

Vegan frozen single serving meals

ALL **Gardein**-all are vegan, BEST option available



All **Impossible**- all are vegan, BEST option available



ALL **Purple Carrot**-all are vegan, BEST option available



Other options

Sweet Earth – 5 of their products are labeled vegan! You can see what they have and sort by “vegan” on their web site.!



Daring-5 of their products are labeled plant based.



Saffron Road-Chickpea Masala, Coconut Cauliflower Curry, General Tso's, Vegetable Biryani, Vegetable Pad Thai all clearly labeled vegan



Saffron Road-Samosa Chickpea Frozen Burrito Wrap



Deep Indian Kitchen- Chickpea Masala and the following have “Plant Based” in their name and are VEGAN! Coconut chickn Korma; Chickn Tikka Masala; Chickn Vindaloo; Chickn Curry

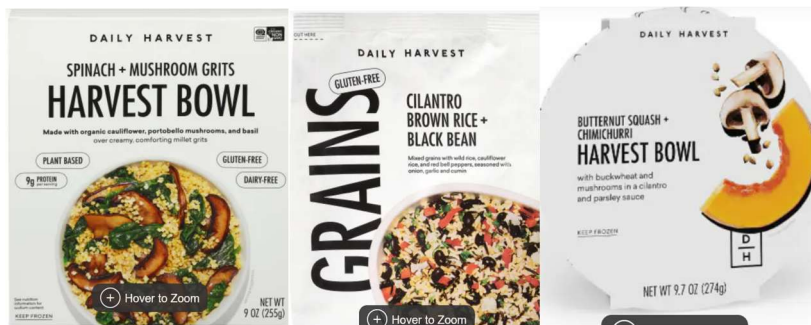


Daily Harvest -Majority of them are vegan (labeled plant based &GF)

Sweet Potato wild rice bowl; White Bean + Spinach Pesto Pasta; Tomato Basil + Portobello Bolognese Pasta; Cilantro Brown Rice + Black Bean Grains; Cauliflower Rice + Pesto Harvest Bowl



Spinach + Shiitake Grits Harvest Bowl; Cilantro Brown Rice + Black Bean Grain; Butternut Squash + Chimichurri Harvest Bowls



Plant Pure-has 9 vegan burritos available at: Publix Super Markets, Lowes Foods, Wakefern/ShopRite, Central Market, and Pete’s Fresh Market



Smart One Angel Hair Marinara-10 oz-200 calories-
Smart One Sesame Noodle with Vegetable-9oz-280 caloriesⁱⁱ



Healthy Choice Power Bowl Falafel & Tahani 9.6oz 360 calories

Healthy Choice Power Bowl Cauliflower Curry 9.9oz 290 caloriesⁱⁱⁱ

Healthy Choice Power Bowl Mango Edamame (HAS HONEY IN IT but otherwise is animal product free)





Healthy Choice Simply Steamer Chana Masala 9.25 oz 250 calories^{iv}

Amy's-TWO burritos are vegan-labeled “Plant based”



Mings Bings-SOME of their products are vegan and labeled so. Some may find them a bit greasy.
 Note: there is also a Mings, same chef, and NONE of the options are vegan.

Filling: Plant-Based Ground Beef Substitute (Water, Soy Protein Concentrate, Expeller Pressed Canola Oil, Refined Coconut Oil, Soy Flour, Isolated Soy Protein, Contains Less Than 2% Of: Yeast Extract [Natural Flavor], Methylcellulose, Cultured Dextrose, Caramel Color, Natural Flavoring (Medium Chain Triglycerides, Sodium Phosphate, Seal Salt, Grill And Smoke Flavor (Sunflower Oil)), Beet Juice Powder [Beet Juice Extract, Maltodextrin], Red Color [Annatto, Glycerin], Citric Acid), Cheddar Style Shreds (Water, Coconut Oil, Modified Food Starch [Potato & Corn], Corn Starch, Sea Salt, Cheddar Flavor [Vegan Source], Olive Extract, Paprika Extract & Beta Carotene [Color], Vitamin B12), Plant-Based Beef Crumbles Substitute (Water, Soy Protein Concentrate, Expeller Pressed Canola Oil, Yeast Extract [Salt], Caramel Color, White Distilled Vinegar, Sea Salt, Spice Flavoring [Yeast Extract, Onion, Garlic, Green Cabbage, Mushroom, Black Pepper, Ginger], Xanthan Gum), Onion, Carmelized Onion (Onion, Canola Oil, Organic Vinegar, Salt, Citric Acid), Cooked Red Quinoa, Tamari Powder, Salt, Black Pepper, Natural Hickory Smoke Flavor.
Wrapper: Water, Brown Rice Flour, Tapioca Flour, Salt, Xanthan Gum, Soybean Oil, Oil Blend (Canola, Olive).



