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Since fall 2024 I have tasted and reviewed the following plant-based foods...

Table of Contents:

Cheeses (hard/shredded/soft) -page 2

Cookies -page 3

Dip -page 4-5

Freezer items - miscellaneous -page 6

Granola Bars/Protein Bars -page 6

Heavy Whipping cream -page 7

Ice Cream -page 8

Meat Alternatives -page 9-12

- Bacon
- Chick'n
- Ground beef
- Meatballs
- Pepperoni
- Tofu

Milk -page 12

Mushrooms -page 13

Pasta -page 13-14

Pie -page 14

Pudding -page 14

Rice -page 15

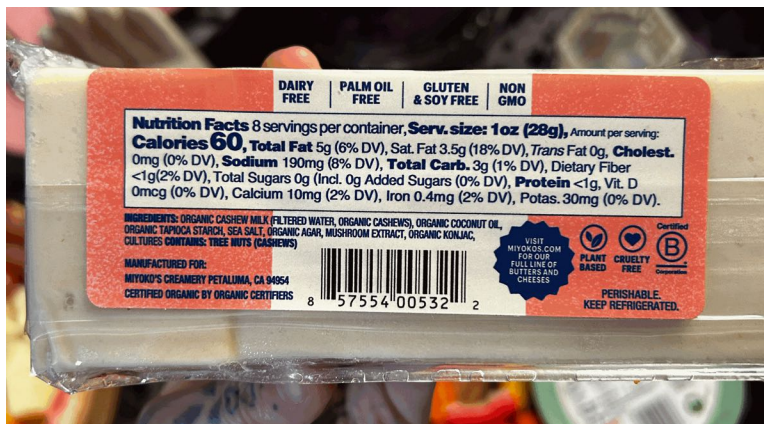
Soup -page 15

Vegan Food Product Reviews

Cheeses (hard/shredded/soft)



easy to cook with! 10/10 - I love this brand!



Mikono's hard block of mozzarella - sold at shoprite and other grocery stores. 10/10 great for making pizza or pasta dishes. I also love their round of soft, fresh mozzarella.

Vegan Food Product Reviews



10/10 I buy this all the time from Shoprite/Whole Foods now.



10/10 delicious flavor and amazing quality.

Cookies



10/10 best cookies! Super soft and have a perfectly sweet taste.

Vegan Food Product Reviews

Dip



7/10 good flavor, can be heated.



10/10 fresh and yummy.



vegan tzatziki 8/10 from Trader Joe's.

Vegan Food Product Reviews



7/10 it was good, I just do not love chipotle flavor.



10/10 tastes very fresh and is a great source of healthy fats.

Vegan Food Product Reviews

Freezer items - miscellaneous



The breading is delicious and always comes out crispy. Sold at most grocery stores.



vegan enchilada casserole from Trader Joe's, 7/10 would buy again!

Granola Bars/Protein Bars



Yummy, chewy and filled with seeds, nuts and dried fruit. Bought at Shoprite.

Vegan Food Product Reviews

Heavy Whipping cream



7/10 great quality but hard to cook with because it has a sweet vanilla flavor. Sold at various grocery stores.



\$4.99 at Trader Joe's, 10/10 best vegan whipping cream!

Vegan Food Product Reviews

Ice Cream



10/10 decadent and low calorie. Sold at Trader Joe's.



\$3.69 for 6 sandwiches, super yummy! Sold at Trader Joe's.

Meat Alternatives

Vegan Food Product Reviews

Bacon



7/10

Bought from Whole Foods. Delicious but very expensive, I only buy when on sale.

Chick'n



10/10 I love this brand and all their products are great quality. The breading on their vegan chick'n is my favorite.



10/10 my favorite product on this list. Sold at Trader Joe's.

Ground beef

Vegan Food Product Reviews



8/10 great texture, sold at Trader Joe's

Meatballs



10/10 I cook with these all the time now, sold at Trader Joe's for \$4.99

Pepperoni



Trader Joe's Vegan Pepperoni

10/10 I love them cooked or uncooked. They are perfect with cheese & crackers or cooked on top of pizza.

Vegan Food Product Reviews

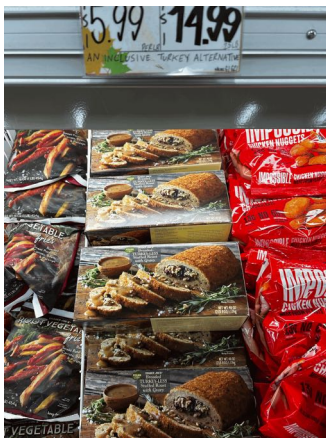
Tofu



\$4.99 thai green curry w/ tofu, from Trader Joe's 8/10 super yummy.



\$3.19 perfect little tofu squares - versatile - 10/10 easy to cook and add into any dishes that may need a little extra protein.



\$14.99 vegan thanksgiving stuffed turkey. Sold at Trader Joe's. 9/10 super yummy, easy to roast in the oven with veggies & potatoes.

Vegan Food Product Reviews



10/10 from Trader Joe's, made with soy, very affordable



non soy protein alternative - I love this brand but the apple sage sausage was new to me & had amazing flavor. Cook to a nice crisp. 9/10

Milk



Plant-based protein shake 10/10 one of my favorite flavors from this company, Koia

Vegan Food Product Reviews

Mushroom



\$4.99 Mixed mushrooms from Trader Joe's
10/10 great quality, versatile to cook with

Pasta



Trader Joe's Vegan Spinach & Cashew Ravioli
10/10 I love the size and flavor of the ravioli. I also love how the ravioli holds and does not break apart too easily - probably because they are compact!

Vegan Food Product Reviews



10/10 great texture, bought from Shoprite

Pie



10/10 holds up good & is gluten-free

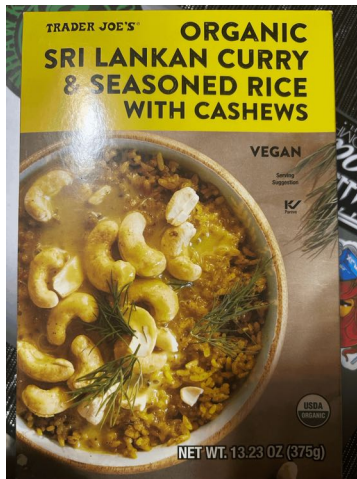
Pudding



10/10 perfect consistency and amazing flavor -tastes like brownie batter!

Vegan Food Product Reviews

Rice



10/10 very delicious and comforting. Wholesome side dish or great just as is. Bought from Trader Joe's

Soup



Organic Creamy Mushroom Soup

- vegan
- gluten free
- 170 calories per container
- 0 grams of trans fats per container
- 0 grams of cholesterol per container
- 1200mg of sodium per container (about 52% DV)

6.5 out of 10 - This soup is amazing and filling. The one issue I had with the soup was the large amount of very chunky mushrooms it had.