

Plant Based Convenience Items List

Please note, that items on this list are not guaranteed to be at your local grocery store. If you can't find an item below, consult customer service and see if they would be able to bring the item in.

A (*) indicates that the company is not all vegan and should be monitored for ingredient changes.

Produce Section

- Love Beets
- Franklin Farms *
 - Tofu Bites
 - Seitan
 - Falafel
- Nasoya Vegan Kimchi
- Cleveland Kraut
- Fortune Noodles *
 - Vegan Yakisoba
 - Vegan Udon
- Guacamole Cups
 - Wholly Guacamole Minis
 - Sabra Guacamole Minis
- Tofu (silken, firm, extra firm, super firm, pre-flavored)
 - House Foods
 - Nasoya
- Bare Snacks Veggie/Fruit Chips
- Harvest Snaps (baked snap peas) *
- Fresh Gourmet Crispy Veggie Salad Toppers *
- Hummus
 - Sabra/Tribe Hummus
 - Boar's Head Dessert Hummus
- Nasoya Egg Roll Wrappers
- Nasoya Wonton Wrappers
- Salsa

Crackers

- Triscuits *
- Back to Nature Plant Based Snacks *
- Wasa Crackers
- Mary's Gone Crackers

Baking Aisle

- Enjoy Life Chocolate Chips
- Vegan Egg Replacer
 - Bob's Red Mill
 - Neat Egg
 - Ener-G
 - Hodgson Mill Ground Flaxseed

Cereal/Granola

- Barbara's Puffins *
- EnviroKidz
- Love Grown
 - Cereal
 - Oatmeal Cups
 - Granola
- Kashi *
 - Wheat Biscuits
 - Go!
- Bear Naked *
 - Fit V'Nilla Almond
 - Fit Triple Berry
- Quaker *
 - Overnight Oats
 - Grits
 - Instant Oats
- Purely Elizabeth
 - Granola
 - Oatmeal Cups
- Bob's Red Mill
 - Oatmeal Cups
 - Museli
- KIND Granola *

Canned Foods

- Beans
- Heinz Vegetarian Beans
- Canned Vegetables
- Amy's Canned Chili
- Canned Fruits in 100% Fruit Juice

Convenience Meals in the Aisles

- Tasty Bite *
- Annie Chun *
- Right Foods
- Kitchen & Love Quinoa Cups *
- Seeds of Change Microwave Rice, Quinoa and Bean Blends
- Microwave Rice *
 - Uncle Ben's Ready Rice
 - Minute Rice
 - Success

Pasta/Noodles

- Barilla *
- Banza *
- Explore Cuisine
- Pad Thai Noodles
- Daiya Delux Cheezy Mac

Condiments

- Annie's Dressings/Sauces *
- Daiya Dressing
- A1 Steak Sauce
- Stubb's BBQ Sauce *
- Cholula
- Frank's Red Hot Sauce *
- Frank's Red Hot Buffalo Sauce *
- Veri Veri Teriyaki
- Soy Sauce/Tamari
 - Kikkoman
 - Bragg's Liquid Aminos
 - Coconut Aminos
- Chili Garlic Sauce
- Sambal Oelek
- Sriracha
- Chung Jung One
 - Gochujang Korean Chili Sauce
 - Gochujang Spicy Miso Sauce
- Maya Kaimal *
- Saffron Road Asian Simmer Sauces *
- Veganise
- Iodized Salt
- McCormick Seasoning Packets

Soups

- Amy's Soups *
- Well Yes! *
- Pacific Foods *
- Imagine Foods *
- Lotus Foods Ramen

Note: Company's sometimes change their ingredients. Make sure to pay attention and check ingredients periodically to make sure they are still vegan.

