











Plant Based (PB) Meat Photo Guide

<p>ONLY PB Breakfast Sausage</p> 	<p>ONLY PB Breakfast Sausage Lightlife Gimme Lean, widely available, refrigerated in health section. Good flavor.</p>	<p>Lightlife Smart Dogs</p> 	<p>Lightlife Smart Dogs Widely available, refrigerated in health section. Good flavor and texture, has fooled omnivores. Regular & long. LOW calorie.</p>
<p>Tofurky - Sausage links, harder to find.</p> 		<p>Field Roast</p> 	<p>Field Roast-grillable hot dogs, great texture & taste. Higher calories & price. Generally available.</p>
<p>PB Bacon-Upton's Natural</p> 	<p>PB Bacon-Upton's Natural-Not widely available, pricy.</p>	<p>NOT PB-dogs Morningstar, frozen, is not vegan & tastes horrible.</p>	<p>Aldi-some Aldi have a vegan jumbo hot dog</p>
<p>PB Bacon- Lightlife</p> 	<p>PB Bacon- Lightlife Widely available in refrigerator section. Do not overcook.</p>		

Plant Based (PB) Burgers

<p>PB Burgers-Gardein</p> 	<p>Gardein These burgers have great taste & texture but not all stores carry all Gardein products. Did not care for the Gardein bean burgers.</p>	<p>PB Burgers-Beyond Beef</p> 	<p>Beyond Burger-In the meat isle. "The" most flesh like people say.</p>
<p>Burger- Boca</p> 	<p>Boca-Be sure to get the "vegan" burgers. These are the least expensive, lowest calorie option & frequently go on sale. Widely available.</p>	<p>Aldi Veggie Burger</p> 	<p>Aldi Veggie Burger-SOME Aldis carry in the freezer section. Bean burger is NOT vegan. Slightly more \$ than Boca.</p>
<p>Dollar Tree burger</p>	<p>Dollar Tree burger-Many stores w/ freezers have them-2 burgers for \$1. A bit spicy, healthy list of ingredients.</p>	<p>Aldi-some Aldi have a vegan burger(s)-find a flavor you like</p>	

Note: For all accidently plant based products, ALWAYS read the label as manufacturing can/does change.



Plant Based (PB) Ckn

<p>Best Spicy Chick-n patty- Boca</p> 	<p>Boca-WIDELY available, inexpensive, super flavor & taste. Tastes fried but it is not!</p>	<p>PB Ckn-Gardein Ckn Strips</p> 	<p>PB Ckn-Gardein Ckn Strips-Tastes like it is fried but it is not! Widely available, kids LOVE.</p>
<p>Chick-n patty- Boca</p> 	<p>Boca-WIDELY available, inexpensive, super flavor & taste.</p>	<p>PB Ckn-Gardein Ckn Strips w/ sauce- photo 1 of many</p> 	<p>Gardein Ckn Strips with sauce- Several varieties that can be made with the enclosed sauce or chop up to use in a recipe</p>






Plant Based Roasts

<p>Field Roast-</p> 	<p>Field Roast-Stuffing filled roast. Great texture & taste. Higher calories & price. Generally available, sometimes year around. Refrigerator section.</p>	<p>Tofurkey-</p> 	<p>Tofurkey-Great texture, stuffing is not liked by everyone. Comes with gravy that is not liked by everyone. Generally available for Thanksgiving.</p>
<p>Gardein-</p> 	<p>Gardein-stuffed Turkey-Widely avail at holidays. Better taste and less \$ than Tofurkey.</p>		

Plant Based Fish

<p>Gardein-Fillets</p> 	<p>Gardein – VERY realistic texture & taste. Generally available. Refrigerator section.</p>	<p>Gardein-Mini crab cakes</p> 	<p>-Great texture & taste. Generally available.</p>

Plant Based Miscellaneous

<p>Gardein-Tips</p> 	<p>Gardein – Realistic texture & taste. Generally available. Refrigerator section.</p>	<p>Meatless Balls</p>	<p>-Aldi has 2 frozen vegan meatballs. Gardein has one (Aldi least expensive but not all Aldi carry). Italian has best flavor</p>
<p>PB BBQ-Upton's Natural</p> 	<p>PB Jackfruit BBQ-Upton's Natural-Likw pulled pork. Not widely available, pricy. Very tasty.</p>	<p>vegan Chorizo</p> 	<p>Great taste but NOT widely available. Very affordable. http://elburrito.com/products/</p>
<p>Boca ground crumbles</p> 	<p>Boca ground crumbles- Tasty, texture like ground hamburger, widely available in freezer section. Vegan.</p>	<p>Field Roast Sausages-</p> 	<p>Field Roast Sausages- Italian, Chipotle, several very tasty, good texture options that vary by store. In refrigerator section. Generally available.</p>
<p>Morningstar ground crumbles</p>	<p>More stores are starting to carry-vegetarian but may be vegan.</p>		