

Vegan Substitutes for Everyday Foods

Many of these products can also be found in your local grocery store, Whole Foods, and Vegan Essentials online store.

There are many other brands and flavors. This is a sampling.

Dairy

Item	Brand	Flavors	Ingredients
Cheese Blocks, shredded & spreads	Follow Your Heart Daiya Violife 365 Whole Foods	Cheddar Mozzarella Blue Cheese Swiss Provolone, etc. Various flavors by brand	Ingredients for Daiya Mozzarella: filtered Water, Tapioca Starch, Coconut Oil, Non-GMO Expeller Pressed: Canola and/or Safflower Oil, Vegan Natural Flavors, Sea Salt, Tricalcium Phosphate, Potato Maltodextrin, Potato Protein Isolate, Lactic Acid (Vegan), Konjac Gum, Xanthan Gum, Yeast Extract, Fruit and/or Vegetable juice (color).
	Miyoko's Kitchen	Sharp Farmhouse* Smoked English Sundried Tomato Garlic Mozzarella, etc.	Ingredients for Sharp Farmhouse: Organic Cashew Milk (Organic Cashews, Filtered Water), Organic Chickpea Miso (Organic Rice Koji (Organic Rice, Koji Spores), Organic Whole Chickpeas, Sea Salt, Water), Nutritional Yeast, Sea Salt, Natural Flavors (derived from Oregano, Plum, Flaxseed), Cultures
Parmesan	365 Whole Foods* Follow Your Heart	NA	Ingredients for 365 Whole Foods: water, modified potato starch, highly refined coconut oil (coconut oil, salt, natural flavors, yeast extract, turmeric (color), annatto (color).
Sour Cream	Tofutti	NA	Ingredients: Water, Expeller Processed Natural Oil Blend (Soybean, Palm Fruit and Olive), Maltodextrin, Soy Protein
Cream Cheese	Tofutti Nuttin Ordinary Violife	NA	Ingredients for Tofutti: Water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, soy protein, tofu, non-dairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan), organic sugar, vegan mono and diglycerides, salt
Creamy salad Dressings	Annie's Naturals	Goddess*	Ingredients for Anne's Goddess: water, organic apple cider vinegar, expeller-pressed canola oil, tahini (toasted sesame seed paste), tamari soy sauce (water, soybeans, salt, alcohol), lemon juice concentrate, dried garlic, toasted sesame seeds, sea salt, xanthan gum, dried parsley, dried chives.
	Organicville	Ranch, French, & Thousand Island	
Mayonnaise	365 Whole Foods	NA	Ingredients: expeller-Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate.
Butter	Miyoko's Kitchen*	NA	Ingredients: Organic Coconut oil, Organic Cultured Cashew Milk (Filtered Water, Organic Cashews, Cultures), Filtered Water, Organic Sunflower Oil, Organic Sunflower Lecithin, Sea Salt
Milk	EdenSoy So Delicious	Vanilla Chocolate	Ingredients for EdenSoy: Purified Water, Organic Soybeans, Naturally Malted Organic Wheat and Barley Extract, Calcium, Carbonate, Kombu Seaweed, Sea Salt, Vitamin E, Beta Carotene, Vitamin D2, Vitamin B-12
Ice Cream, Bar, Sandwiches, & Cheese cake	365 Whole Foods So Delicious Ben & Jerry's	Many, many flavors & varieties...	Ingredients for Cookie Dough Ben & Jerry's: Almond Milk (Water, Almonds), Liquid Sugar (Sugar, Water), Coconut Oil, Wheat Flour, Corn Syrup, Sugar, Brown Sugar, Water, Pea Protein, Cocoa (Processed With Alkali), Soybean Oil, Chocolate Liquor, Sunflower Lecithin, Tapioca Flour, Natural Flavor (Coconut), Guar Gum, Molasses, Salt, Vanilla Extract, Caramelized Sugar Syrup, Locust Bean Gum, Cocoa Butter, Soy Lecithin, Vanilla Bean Seeds, Invert Sugar. Contains Almonds, Wheat, Coconut And Soy. May Contain Other Tree Nuts.
Whip Cream	365 Whole Foods	NA	Ingredients: Water, Expeller Pressed Palm Kernel Oil, Tapioca Syrup, Cane Sugar, Tapioca Maltodextrin, Soy Protein Concentrate, Natural Flavors, Pea Protein, Hydroxypropyl Methylcellulose, Soy Lecithin (Emulsifier), Xanthan Gum, Guar Gum

Sweeteners

Item	Brand	Flavor	Ingredients
Dates	Full dates, syrup, & sugar	NA	Ingredients: organic dates
Stevia	NuNaturals		Ingredients: Water, vegetable glycerine and natural flavors.
Monk Fruit	Lakanto		Ingredients: erythritol, monk fruit extract

Note: Some Brands listed don't only carry vegetarian and vegan products, so please read labels.