Plant Based Convenience Items List

Breads/Wraps

- Arnold's *
- Dave's Killer Bread
- Tumaros Wraps
- Organic Mission Wraps
- Flat Outs
- Thomas' *
 - Bagels
 - Bagel Thins

Butter

- Earth Balance
- Country Crock *
- I Can't Believe It's Not Butter *

Yogurt

- Good Plants
- Silk
- Forager Project
- Kite Hill
- Lavva
- Daiya
- Chobani *
- Oui *
- So Delicious

Milk

- Good Karma Flax Milk
- Silk
- Almond Breeze *
- Oatly
- Ripple
- Pacific Foods

Frozen Meals

- Amy's *
- Sweet Earth *
- Kashi *
- Healthy Choice Power Bowls *
 - Cauliflower Curry
 - Falafel & Tahini
- Gardein
- Green Giant Harvest Protein Bowls *
 - Southwest Style
 - Asian Style
- Tabatchnick Soups *

Frozen Products

- Dole Dippers *
- Frozen Fruit
- Vann's Waffles *
- Green Giant *
 - Riced Cauliflower
 - Spiralized Veggies
 - Grilled Veggies
 - Roasted Veggies
 - Cauliflower Crust
- Birds Eye *
 - Brown/White Rice
 - Steamed Veggies
 - Protein Blends
- Frozen Edamame Seapoint Farms

Vegan Meats/Cheese

- Upton's Naturals
 - Crumbles
 - Bacon Strips
- Field Roast
 - Sausage
 - Cold Cuts
 - Chao Cheese Slices
- Tofurkey
 - Sausage
 - Cold Cuts
 - Holiday Roast
 - Holiday Ham
- Light Life *
 - Hot Dogs
 - Chicken Strips
 - Burgers
 - Tempeh
- Boca *
 - Turkey Burger
 - Regular Burger
 - Chicken Patties
- Gardein
 - Meatless Meatballs
 - Breakfast Sausage
 - Chipotle Black Bean Burger
 - Chicken Tenders
- Sweet Earth *
 - Seitan Strips
- Daiya Cheese
 - Shreds
 - Slices
- Follow Your Heart Cheese
 - Cheese Block
 - Shreds
 - Slices

Bars

- Larabar
- Think Thin *
- Made Good
- NuGo *
- KIND *
 - Fruit Bars
 - Peanut Butter Banana Dark Chocolate Protein

Protein Powders

- Vegan Smart
- Nutiva
- Orgain *
- Olly
- Pure Protein *
- Owyn

Snacks

- Biena *
- Bada Bean Bada Boom
- Somersaults
- The Good Bean
- Prana Organic
- Barnana
- Gimme Organics Sea Weed
- Roasted Edamame
 - Seapoint Farms
 - Crunch A Mame
- Primal Jerky
- Brami Lupini Beans
- SuperSeedz
- Wild Friends Nut/Seed Butters *
- Justin's Nut/Seed Butters *

Notes

Plant Based Convenience Items List

Treats

- Nothing but! *
- Home Free
- Enjoy Life *
 - Soft Baked Cookies
- Smart Sweets
- Nature's Bakery
 - Fig Bars
 - Brownie's
- Belvita *
 - Mixed Berry Soft Bake
 - Banana Bread Soft Bake
 - Cranberry Orange Crispy
 - Golden Oat Crunchy
 - Blueberry Crunchy
 - Cinnamon Brown Sugar Crunchy
 - Chocolate Crunchy
- Theo Chocolate *
- Evolved
 - Chocolate Bars
 - Nut Butter Cups
- Gin Gins

Notes

Note: To save money, use store brand products when possible. Many products mentioned here do have a store brand equivalent. Just check ingredients.

