

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* Miyoko's Creamery 365 Whole Foods	Cheddar Mozzarella Feta Parmesan Blue Cheese Swiss Provolone, etc. Various flavors by brand	Ingredients for Violife Mozzarella Shreds: Filtered Water, Coconut Oil, Food Starch-modified (Potato & Corn), Corn Starch, Salt (Sea Salt), Mozzarella Flavor (Vegan Sources), Olive Extract, Beta Carotene (Color), Vitamin B12, Powdered Cellulose Added To Prevent Caking.
Sour Cream	Tofutti Kite Hill	NA	Ingredients for Tofutti: Water, Expeller Processed Natural Oil Blend (Soybean, Palm Fruit And Olive), Maltodextrin, Soy Protein, Tofu, Non Dairy Lactic Acid, Organic Sugar, Blend Of Natural Gums (Locust Bean, Guar, Cellulose, Xantham And Carrageenan), Veg. Mono And Diglycerides, Salt.
Cream Cheese	Violife Miyoko's Creamery	NA	Ingredients for Miyoko's Creamery: Organic Cashew Milk (Organic Cashews, Filtered Water), Organic Coconut Cream, Sea Salt, Cultures
Creamy salad Dressings	Annie's Naturals	Organic Goddess*	Ingredients for Anne's Goddess: Expeller-pressed canola oil*, Water, Apple Cider Vinegar*, Tahini* (Toasted Sesame Seed Paste*), Soy Sauce* (Water Soybeans*, Wheat*, Salt, Alcohol*), Lemon Juice Concentrate*, Sea Salt, Dried Garlic*, Toasted Sesame Seeds*, Chives*, Xanthan Gum, Dried Parsley*. *Organic
	Follow Your Heart	Ranch, Caesar, & Honey Mustard	
Mayonnaise	Follow Your Heart*	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, Filtered Water, Organic Sunflower Oil, Organic Cashews, Organic Sunflower Lecithin, Sea Salt, Cultures.
Milk	Califia Farms	Almond, Oat, and Coconut	Ingredients for Califia Farms: Oat milk (Water, Gluten- Free Oats), Sunflower Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Monk Fruit Juice Concentrate, Vitamin A Palmitate, Vitamin D2.
Ice Cream, Bar, Sandwiches, & Cheesecake	So Delicious Ben & Jerry's Daiya	Many, many flavors & varieties...	Ingredients for Ben & Jerry's Cookie Dough: Organic Coconut milk (Filtered Water, Organic Coconut), Organic Cane Sugar, Cookie Dough (Rice Flour, Brown Sugar, Water, Vegetable Oil [Palm And Canola], Dark Chocolate Chips [Cane Sugar, Chocolate Liquor, Cocoa Butter, Vanilla Extract], Guar Gum, Natural Flavor, Sea Salt, Baking Soda), Organic Coconut Oil, Chocolate Chips (Cane Sugar, Organic Coconut Oil, Cocoa, Chocolate Liquor, Natural Vanilla Flavor), Organic Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum, Natural Flavor, Annatto Extract (Color). CONTAINS: Tree Nuts.
Whip Cream	365 Whole Foods	NA	Ingredients: Water, Tapioca Syrup, Cane Sugar, Whole Oat Flour, Palm Kernel Oil, Natural Flavor, Gellan Gum, Nitrous Oxide (Whipping Propellant).

Sweeteners

Item	Brand	Flavor	Ingredients
Dates	Terrasoul Superfoods* Jomara Date Lady	Medjool, Deglet, Barhi, Khidri, Segai, & Khalas	Ingredients: organic dates
Fruit	NA	Bananas, apples, berries, grapes, etc.	Ingredients: organic fruits
Maple Syrup	365 Whole Foods		Ingredients: organic maple syrup

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, citric acid), Sodium Carboxymethylcellulose, Methylcellulose.
Vegan Egg	Just Egg*	NA	Ingredients for Just Egg: Water, Mung Bean Protein Isolate, Expeller-pressed Canola Oil, Corn Starch, Contains Less Than 2% Of Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Dehydrated Garlic, Dehydrated Onion, Natural Carrot Extractives (Color), Natural Turmeric Extractives (Color), Salt, Transglutaminase.

