

## Ventura Vegan Resources:

There are a **\*lot\*** of links below, but that's good news – because there's so much vegan stuff out there no. Makes me wonder why everyone doesn't just do it :) Whether you're making things yourself or buying it pre-made, just about **\*everything\*** can be made plant-based/cruelty-free/vegan.

### Unprocessed Meaty Stuff:

For "meaty" products that are unprocessed and recipe ready, you'll come to know these classics:

<http://www.onegreenplanet.org/vegan-food/the-ultimate-guide-to-vegan-meats-and-meat-substitutes/>

### Pre-made Meaty Stuff:

For vegan meats that are prepackaged and ready to go at most supermarkets, here's a handy guide:

<https://www.peta.org/living/food/meat-replacements/>

### New-to-You-Food Guide:

This might also be helpful to learn about products that might be unfamiliar to you right now. I also wrote/built this site for FARM a few years ago. It's becoming dated, but still has a lot of good info:

<http://livevegan.org/index.php/all-about-food#new-to-you-foods>

### Seitan Recipe Book:

I've attached the best cookbook I've found for making homemade seitan (wheat protein vegan meats) including bacon, steak, fish, chick'n, turk'y, etc. I'll try to get you some of my homemade samples soon.

You can also find the recipe book here:

<https://thegentlechef.com/gentle-chef-cookbooks/seitan-beyond-cookbook/>

### Favorite Recipes:

Some of our own personal family favorite recipes are on our website. They include my recipes for bacon, brats/sausages, kababs, breakfast scramble, and much more. Here's a direct link to recipes:

<http://nonviolenceunited.weebly.com/recipes.html>

Nowadays, I tend to make most of my own stuff from scratch. And I like tempeh, tofu, jackfruit, etc. But I still enjoy convenience products and there are new ones hitting the market all the time. And most restaurants have vegan items on the menu or will make things vegan. Here are a list of just some of favorite pre-packaged convenience items available in stores. Some places like Winco and even Wholefoods are cheaper than Vons. And there's also Sprouts in Ventura now – but we haven't been there yet, so I don't know what is available there.

A few of our favorite pre-packaged products (this is only a sampling, so keep exploring):

Burger (available at Target, Wholefoods, Lassens)

<https://gardein.com/products/beefless-burger/>

Hotdog (available at Lassens and Wholefoods)

<http://fielddroast.com/product/frankfurters/>

Meatballs (available at Winco for cheap, Lassens, Wholefoods, Target sometimes)

<https://gardein.com/products/meatless-meatballs/>

Brats/Sausages (available at Lassens, Wholefoods, and some flavors at Vons)

<http://fielddroast.com/product/field-roast-sausages/>

Pepperoni (available at Vons, Lassens, Wholefoods)

<http://www.tofurky.com/what-we-make/deli-slices/pepproni/#flavormenu>

Sandwich Meats (available almost every supermarket like Winco, Vons, Ralphps, etc. and Wholefoods)

<http://www.tofurky.com/what-we-make/deli-slices/>

<http://fieldroast.com/product/deli-slices/>

Ribs (available almost every supermarket like Winco, Vons, Ralphps, etc.)

<https://www.morningstarfarms.com/products/morningstar-farms-hickory-bbq-riblets-product.html>

Chick'n Strips (available almost every supermarket like Winco, Vons, Ralphps, etc.)

<https://gardein.com/products/teriyaki-chickn-strips/> (we leave the sauce off)

<http://beyondmeat.com/products/view/grilled-strips>

Beef Strips (available almost every supermarket like Winco, Vons, Ralphps, etc.)

<https://gardein.com/products/beefless-burger/>

Beef Crumbles/Hamburger (available almost every supermarket like Winco, Vons, Ralphps, etc.)

<https://gardein.com/products/gluten-free-beefless-ground/>

<http://www.kraftheinz-foodservice.com/en/productsandbrands/meats/bocaveggiegroundcrumbles>

Breaded Chicken Patty (available almost every supermarket like Winco, Vons, Ralphps, etc.)

