

How to Go Vegan at Home

Giving up meat, dairy, and eggs doesn't mean you have to give up enjoying tasty food. There are delectable vegan versions of just about every animal product on the market that replicate the standard American repertoire—without cholesterol and animal cruelty.

VEGAN REPLACEMENTS

BEEF & CHICKEN

BEEF & BURGERS – Beyond Burger (beyondmeat.com), Boca (bocaburger.com), Amy's (amys.com)

CHICKEN - Gardein (gardein.com), Beyond Meat (beyondmeat.com)

CHICKEN BURGERS / NUGGETS - Gardein (gardein.com), Boca (bocaburger.com)

BACON - LightLife (lightlife.com), Upton's Naturals (uptonsnaturals.com), Sweet Earth (sweetearthfoods.com)

BBQ / RIBS - Morningstar Farms (morningstarfarms.com), Gardein (gardein.com)

HOT DOGS, SAUSAGE & DELI SLICES - Yves Veggie Cuisine (yvesveggie.com), Field Roast (fieldroast.com), Tofurky (tofurky.com)

TURKEY

HOLIDAY ROASTS - Tofurky (tofurky.com), Field Roast (fieldroast.com), Gardein (gardein.com)

ABOVE & BEYOND - Tofurky also makes turkey pizza, hot pockets, and quiche

SEAFOOD

BATTERED FISH FILETS - Gardein (gardein.com), Sophie's Kitchen (sophieskitchen.net)

ABOVE & BEYOND - Sophie's Kitchen also makes crab cakes, shrimp, scallops, calamari, tuna, & smoked salmon

EGGS

FULL REPLACEMENT – Follow Your Heart's VeganEgg & Just's Just Egg

BAKING - **Ener-G brand Egg Replacer** (ener-g.com) can be used in baked goods as a binder. It will not leaven.

EGG DISHES - Tofu is the most common replacement for eggs in dishes like scrambled eggs ("tofu scramble") and quiche.

EGG FLAVOR for egg dishes. Use Nutritional Yeast (redstaryeast.com), The Vegg (thevegg.com), or black salt (Kala Namak)

MAYONNAISE - Follow Your Heart's Vegenaize (followyourheart.com), Just Mayo (hamptoncreek.com)

MILK *Use alternatives as you would use cow's milk: in recipes, with cereal, in coffee, smoothies, etc.*

MILK & CREAMER - Wildwood (wildwoodfoods.com), Silk (silk.com), So Delicious (sodeliciousdairyfree.com)

YOGURT - Silk, Kite Hill, So Delicious, Forager, and more!

WHIPPED CREAM - Soyatoo, you can also look online for easy recipes for coconut based whipped cream

ICE CREAM - Coconut Bliss (coconutbliss.com), So Delicious (sodeliciousdairyfree.com), Full Tilt (fulltilticecream.com)

CHEESE

TRADITIONAL STYLE (cheddar, mozzarella, etc.) - Daiya (daiyafoods.com), Follow Your Heart, Field Roast's Chao Cheese

CREAM CHEESE - Go Veggie (goveggiefoods.com), Daiya, Kite Hill (kite-hill.com), Tofutti (tofutti.com), Miyoko's

PARMESAN - Parma! (eatparma.com), Go Veggie (goveggiefoods.com), Violife (violife.com)

ARTISANAL - Punk Rawk (punkrawklabs.net), Miyoko's Kitchen (miyokoskitchen.com), Kite Hill (kite-hill.com), & many more!

OTHER REPLACEMENTS

HONEY - Suzanne's Just like Honey (suzannes-specialties.com), Bee Free Honee (beefreehoney.com). Agave can also be used.

MARSHMALLOWS - Dandies (chicago vegan foods.com), Trader Joes also carries vegan marshmallows

CHOCOLATE - many high quality dark chocolate are vegan. See the Food Empower Project's Chocolate list (foodispower.org).

FROZEN ENTREES - Amy's Kitchen (amys.com) has an extensive line of frozen food that is affordable and available everywhere.

BEANS, SEITAN, TOFU, & MORE – these can also be used in recipes. Read more about this at vegseattle.com/substitutes.php

COOKING

ONLINE - vegweb.com, vegetariantimes.com/recipe, and allrecipes.com have vegan recipes with helpful reviews. Or just google it!

SHOPPING

Vegan food can be found at all major grocery stores (Safeway, Fred Meyer, QFC, etc.). Seattle is also home to several natural food stores with large selections of vegan products (PCC, Whole Foods, and Central Co-op).

This Restaurant Guide is a service of Northwest Animal Rights Network

Visit narn.org for more information about NARN's campaigns in the Seattle area to end animal exploitation & cruelty.

This guide was updated in January 2019 by NARN. If you find the guide helpful, visit narn.org to donate