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.



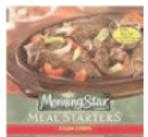




Anything by the LIGHTLIFE brand, especially their SMART MENU CHIK'N STRIPS, and STEAK-STYLE STRIPS. Also, SMART DELI SLICES like soy ham, bologna, salami, turkey, and pepperoni. Old world bologna is the best.

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



VVES VEGGIE DOGS AND





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



WHOLESOY YOGURT AND



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



GLOBAL GREEN FOUNDATION