

Restaurants with Vegan Options:

Nationwide

Burger King
Carl's Jr
Cheesecake Factory
Chipotle
Noodles and Co
Olive Garden
P.F. Chang's
Red Robin
Taco Bell
TGI Friday's
Wahlburgers
White Castle
Yardhouse

100% Vegan Brands

Beyond Meat
daiya
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

Contact us: LivingThePlantLife@yahoo.com



The Beginner's Guide to Plant-Based Shopping



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

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

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 Wet and Dry Food and Treats

Benevo Cat and Dog Foods

Ami Cat and Dog Foods

Ice Cream



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

Rice Dream: WF, T, CO

So Delicious: WF, T, CO,

Ben and Jerry's Dairy Free: T, CO, WF

Random Food Items:



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

Pacific Wild Mushroom Gravy: WF, CO

Tofurky Holiday Gravy: WF, CO, FT

Imagine No-Chicken Broth: WF, CO

Edward & Son's Not Beef and Not Chik'n Bouillon: WF, C

Upton's Naturals Pad Thai 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 Indian Meal Pouches: A

Meat Replacements



Gardein: fish fillets, meatloaf, meatballs, 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, everything you would find at a traditional butcher shop can be found at their NE Mpls store or online.

Impossible Meat: burgers: T, WF, W, CO

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

Morningstar 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

Frozen Snacks



Field Roast Corn Dogs: WF, W

Amy's Vegan Margherita Swirls: C

Amy's Vegan Pizza Rolls: H

Sweet Earth Vegan Snacks: T

Frozen Meals



Gardein Skillet Meals: T, W, WF

Amy's Dairy-Free Meals: T, WF, CO

Sweet Earth Vegan Meals: T

Frozen Pizza



Daiya: FT, WF, C, CO

Amy's Vegan Pizzas: FT, WF

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



Upton's Naturals: WF, CO

Annie's Vegan Mac: WF, CO

Trader Joe's Vegan Mac: TJ

Cheese Slices



Field Roast Chao Cheese: WF, CO, W, T

Follow Your Heart: WF, FT, CO, H

Miyoko's: WF, CO

Violife: WF

Cheese Shreds



Violife: CO, WF

So Delicious: WF, FT, CO, H

Daiya: T, WF, FT, CO, W, H

Follow Your Heart: WF, CO, H

Trader Joe's: TJ

Cheese Spreads or Dips



Miyoko's Kitchen: Miyoko's website or WF

Trader Joe's Cashew Cheese Dip: TJ

Herbivorous Butcher: online

Ricotta Cheese



Kite Hill: WF, CO

Parmesan Cheese



Follow Your Heart: WF, CO, H

Go Veggie Vegan: 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): T

Daiya: WF, CO, H

Follow Your Heart: WF, CO

Sour Cream



Kite Hill Sour Cream: 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 Alternatives

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

Just Mayo: WF, CO

Hellman's Vegan Mayo: T, C

Sir Kensingtons Classic Fabanaise Vegan Mayo: WF, CO



Dressings



Daiya: WF, CO

Just Products: WF, CO