

DELICIOUS VEGGIE FOOD RECOMMENDATIONS

REFRIGERATED SECTION:

Local, organic, whole plant foods are the healthiest for you and the planet, but vegan versions of familiar animal-based foods are great for making the transition.



Anything by the **LIGHTLIFE** brand, especially their **SMART MENU CHIK'N STRIPS**, and **STEAK-STYLE STRIPS**. Also, **SMART DELI SLICES** like soy ham, bologna, salami, turkey, and pepperoni. Old world bologna is the best.

MORNINGSTAR FARMS MEAL STARTER CHIK'N STRIPS AND STEAK STRIPS



COURAGE BURGERS BY SOYBOY
They're cheap. Put in the toaster - good "kid food."



YVES CANADIAN BACON OR LIGHTLIFE SMART BACON



LIGHTLIFE SMART DOGS AND YVES VEGGIE DOGS



SAUSAGE BY FIELD ROAST, LIGHTLIFE OR TOFURKY



TOFURKY DELI SLICES
The hickory smoked turkey is terrific.



READY-TO-GO TOFU BY WHITEWAVE, WILDWOOD, PETE'S OR SMOKE & FIRE



SILK SOY MILK AND NON-DAIRY CREAMER



ZENSOY SOY PUDDING.
Chocolate is delicious.



SOYATOO SOY WHIP
VEGENAISE (MAYO) BY FOLLOW YOUR HEART
NASOYA REFRIGERATED ORGANIC DRESSING



TOFUTTI BETTER THAN CREAM CHEESE, SOUR SUPREME, AND AMERICAN CHEESE SLICES



NON-DAIRY BUTTER BY EARTH BALANCE, SOY GARDEN & WILLOW RUN

