

DELICIOUS VEGGIE FOOD RECOMMENDATIONS

FROZEN SECTION:

GARDENBURGER VEGGIE BURGERS, CHIK'N, AND RIBLETS (SOY RIBS)



BOCA MEATLESS BURGERS AND GROUND BURGER are just two great products in their huge line of goods.



HEALTH IS WEALTH CHICKEN-FREE NUGGETS AND BUFFALO WINGS



TOFUTTI SOY CHEESE PIZZA AND **AMY'S** OR **TRADER JOE'S** ROASTED VEGETABLE PIZZA



RAVIOLI BY **SOYBOY**



NATE'S OR **TRADER JOE'S** MEATLESS MEATBALLS



CHICKEN FREE CHICKEN BY **CARY BROWN** FOR **FOLLOW YOUR HEART**



UNCHICKEN AND **UNTURKEY** BY **NOW AND ZEN**. Stay away from their **UNSTEAK** and **UNRIBS** though. Those are nasty.



CELEBRATION ROAST BY **FIELD ROAST**
A centerpiece dish for the holidays.



TOFUTTI, **SOY DELICIOUS**, **SOY DREAM** & **TEA DREAMS** ICE CREAM AND **WHOLE SOY** FROZEN YOGURT. They are unbelievable, especially the Soy Delicious "Purely Decadent" line.



You can purchase these items at Whole Foods, Trader Joe's, Wild Oats, Meijer, Ralph's, Kroger, Albertsons and other national chains. Your local health food store should also offer a great selection.

In addition, please remember to check out ethnic foods: Indian, Middle Eastern, Ethiopian, Mexican, Chinese, Japanese, Thai, Vietnamese, and Italian have tons of veg options. Just replace the meat with tofu!

For additional soy meats, check out May Wah at www.vegievorld.com and Aurapro at www.auraprofoods.com.