

We Understand!

You want to be vegan, but you  
crave the taste of meat!

Changing your favorites overnight isn't going  
to happen, and falling off the wagon can easily  
happen without the knowledge of the best  
tasting substitutes available within your budget.  
**There are a lot of bad 'substitutes'** and  
you don't want to return opened food to a  
grocery store if you don't like the taste!

Please share our 6 years of **very selective**  
**research, taste testing almost every brand,**  
for daily use, out to eat, holidays, etc...

Surprisingly, these also happen to be  
heat and serve with good protein, less  
cholesterol, comparable texture, taste,

and a low price!

There is a good substitute for  
**EVERYTHING!**

Calamari, Lamb, Duck, Shrimp,  
Whipped Topping, Lasagna, etc...

**Beans, Nuts, Avocado, Tofu=High Protein**  
***\*\*\*\* A large Avocado has good protein (6.8g), Omega 3's and Guacamole is almost always vegan!***

**Note:** *Trader Joe's (TJ's) has many  
affordable organic and vegan options.*

**Some Favorites:**

***Egg Rolls \$2.69 6g protein/ serving***

***Vegetable Gyozas \$3.79 5g protein/ serving***

***Birds' Nests \$3.29***

***Orange Chicken \$3.00 16g protein/ serving***

***Seasoned Tofu (ready to eat) \$2.50 7g protein***

See our website for **surprising vegan**  
**items found in any grocery store** and  
other vegan hints!

BestVeganOptions.Weebly.com

See HappyCow.net for local vegan  
restaurant options!

Our favorites: Native Foods, Veggie Grill,  
Loving Hut, Au Lac, Bowl of Heaven

Prices are average found in America Aug. 2014

TASTES LIKE  
CHICKEN!

**The Best**

Independently Tested

**Vegan Substitutes**

Easy

Affordable

Delicious



## COMMON SUBSTITUTES



### Common Restaurants Offering Vegan Protein

**Burgers** *Asian (Pei Wei, Pick Up Stix)=* tofu and veg-  
Red Robin gies instead of chicken  
Dave and Buster's etc. look for the leaf for  
Johnny Rockets vegan sauces

**Taco Bell's Best=** 7 layer burrito (ask for no  
cheese or sour cream). Taco salad (ask beans  
instead of meat, no cheese and substitute sour  
cream with guacamole– there is a button for it!)

**Any taco/Mexican place...** just ask no cheese  
or sour cream, beans instead of meat no cream  
sauce for anything! Add Avocado for more pro-  
tein!

**Acapulco=** Fajitas with beans, no cheese or  
sour cream, ask to not grill in butter.

**ZPizza–** Vegan Berkley has vegan cheese  
(Daiya) and vegan sausages on it too!

**Pizza Hut** deep dish or thin crust no cheese  
extra sauce (Like loaded breadsticks! Not a lot of protein  
but good!)

**Subway** avocado protein, sweet onion sauce

## Find in Most Any Grocery Store! (except these (\*) at health stores or TraderJoe's)

### Brand + Grams of protein per serving if >1

**Pizza=** Daiya or Amy's (any kind) \$7.50-10.00  
5g Protein

**Cheese=** Daiya (any type), next choice is \$3.50  
Follow Your Heart (any kind), next  
choice, \*Trader Joe's mozzarella in shreds

**Sour Cream=** any brand! (egs. Tofutti) \$3.00

**Butter=** Earth Balance ~ Also at TJ's \$4.00

**Milk=** Rice (Fortified with vitamins), \$2.50  
Almond (Vanilla), Soy (Vanilla) sparingly

**Scrambled Eggs=** Tofu (firm) squeeze \$1.50  
liquid before cooking, cook as usual. Protein  
8g

**\*Eggs for baking=** just omit, or Egg \$10.00  
Replacer (found in a box)

**\*Mac N Cheese=** Amy's vegan \$3.20  
8g Protein

**\*Mayo=** Vegenaize or Earth Balance \$4.00

**\*Miracle Whip=** Trader Joe's Reduced \$3.00  
Fat

**\*Ranch Dressing=** OrganicVille Vegan \$3.79  
Ranch

**\*Cream Cheese=** Most any brand! \$2.50  
~Also at TJ's

**\*Ice Cream=** Trader Joes' Ice Cream \$3.00  
Sandwiches (8), Rice Dream (any flavor)

Yogurt= Any brand (egs. SO Delicious) \$1.00 ea

**Bacon=** Imitation Bacon Bits – \$1.00  
nearly all brands– watch out for Protein  
“real” (pile em on everything or eat 3g  
them by the handful!)

**Chicken=** Gardein Chicken Nug- \$3.00  
gets (plain) 3 servings 10g  
\*Or Trader Joe's Chicken-less strips Protein  
20g

**Turkey=** Sliced sandwich meat– \$2.50  
Tofurkey turkey flavor.. Also at TJ's Protein  
Thanksgiving Turkey– Tofurkey or 13g

**Ribs=** Morning Star Ribs (2) \$3.50  
Vegetarian Plus Vegan Citrus Spare 12g  
Rib Cutlets 2-3 servings \$5.50  
12g

**Sausage/Bratwurst=** Tofurkey \$3.00  
Italian Sausage (is spicy) 5 servings Protein  
~Also at TJ's 30g

**Tofurkey Breakfast Links** (5) \$3.29  
10g

**Steak=** Morning Star Grillers Ve- \$3.79  
gan Burgers (4) ~Also at TJ's Protein  
12g

**\*Burgers=** Amy's Texas (is bbq \$6.00  
flavor) (4) Protein  
Or see steak above 12g

**\*Chorizo=** Trader Joe's Chorizo in \$2.00  
the vegan meat section (5 servings) Protein  
11g

**\*Fish=** Veggie Master (2) \$5.00  
Protein  
18g

**Hot Dogs=** Tofurkey (8) \$4.00  
Protein  
10g