Meal Ideas

- Banana Roll Up:** Spread nut/seed butter of your choice, place a banana near one end of the wrap, sprinkle with cinnamon and granola and roll it up like a burrito.
 - 1 Tumaros Wraps
 - 2 tbsp Justin's Hazelnut Spread
 - 2-3 tbsp Bare Naked Granola
- Quick & Easy Tofu Stir Fry:** Place Frozen veggies in microwave to heat up according to package. In a pan with a little oil, add tofu and sauté until lightly toasted. Add in cooked veggies, soy sauce, garlic chili sauce and sauté until liquid is absorbed, about 2 minutes. Serve with heated frozen brown rice.
 - Nasoya Soy Ginger Flavored Tofu
 - Frozen Asian Veggies
 - Garlic Chili Sauce
 - Soy Sauce
 - Bird's Eye Frozen Rice
- High Protein Hummus Pasta:** Microwave 1 bag of frozen broccoli according to package. Cook 1 box pasta of choice according to package. Reserve 1 cup of pasta water and drain remaining water. Place 1/3 cup hummus in a small bowl and slowly pour some of the pasta water in small amounts at a time to thin out hummus. Once at desired consistency, add to pasta along with broccoli and combine together then serve.
 - Banza Pasta
 - Green Giant Roasted Broccoli
 - Sabra Hummus
- Buffalo Chickpea Smash Sandwich:** Rinse and drain one can chickpeas and place in a bowl, then lightly mash with a fork. Add in 1/4 of a small red onion and 1-2 stalks worth of diced celery. Add 2 tbsp hummus and 1/4 cup buffalo sauce and stir to combine. Add spread between 2 slices of bread.
 - Dave's Killer Bread
 - Frank's Red Hot Buffalo Sauce
 - Canned Beans
 - Boar's Head Hummus

Plant Based Convenience Items List

Snack Ideas

- Apple Slices paired with nut butter squeeze packet and granola**
 - Justin's Chocolate Hazelnut Spread
 - Purely Elizabeth Granola
- Plantain Chips with Guacamole Mini Cups on the Go**
 - Sabra Guacamole Cup
 - Barnana Plantain Chips
- Rice cake or toast with peanut butter and mashed berries**
 - Quaker Rice Cake
- Bagel thin spread with marinara sauce and sprinkled with shredded cheese**
 - Thomas' Bagel Thin
 - Prego Marinara Sauce
 - Daiya Cheese Shreds
- Avocado Toast topped with roasted chickpeas**
 - Dave's Killer Bread
 - Sabra Guacamole Cup
 - Biena Roasted Chickpeas
- Edamame Pods (add to a snack bag and thaw then sprinkle with salt or chili lime seasoning)**
 - Seapoint Farms Edamame in the Pod
- Whole grain crackers or fruit with dessert hummus**
 - Boar's Head Chocolate Dessert Hummus
 - Triscuits
- Breakfast Biscuit smeared with nut butter and topped with banana slices**
 - Belvita Golden Oat Crunchy Biscuit
 - Wild Friends Nut/Seed Butter Squeeze Packet
- Mini Bell Peppers with hummus cups**
 - Sabra Hummus
- Trail Mix (Combine 1/2 cup cereal, 2 tbsp almonds, 1 tbsp chocolate chips, 1tbsp dried fruit)**
 - Enjoy Life Chocolate Chips
 - Kashi Cinnamon Wheat Biscuits

Meal Ideas

- Banana Breakfast Bites:** In a bowl add 1/2 cup quick oats, 1 tbsp ground flax seed, 1 banana, cinnamon, 2 tbsp soy milk and a pinch of salt. With a fork, mash all ingredients together until a thick batter forms. Fold in 2 tbsp chocolate chips and scoop a spoonful onto a lined baking sheet. With spoon form into the shape of a cookie. Add additional chocolate chips on top of each cookie and bake in the oven at 350F for 10-15 minutes. Allow to cool then enjoy.
 - Enjoy Life Chocolate Chips
 - Hodgson
- High protein yogurt Bowl:** Add the contents of a yogurt container to a bowl and add 1 serving high protein vegan granola and top with berries and extra seeds as desired.
 - Good Plants/Kite Hill Yogurt
 - 1 serving KIND Dark Chocolate Whole Grain Clusters
- Mango Protein Smoothie:** In a blender, add 1 cup frozen mango, one ripe banana, 1 scoop protein powder or 1 6 oz container yogurt, 1-2 cups spinach and 1 1/2 cups fortified plant milk. Blend together and serve. Note, add more liquid if you'd like a thinner consistency.
 - Vegan Smart Protein Powder or Silk Vanilla Soy Yogurt
 - Frozen Fruit
 - Unsweetened Ripple Milk or Soy Milk
- Black Bean Burrito Bowl:** Rinse and drain one can of black beans. Season with a splash of hot sauce and a sprinkle of fajita seasoning. Set beans aside and heat frozen brown rice according to package in the microwave. Heat up frozen corn according to package in the microwave. To assemble, place some prewashed spring mix in a bowl, top with rice, beans, and corn. For extra flavor, top with 2 tbsp salsa, 1 guacamole cup, and/or some plantain chips.
 - Barnana Plantain Chips
 - Cholula Garlic Hot Sauce
 - McCormick Fajita Seasoning Packet
 - Sabra Guacamole Mini Cups
 - Green Giant Roasted Corn
 - Canned Beans
 - Bird's Eye Brown Rice

