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

<u>Sweet Earth</u> – 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. (also has Lo Mein and Pad Thai).







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









<u>Saffron Road</u>-Samosa Chickpea Frozen Burrito Wrap



<u>Deep Indian Kitchen</u>- Chickpea Masala and the following have "Plant Based" in their name and are VEGAN! Coconut chickn Korma; Chickn Tikka Masala; Chickn Vindaloo; Chickn Curry



<u>Daily Harvest</u> -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







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







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.



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 Oill), Beet Juice Powder [Beet
Juice Extract, Maltodextrin], Red Color
Jannatto, Glycerin], Citric Acid), Cheddar
Style Shreds (Water, Coconut Oil, Modified
Food Starch [Potato & Corn], Corn Starch,
Sea Salt, Cheddar Flavor [Vegan Source],
Oilve 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,
Carlic, 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 arev:

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

<u>Caulipower</u>-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 derivates

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/

[&]quot; 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