* Favorites

Eggs

Item	Brand	Flavor	Ingredients
Egg Replacer for recipes	Ener-G	NA	Ingredients: Potato starch, tapioca starch flour, leavening (calcium lactate [not derived from dairy], calcium carbonate, cream of tartar), Sodium Carboxymethylcellulose, methylcellulose.
Vegan Egg	Just Egg* Follow Your Heart	NA	Ingredients for Just Egg: Water, Mung Bean Protein Isolate, Expeller-pressed Canola Oil, Contains Less Than 2% Of Dehydrated Onion, Gellan Gum, Natural Carrot Extractives (Color), Natural Flavors, Natural Turmeric Extractives (Color), Potassium Citrate, Salt, Soy Lecithin, Sugar, Tapioca Syrup, Tetrasodium Pyrophosphate, Transglutaminase, Nisin (Preservative).

Bread

Item	Brand	Flavor	Ingredients
Sliced Bread Bagels	Deland	Millet Zucchini Oatmeal Millet	Ingredients for Zucchini Bread: Organic Millet Flour, Organic Zucchini, Organic Cabbage, Organic Carrot, Organic Carrot Juice, Baking Powder, Filtered Water, Sea Salt.

Meat

Item	Brand	Flavor	Ingredients
Seafood	Gardein	Fish Fillet* Crab Cakes	Ingredients for Fish Fillet: Water, Soy Protein Concentrate, Expeller Pressed/Canola Oil, Potato Starch, Modified Vegetable Gum, Soy Protein Isolate*, Vital Wheat Gluten*, Sea Salt, Natural Flavors (From Plant Sources), Yeast Extract, Organic Cane Sugar, Citric Acid, Algal Oil (Plant Source Of Omega 3 Dha And Epa), Onion Powder, Pea Protein, Carrot Fiber, Color Added, Extractives Of Paprika, Rosemary And Turmeric. Breeding: Wheat Flour*, Modified Corn Starch, Tapioca Starch, Yellow Corn Flour, Onion Powder, Salt, Garlic Powder, Wheat Gluten*, Baking Powder, Canola Oil, Soy Flour, Spices, Sugar, Paprika, Citric Acid, Turmeric, Xanthan Gum. *Non Genetically Engineered Soybeans and Wheat.
Tuna	Good Catch	NA	Ingredients Water, Good Catch 6-plant Protein Blend (Pea Protein Isolate, Soy Protein Concentrate, Chickpea Flour, Lentil Protein, Faba Protein, Navy Bean Flour), Algal Oil, Sea Salt, Sunflower Oil, Seaweed Powder (Seaweed, Salt), Citric Acid, Onion Powder, Yeast Extract (Yeast, Salt), Garlic Powder, Soy Lecithin.
Bacon	Light Life Sweet Earth	Tempeh Smoky	Ingredients: Water, Cultured Organic Soybeans (Organic Soybeans, Lactic Acid From Plant Sources), Organic Tamari Soy Sauce (Water, Organic Soybeans, Salt, Organic Alcohol), Organic Cider Vinegar, Organic Cane Sugar, Natural Smoke Flavor, Sea Salt, Less Than 2% Of Organic Onion Powder, Organic Brown Rice, Organic Beet Powder (Color), Organic Spices, Xanthan Gum.
Beef/Hamburger	Gardein	Beefless Burger Chipotle Black Bean Beefless Tips*	Ingredients for Beefless Tips: water, vital wheat gluten, soy protein isolate, expeller pressed canola oil, onions, yeast extract, methylcellulose, malted barley extract, onion powder, garlic powder, organic ancient grain flour (KAMUT khorasan wheat, amaranth, millet, quinoa), organic cane sugar, white distilled vinegar, potato starch, sea salt, natural flavor (from plant sources), pea protein, spices, carrot fiber, beetroot fiber. rub: dehydrated vegetables (red bell pepper, garlic, onion), spices, organic cane sugar, salt, paprika powder. Non genetically engineered soybeans, wheat, and canola.
	Hilary's Eat Well	Veggie Burger Cauliflower	
	Dr. Praeger's	Mushroom Risotto Perfect Burger	
	Beyond Meet	Burger	
Chicken	Gardein	Crispy Tenders* Strips Mandarin Orange Teriyaki	Ingredients for Nuggets Water, Unbleached Enriched Wheat Flour (Wheat Flour, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid, Reduced Iron, Ferrous Sulfate), Soy Protein Concentrate, Wheat Gluten, Expeller Pressed Sunflower Seed Oil, Potato Starch, Yeast Extract, Wheat Starch, Methylcellulose, Organic Cane Sugar, Sea Salt, Natural Flavors, Cane Sugar, Onion Powder, Garlic Powder, Yeast, Extractives Of Turmeric And Paprika, Salt, Leavening (Cream Of Tartar, Sodium Bicarbonate).
	365 Whole Foods	Nuggets	
Turkey	Tofurky Gardein*	Stuffed Turkey Cutlets	Ingredients for Cutlet: Water, Enriched Wheat Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soy Protein Isolate, Canola Oil, Vital Wheat Gluten, 2% Or Less Of: Corn Starch, Salt, Methylcellulose, Sunflower Oil, Yeast Extract, Sugar, Ancient Grain Flour (khorasan Wheat), Natural Flavors, Potato Starch, Wheat Gluten, Titanium Dioxide (color), Yeast, Barley Malt Extract, Spices, Leavening (sodium Bicarbonate, Cream Of Tartar), Soy Lecithin, Spices, Onion Powder, Soybean Oil, Extractive Of Paprika (color), Lactic Acid.