

Vegan frozen single serving meals

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

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



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

Other options

Sweet Earth – 5 of their products are labeled vegan like General Tso Tofu! You can see what they have and sort by “vegan” on their web site.ⁱ (also has Lo Mein and Pad Thai).



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



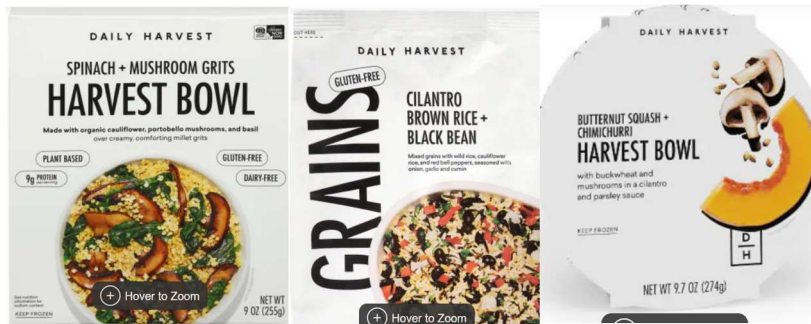
Deep Indian Kitchen- Chickpea Masala and the following have “Plant Based” in their name and are VEGAN! Coconut chickn Korma; Chickn Tikka Masala; Chickn Vindaloo; Chickn Curry



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



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}

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.



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

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|---|--|------------------------------------|
| Asian Dumpling Bowl; | Vegan Spinach Ravioli Bowl: | Paella Bowl (8.5 oz); |
| Pad Thai (9.5 oz); | Quinoa & Black Beans with Butternut Squash & Chard (8 oz); | |
| Breakfast Scramble (8.3 oz); | Tofu Scramble (9 oz); | Black Bean Tamale Verde (10.3 oz); |
| Brown Rice & Vegetables Bowl(10 oz); | Asian Noodle Stir-Fry (10 oz); | |
| Black Bean Vegetable Enchilada, Light in Sodium (9.5 oz); | Baked Ziti Bowl (9.5 oz); | |
| Brown Rice, Black-Eyed Peas & Veggies Bowl (9 oz); | Chinese Noodles & Veggies (9.5oz); | |
| Harvest Casserole Bowl (10 oz); | Indian Mattar Tofu (9.5 oz); | |
| Indian Vegetable Korma(9.5 oz); | Spaghetti Italiano - Light & Lean (8 oz); | |
| Sweet & Sour Asian Noodle - Light & Lean (8 oz); | Roasted Vegetable Tamale (10.3 oz); | |
| Teriyaki Bowl (9.5 oz); | Thai Green Curry (10 oz); | Thai RED Curry (10 oz); |
| Vegan Cheeze & Black Bean Enchilada (9 oz); | Dairy Free Vegetable Lasagna (9 oz); | |
| Vegetable Pot Pie, Dairy Free; | Enchilada with Spanish Rice & Beans Meal (10 oz); | |
| Black Bean Vegetable Enchilada | | |

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

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)