

Meat Alternatives

The products below are non-dairy shopping list suggestions ONLY. General brands have been listed, though only select varieties may be non-dairy (made without dairy ingredients, including lactose, casein, and whey) or dairy-free. Always check the ingredient statement prior to consumption. For a list of non-dairy brands with varieties, company names, websites, links, and special diet information (vegan, no gluten, no soy, nut-free, kosher) see our Non-Dairy Product Lists, available in a downloadable PDF format. Cross contamination of food allergens should always be assumed in manufacturing. Most of the products listed could be at risk for cross contamination, and therefore may contain trace amounts of milk. If cross contamination is a concern, be sure to contact the manufacturer directly prior to consumption. Our Company Contact List includes consumer websites, emails, and phone for the manufacturers listed on our product lists. Do you not see a product? Keep in mind that we do not post up products that are made with hydrogenated oils or high fructose corn syrup. Also, some of the "mainstream" companies have demanded that their products be removed, as they do not want to be associated with a "free-from" website. Nonetheless, feel free to send us an email suggesting products you have found for inclusion.

Please note, product ingredients do change frequently, and products are added and removed from the market regularly. Although we will do our best to keep this information updated, our content cannot be guaranteed. We request that you contact us should you see the need for any additions, deletions, or changes. With this in mind, always double-check the ingredients and allergens of every product to avoid any doubt before purchase.
Egg Replacer (Select Varieties Only, always check ingredient label)

Bob's Red Mill Vegetarian Egg Replacer
Egg Replacer
Egg (Not!)
Ener-G Egg Replacer
Orgran Egg Replacer
Meatless "Meat" (Select Varieties Only, always check ingredient label)

American Grass Fed Beef Hickory Smoked Bacon
American Grass Fed Beef Summer Sausage
Amy's Breakfast Patties
Applegate Farms Anti-Biotic Free Deli Meats
Applegate Farms Chicken & Apple Breakfast Sausage
Applegate Farms Coppa
Applegate Farms Organic & Anti-Biotic Free Hot Dogs
Applegate Farms Organic Bacon
Applegate Farms Organic Beef Burgers
Applegate Farms Organic Deli Meats
Applegate Farms Organic Poultry Sausage
Applegate Farms Organic Turkey Burgers
Applegate Farms Pancetta
Applegate Farms Prosciutto
Bilinski's All Natural Chicken Sausage
Bilinski's Organic Chicken Sausage
Boca Breakfast Links made with Organic Soy
Boca Breakfast Patties made with Organic Soy
Boca Chik'n
Boca Chik'n made w/ Organic Soy
Boca Chili
Boca Ground Burger
Boca Sausage
Smofu Tofu Taco
Hans' Cooked Hotdogs (Uncured Skinless)
Hans' Cooked Sausages
Hans' Raw Chicken Sausages
Hans' Raw Pork Sausages
Hans' Raw Turkey Sausages
Hans' Raw Veal Sausages
Hans' Stuffed Chicken Breasts
(Not!) Chunks
(Not!) Ground
(Not!) Strips
Beef (Not!) Crumblers, ground beef meat style
Burger 'n More
Carvers Choice Cuts
Certified Organic Meat Not