Many Amy's are vegan - **Vegan are**:

- Asian Dumpling Bowl;
- Pad Thai (9.5 oz);
- Breakfast Scramble (8.3 oz);
- Brown Rice & Vegetables Bowl(10 oz);
- Black Bean Vegetable Enchilada, Light in Sodium (9.5 oz);
- Vegan Spinach Ravioli Bowl;
- Quinoa & Black Beans with Butternut Squash & Chard (8 oz);
- Tofu Scramble (9 oz);
- Asian Noodle Stir-Fry (10 oz);
- Baked Ziti Bowl (9.5 oz);
- Paella Bowl (8.5 oz);
- Black Bean Tamale Verde (10.3 oz);

Brown Rice, Black-Eyed Peas & Veggies Bowl (9 oz);
 Harvest Casserole Bowl (10 oz);
 Indian Vegetable Korma(9.5 oz);
 Sweet & Sour Asian Noodle - Light & Lean (8 oz);
 Teriyaki Bowl (9.5 oz);
 Vegan Cheeze & Black Bean Enchilada (9 oz);
 Vegetable Pot Pie, Dairy Free;
 Black Bean Vegetable Enchilada

Chinese Noodles & Veggies (9.5oz);
 Indian Mattar Tofu (9.5 oz);
 Spaghetti Italiano - Light & Lean (8 oz);
 Roasted Vegetable Tamale (10.3 oz);
 Thai RED Curry (10 oz);
 Dairy Free Vegetable Lasagna (9 oz);
 Enchilada with Spanish Rice & Beans Meal (10 oz);



Caulipower-ONLY Spinach Gnocchi with Tuscan-Style Marinara Frozen Meal and Cauliflower Penne Pomodoro Frozen Meal are vegan

Tasty Bite-Known for their shelf stable pouches of Indian food (many are vegan)



Ben's Rice-Shelf Stable – only the Bean & Rice Burrito bowl is vegan



Evol-ONLY Veggie Burrito Bowl is vegan

Sunbutter Jammies (uncrustables knock off) are NOT vegan as they contain Crustaceans and, Fish and their derivatives

Only 3 of the Smuckers **Uncrustables** are accidentally vegan



and Aldi knock offs are accidentally vegan



These brands have NO vegan options-Lean Cuisine (Nestle), Hungry Man, Michelina's, Marie Callendar's (Conagra) and Frontera (Conagra), Boomerangs, Bertoili, Benihana (Kraft Heinz); Boston Market; Devour; El Monterey; PF Changs; Reds All Natural; Farm Rich; La Choy; Night Hawk foods (enchiladas); Rao's; Tai Pei; Zatarain's; Yellowstone

Vegan "Kits" or Family meals (frozen)

Amy's-1 family option



InnovAsian Cuisine- plain white rice (ONLY vegan options of whole brand)

These brands have NO vegan options-Birds Eye,

ⁱ <https://www.goodnes.com/sweet-earth/products/>

ⁱⁱ <https://www.eatyourbest.com/smartones/product/00025800030101>

ⁱⁱⁱ <https://www.healthychoice.com/power-bowls-vegan-and-vegetarian/cauliflower-curry>

^{iv} <https://www.healthychoice.com/simply-steamers-organic-ingredients/chana-masala>

^v [https://www.amys.com/our-foods?onthemenu\[0\]=entrees&items=24&vegan=1](https://www.amys.com/our-foods?onthemenu[0]=entrees&items=24&vegan=1)