cuisine:** Salami, etc. W, CO

**Sweet Earth:** T, CO,

**Boca Vegan Meats:** W, T, WF, CO

**Morning Star Farms Vegan:** W,T, WF, CO, C

## Butter Alternatives



[Earth Balance](#): A

[Miyoko's](#) European Style Cultured Vegan Butter: WF, TJ, T



[I Can't Believe It's Not Butter Vegan](#): A

[Blue Bonnet Light](#): A

[Country Crock Plant Butter](#): A

## Milk and Creamers



There are a *gajillion* options...soy, almond, cashew, flax, rice, oat, pea protein, hemp, etc. All grocery stores have many from which to choose.

## Yogurt



[Kite Hill](#): WF, CO, H

[daiya](#): WF, T, W, CO

[Silk](#): T, W, WF, CO



[So Delicious](#): W, WF, T, CO

## Cheese Slices



[Field Roast Chao Cheese](#): WF, CO, W

[Follow Your Heart Cheese](#): WF, FT, CO, H

[Violife](#): WF

## Cheese Shreds



[So Delicious](#): WF, FT, CO, H

[daiya](#): T, WF, FT, CO, W, H

[Follow Your Heart Cheese](#): WF, CO, H

[Trader Joe's](#): TJ

[Violife](#): WF, CO

## Cheese Spreads or Dips



[Miyoko's](#): Miyoko's website, T, CO, WF

[Trader Joe's](#) Cashew Cheese Dip: TJ

[The Herbivorous Butcher](#): at their store or online

## Ricotta Cheese



[Kite Hill](#): WF, CO

## Parmesan Cheese



### Follow Your Heart Cheese:

WF, CO, H

### Go Veggie Vegan Cheese:

FT, WF

Violife: WF

## Cream Cheese



### Kite Hill (regular, chive and jalapeno):

WF, CO, H

Tofutti: WF, CO, C, H

Miyoko's (plain, scallion and unlox): TJ

daiya: WF, CO, H

Follow Your Heart Cheese: WF, CO

## Sour Cream



Kite Hill: T, WF, CO

Kite Hill Cream Cheese can be used as an amazing sour cream replacement! The chive cream cheese is just like Top the Tater! C, WF, CO, H

Tofutti: C, CO, WF, H

Follow Your Heart: WF, CO, H

## Egg Replacements



Just Egg: (for scrambles & French toast): FT

VeganEgg (for scrambles and baking) : WF, CO

The neat egg: T

Ener-G Egg Replacer: WF

Tofu: Can be used as a scrambled egg replacement and is found in all grocery stores.

Other alternatives can be found

here: <http://www.peta.org/living/food/egg-replacements/>



## Mayonnaise

Follow Your Heart Vegenaize: WF, CO, C, H

Just Mayo: WF, CO

Hellman's Vegan Mayo: T, C

Sir Kensington's Classic Fabannaise Vegan Mayo: WF, CO



## Dressings



daiya Dressings: WF, CO

Just Dressings

## Snacks



[Earth Balance Cheddar Crackers:](#)  
WF, FT

[Earth Balance White Cheddar  
Popcorn:](#) WF, FT

[Hippeas:](#) T, WF, CO, FT, H

[Louisville Vegan Jerky:](#) FT

[Trader Joe's Vegan Banana Bread:](#)  
TJ

## Chocolate and Candies



[Justin's Dark Chocolate Peanut Butter  
Cups:](#) A

[Enjoy Life Chocolate Chips](#) (for baking): A

[Unreal Vegan Chocolates:](#) WF

[Cocomels](#) Caramels: WF

[No Whey! Chocolates:](#) WF, CO

## Mac and Cheese



[Trader Joe's Vegan Mac:](#) TJ

[Upton's Naturals Ch'eesy Mac:](#) WF, CO

[Annie's Vegan Mac:](#) WF, CO

## Frozen Snacks



[Field Roast Miniature Corn Dogs:](#) WF, W

[Amy's Vegan Margherita Swirls:](#) C

[Amy's Vegan Cheeze Pizza Rolls:](#) H

[Sweet Earth Vegan Snacks:](#) T

## Frozen Meals



[Gardein Skillet Meals:](#) T, W, WF

[Amy's Vegan Meals:](#) T, WF, CO

[Sweet Earth Vegan Meals:](#) T

## Frozen Pizza



[daiya:](#) FT, WF, C, CO

[Amy's Vegan Pizzas:](#) FT, WF

## Ice Cream



**Halo Top Vegan:** W, T, WF, C, CO

**Rice Dream:** WF, T, CO

**So Delicious:** WF, T, CO,

**Ben and Jerry's Non-Dairy:** T, CO, WF

## Random Food Items:



**Amy's Soups and Chili** (No-Chicken Noodle, Vegetable, etc.): A

**Pacific Wild Mushroom Gravy:** WF, CO

**Tofurky Savory Gravy:** WF, CO, FT

**Imagine No-Chicken Broth:** WF, CO

**Edward & Sons Vegan Bouillon Cubes:** WF

**Trader Joe's Queso:** TJ

**Upton's Naturals Pad See Ew, Massaman and Thai Spaghetti:** WF, CO

**Vegenaise Tartar Sauce:** WF

**Annie's Organic Cinnamon Rolls (refrigerated):** A

Worcestershire Sauce (most brands contain anchovies): **Annie's Naturals**, Essential Everyday (Super Valu Brand)

**Tasty Bite Vegan Meal Pouches:** A

## Accidentally Vegan:



- Bac O's and McCormick's Bac'n Pieces
- Bisquick
- Campbell's Mushroom Gravy
- Doritos Spicy Sweet Chili-Flavored Tortilla Chips
- Frito's
- Girl Scout Cookies (6 types)
- Hershey's Chocolate Syrup
- Jello Pudding (in the box)
- Oreos
- Pillsbury Crescent Rolls, Pizza Dough and Pie Crust
- Pop Tarts without frosting
- Pringles original
- Potato chips (without cheese or sour cream flavoring)
- Ritz Crackers
- Twizzlers

## Pet Food and Treats



**Natural Balance Vegan Formula Wet and Dry Food:** Pet Supplies Plus, Petco

**v-dog** Dry and Wet food and treats

**Benevo Cat and Dog Foods**

**ami Cat and Dog Foods**