<http://www.kraftrecipes.com/products/boca-original-chikn-vegan-patti-1498.aspx>

Breaded Chicken Strips

<https://gardein.com/products/seven-grain-crispy-tenders-2/>

Milk (available at Vons, Winco, Ralph's, Lassens, Wholefoods – and lots of other places)

There are dozens of flavors and varieties of dairy-free milks. A couple of my go-tos:

<https://www.almondreeze.com/products/almondmilk-original/>

<https://silk.com/products/original-almondmilk>

Cheese for Pizza (available at Vons, Lassens, Wholefoods).

<http://daiyafoods.com/our-foods/shreds/mozzarella/>

Some people prefer "Follow Your Heart" brand mozzarella and there are other brands too. You might want to try a few to find your favorite. Cheese was the hardest thing for us, but when we learned about what happens to the cows – it got a lot easier. That said, dairy cheese is also addictive because of the casein-morphine that keeps calling you. If you can go about a month without dairy, those cravings really diminish.

Cheese for Grilled Cheese, tacos, etc. (available at Vons, Lassens, Wholefoods, etc.)

Chao <http://fieldroast.com/product/chao-slices/>

Or

Daiya <http://daiyafoods.com/our-foods/shreds/cheddar/>

Cheese for crackers, snacks, sandwiches, etc. (available at Vons, Lassens, Wholefoods, etc.)

<http://fieldroast.com/product/chao-slices/>

Parmesan (available at Vons, Wholefoods, sometimes Lassens)

Go Veggie Cheesy Bliss (powder, crumble)

<http://www.goveggiefoods.com/products/grated-topping/vegan/parmesan>

Follow Your Heart (hard shreds)

<https://followyourheart.com/products/parmesan/>

Butter (available at Vons, Wholefoods, Lassens, etc.)

Earth Balance <https://earthbalancenatural.com/product/original-buttery-spread/>

Smart Balance <http://www.tofutti.com/dairy-free-cheeses/sour-cream/>

Sour Cream

Tofutti <http://www.tofutti.com/dairy-free-cheeses/sour-cream/>

Ice Cream

[http://sodeliciousdairyfree.com/product\\_groups/dairy-free-desserts](http://sodeliciousdairyfree.com/product_groups/dairy-free-desserts)

<http://www.benjerry.com/flavors/non-dairy>

<http://www.breyers.com/product/category/1290485/non-dairy-frozen-desserts>

Ice cream treats: So Delicious anything are great, but we really, really like their mini ice cream sandwiches: <http://sodeliciousdairyfree.com/products/coconut-milk-frozen-desserts/vanilla-minis-sandwiches>

Whipped Cream

<http://sodeliciousdairyfree.com/products/coconut-milk-frozen-desserts/cocowhip-original>

Mayonnaise

<http://followyourheart.com/products/organic-3/#product-top>

<http://www.eatjust.com/en-us/products/consumer/mayo>

Other veggie meats (available at Wholefoods, Lassens, and other health food markets)

<http://vegeusa.com/> (citrus spare ribs)

And there are new vegan burgers making waves and coming to restaurants like the Impossible Burger (<https://www.impossiblefoods.com/burger/>) and Beyond Meat's Burger (also available at Von's and Wholefoods <http://beyondmeat.com/products/view/beyond-burger>).

The list goes on, but I'll stop there for now. If you ever want to go on a vegan shopping tour, or if you have any other questions about animal ag, clean/plant-based foods, recipes, products, etc., please don't hesitate to ask – it's what I've devoted my life to... because it's that important.

Thanks for all you're doing to make the world a better, more compassionate place!!

:) matt

Matt Bear

[www.NonviolenceUnited.org](http://www.NonviolenceUnited.org)

[www.VeganShirt.com](http://www.VeganShirt.com)

[www.VeganVideo.org](http://www.VeganVideo.org)

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