

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 – 16/the majority of their products are vegan like General Tso Tofu! You can see what they have and sort by “vegan” on their web site.ⁱ

Saffron Road-Chickpea Masala, Coconut Cauliflower Curry, General Tso’s, Vegetable Biryani, Vegetable Pad Thai all clearly labeled vegan



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



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}

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

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

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		

Evol-**ONLY** Veggie Burrito Bowl is vegan

NONE-Lean Cuisine (Nestle), Hungry Man, Michelina's, Marie Callendar's (Conagra) and Frontera (Conagra)-NONE of their products are vegan

Vegan frozen breakfast

French Toast Sticks - Kroger brand, regular and cinnamon. Wal Mart brand & Eggo are NOT).

Sweet Earth – Several breakfast burritos are vegan. You can see what they have and sort by “vegan” on their web site.^{vi}

Amy's- some vegan breakfast burritos

Plant Pure-has some vegan breakfast burritos

Vans-Original frozen waffles are vegan and other might be (whole grain ones have honey)

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)

^{vi} <https://www.goodnes.com/sweet-earth/products/>