Plant Based Convenience Items List

Snack Ideas

- Bacon Wrapped Date**
 - Upton's Bacon Slice (heat and wrap)
- 1 Tbsp Peanut Butter with 6-7 chocolate chips**
 - Enjoy Life Chocolate Chips
- Baked apple or pear topped with 1-2 spoons of vanilla yogurt and cinnamon**
 - So Delicious Yogurt
- Waffle with peanut butter and jelly**
 - Vann's Waffles
- Soup with 1/4 cup crunchy chickpeas**
 - Well Yes! Sipping Soup
 - Biena Roasted Chickpeas
- Hummus Pin Wheel rolled with greens and veggies of choice**
 - Sabra Hummus
 - Sriracha

Shopping Tips

- Double check ingredient labels to make sure products are still vegan.
- If you have trouble finding an item, consider that the item might be located in a different section. A lot of stores now separate natural/organic/gluten free products in their own cases or shelves.
- For products higher in sodium, feel free to dilute. You can do this by using half of the seasoning packet, mixing freezer meals with extra steamed vegetables.
- Canned and frozen fruits and vegetables are nutritious as they are packaged at the peak of freshness. For canned veggies, rinsed well under water to remove a significant amount of salt. For canned fruit, make sure it's in 100% fruit juice. Make sure frozen veggies and fruit ingredients include only those produce items or very light seasoning.
- Don't go shopping on an empty stomach.
- Always be nice to associates when requesting information regarding an item.

Meal Ideas

- Quinoa Artichoke & Roasted Pepper Bowl:** Rinse and drain a can of chickpeas and add to a bowl. Use Quinoa Pesto bowl listed below and pour contents in bowl along with some cooked steamed cauliflower. Toss together and serve.
 - Kitchen & Love Quinoa Cups
 - Green Giant Roasted Cauliflower
 - Beans
- Flat Bread Pizza:** Use one flat bread and spread with marinara sauce or hummus. Top with a sprinkle of shredded vegan cheese and your favorite veggies (feel free to heat up frozen veggies in the microwave and top pizza). Bake in oven at 400F until cheese melts, about 8-10 minutes. Cut and serve.
 - Flat Out Wrap
 - Daiya Shredded Cheese
- Quick Curry:** Open and cut super firm tofu into cubes and set aside. Microwave a bag of roasted cauliflower. In a sauce pan, add in diced onions and cook until softened. Add in tofu and sauté until tofu is lightly golden. Add in cauliflower and contents of jar, stir to combine and allow to simmer for 6-8 minutes. Serve with brown rice or quinoa.
 - Maya Kaimal Madras Curry
 - Nasoya Super Firm Tofu
 - Brown Rice
- BBQ Meatball Pita Pocket:** Place meatless meatballs in a toaster oven to heat up according to package. Cut a whole wheat pita in half and stuff with some greens. Toss cooked meatballs in your favorite BBQ sauce and place in pita pocket. Add some pickled veggies on top and serve.
 - Gardein Meatless Meatballs
 - Stubb's BBQ sauce
 - Arnold's Whole Wheat Pita Pocket
- Tofu Lettuce Cups:** In a pan, crumble package of pre-flavored tofu with hands into the pan with a tsp oil. Sauté until tofu is slightly golden then add in teriyaki sauce, 1/2 cup frozen peas, shredded carrots and sauté until liquid is mostly absorbed. Add a scoop of mixture to a leaf of bib lettuce or romaine.
 - Nasoya Pre-Flavored Tofu
 - Veri Veri Teriyaki
 - Nasoya Kimchi