Chicken (Not!) ™ Breast
Choice Cuts & Sauce
DDC Meat (Not!) Loaf mix
DDC Skillet Pilaf Mix with Ground Beef (Not!)®
Flavored, Diced Chicken (Not!)
Gourmet Turkey (Not!) Burgers
Harvest Direct Meat Replacements
Harvest Direct Mixes
Pepper Steak Potato Kit
Roasted Chicken (Not!)
Sloppy Joe Mix (Homemade, Complete)
Soysage Crumblers, sausage style
Soysage Pattie Mix (Sausage Style)
Taco and Burrito Filling Mix
Tangy-Style DDC Meatloaf (Not!) ™; Meatball and Pattie Mix
Grillnz Burger Mix
Soy Add-Ums Textured Soy Protein
El Burrito Soy Breakfast Sausage
El Burrito Soy Sausage
El Burrito Soy Taco
El Burrito SoyLoaf
El Burrito Soyrizo
Celebration Roast
Field Roast Breaded Cutlets
Field Roast Classic Meatloaf
Field Roast Sausages
Original Field Roast Loaves
Thin Deli Sliced Field Roast
Cary Brown's Country Smoked, Chicken Free Chicken
Gardenburger Veggie Specialties
Hormel Natural Choice Deli Meats
Morningstar Farms® Grillers® Burger Style Recipe Crumbles™
Morningstar Farms® Meal Starters™
Lightlife Gimme Lean
Lightlife Organic Smoky Tempeh Strips
Lightlife Organic Tempeh
Lightlife Smart Bacon
Lightlife Smart BBQ
Lightlife Smart Breakfast Patties
Lightlife Smart Deli
Lightlife Smart Dogs
Lightlife Smart Franks
Lightlife Smart Ground
Lightlife Smart Links
Lightlife Smart Menu Frozen Meatless Meatballs
Lightlife Smart Nuggets and Patties
Lightlife Smart Strips
Lightlife Smart Tex-Mex
Lightlife Tofu Pups
Lightlife Veggie Dogs
Heartline Meatless Meats
Casual Gourmet Chicken Burgers
ND Labs Meatless Entrees
Wildwood Organic Tempeh
Shelton's Franks
Shelton's Smoked Franks
Shelton's Spicy Dogs
Shelton's Turkey Breakfast Sausage
Shelton's Turkey Breakfast Strips
Shelton's Turkey Burgers
Shelton's Turkey Italian Sausage
Shelton's Turkey Sausage Patties
Shelton's Uncured Bologna
Sol Cuisine Organic Frozen Falafel
Sol Cuisine Organic Sol-Ground

Sol Cuisine Organic T-Ribz
Sol Cuisine Sol-Dog
SoyBoy Breakfast Links
SoyBoy Not Dogs
SoyBoy Organic Tempeh
SoyBoy Vegetarian Franks
The Buffalo Guys All Natural Gourmet Meats
The Buffalo Guys Buffalo Jerky
Yves Meatless Hot Dogs
Yves Meatless Skewers
Yves Veggie Brats
SuperBurgers
Tempeh
Tofurky Breakfast Links
Tofurky Deli Slices
Tofurky Franks
Tofurky Holiday Products
Tofurky Sausages
Twin Oaks Tempeh
Twin Oaks Vegetarian Sausage
VegeUSA Vegetarian Plus Vegan Entrees
TofuTown Tofu Tenders
White Wave Seitan
White Wave TempehTofu (Select Varieties Only, always check ingredient label)

Mori-Nu Seasoned Tofu
Mori-Nu Silken Tofu
Wildwood Organic Baked Tofu
Wildwood Organic Golden Tofu
Wildwood Organic Smoked Tofu
Wildwood Organic Tofu (vacuum pack)
Wildwood Organic Tofu (water pack)
Small Planet Organic Dip & Spread
Small Planet Organic Fresh Tofu Products
Small Planet Organic Savory Baked Tofu Products
Soga All Natural Tofu
Soga Grilled & Marinated Tofu
Soga Organic Tofu
Soy Boy Baked Tofu
Soy Boy Organic Tofu
Sunergia Organic Flavored "More Than Tofu"
Mandarin Soft Tofu
Mandarin Soft Tofu
Pete's Dessert Tofu
Pete's Ingredient Tofu
Pete's Tofu 'n Sauce
Pete's Tofu 2 Go Cubes
Pete's Tofu 2 Go Snackables
Sunrise Dessert Tofu
Sunrise Soyganic Organic Tofu
Sunrise Tofu
Sunrise Traditional Ethnic Tofu
Twin Oaks Extra Firm Organic Tofu
Azumaya Tofu
Azumaya Tofu
Nasoya Organic Tofu
Nasoya Organic Tofu
White Wave Baked Tofu
White Wave Baked TofuVeggie Burgers (Select Varieties Only, always check ingredient label)

Amy's Veggie Burgers
Boca Burgers (Red box)
Boca Burgers made with Organic Soy
Dr. Praeger's Veggie Burgers
Ope's Organic Veggie Burger Patties (Raw or Grilled)

Follow Your Heart Vegan Burger Pattie
Gardenburger Burgers
Maui Taro Burger (wheat free)
Morningstar Farms® Veggie Burgers
Lightlife Light Burgers
Lightlife Mushroom Burger
Lightlife Smart Patties
Lightlife Veggie Burger
Mon Cuisine Vegan Chicken Patties
Wildwood Organic Tofu-Veggie Burgers
Ruth's Omega Burgers
Sol Cuisine Frozen Veggie Burgers
SoyBoy Okara Courage Burger
Organic Sunshine Burger
Yves Meatless Breakfast Dishes
Yves Meatless Burgers
Yves Meatless Deli Slices
Yves Meatless Ground Round