Bread

Item	Brand	Flavor	Ingredients
Sliced Bread Bagels	Deland	Millet Zucchini Oatmeal Millet	Ingredients for Millet 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 Good Catch	Crab Cakes	Ingredients for Good Catch Crab Cakes: Water, Good Catch 6-Plant Protein Blend (pea protein isolate, soy protein isolate, chickpea flour, faba protein, lentil protein, soy protein isolate, navy bean powder), red bell peppers, green onions, sunflower oil, corn starch, Italian flat leaf parsley, natural vegan flavors, lemon juice, salt, methylcellulose, onion powder, algal oil, paprika, spices, yeast extract, garlic powder
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	Ingredients: Cultured Organic Soybeans (Soybeans, Lactic Acid From Plant Source), Water, Organic Brown Rice. Contains: Soy.
Beef/Hamburger	Gardein	Ground Be'f Be'f Tips*	Ingredients for Gardein Be'f Tips: Water, Vital Wheat Gluten, Soy Protein Isolate, Canola Oil, Onions, Yeast Extract, 2% or Less of: Methylcellulose, Barley Malt Extract, Sugar, Onion Powder, Rub (Dehydrated Vegetables [Red Bell Peppers, Garlic, Onion], Spices, Organic Cane Sugar, Salt), Garlic Powder, Potato Starch, Natural Flavors, Salt, Spices.
	Hilary's	Root Veggie* Veggie Burger	
	Dr. Praeger's	Mushroom Risotto* California Veggie	
	Beyond	Plant Based Burger	
Chicken	Gardein	Chick'n Tenders* Chick'n Scallopini Mandarin Orange	Ingredients for Beyond Chicken Tenders: Water, Faba Bean Protein, Breading (Wheat Flour, Rice Flour, Salt, Corn Starch, Pea Protein*, Canola Oil, Wheat Gluten, Paprika, Spices, Dextrose, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Sugar, Sunflower Oil, Dried Onion, Dried Garlic, Yeast Extract, Natural Flavors), Breadcrumbs (Wheat Flour, Sugar, Sea Salt, Dried Yeast), Vital Wheat Gluten, Modified Corn Starch, Natural Flavors, Expeller-Pressed Canola Oil, Pea Starch, Methylcellulose, and 1% or less of Yeast Extract, Refined Coconut Oil, Salt, Garlic Powder, Onion Powder, Sodium Phosphates, Spices, Titanium Dioxide (for color), Sunflower Lecithin.
	Beyond	Chicken Tenders	
	365 Whole Foods	Nuggets Chicken Style Bites	
Turkey	Gardein	Stuffed Turk'y* Turk'y Cutlets	Ingredients for Tofurky Roast: Vital Wheat Gluten, Water, Tofu (Water, Soybeans, Magnesium Chloride, Calcium Chloride), Expeller Pressed Canola Oil, Natural Flavors, Sea Salt, Contains Less than 2% of Onion, Carrot, Celery, Garlic, Leek, Rosemary Extract, Lemon Juice Concentrate, Oat Fiber, Cornstarch, Calcium Lactate, Potassium Chloride. Stuffing Ingredients: Stuffing: Water, Brown Rice, Bread Cubes (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin and Folic Acid], Palm Fruit Oil, Yeast, Cane Sugar, Sea Salt), Onions, Celery, Wild Rice, Expeller Pressed Canola Oil, Contains Less than 2% of Sea Salt, Spices, Dehydrated Onion, Granulated Garlic, Natural Flavors, Cane Sugar, Sunflower Oil, Maltodextrin.
	Tofurky	Tofurky Roast	