

HIGH QUALITY VEGETARIAN PRODUCTS

from the book **BLUE MOON VEGETARIAN**

A quick disclaimer: No one has paid me to mention these brands. I am a writer, not an ad agent!

Albertsons' Essensia Real Semi-Sweet Chocolate Chips	Natural Directions Kidney Beans
Annie's Organic Horseradish Mustard	Natural Directions Pinto Beans
Best Foods Mayonnaise	Natural Directions Black Beans
DeBoles' Organic Jerusalem Artichoke Lasagna Noodles	Natural Value Organic Mustard
Don Pancho's Gordita-style Burrito Tortillas	Nature's Path Organic Pumpkin Flax Plus Granola
Earth Balance	Newman O's Hint O' Mint Cream Filled Chocolate Sandwich Cookies
Hatch Medium Chopped Green Chilies	San Pellegrino Sparkling Natural Mineral Water
Kirkland Organic Green Beans	Strictly Organic Coffee Company's Organic Sustainability Blend
Kirkland Organic Medium Salsa	Tillamook Hot Habanero Jack Cheese
Kirkland's Organic Tortilla Chips	Tillamook Mexican Blend Shredded Cheese
Kirkland Signature Organic Medium Salsa	Tillamook Vintage White Extra Sharp Cheddar Cheese
Mariani Dried Cherries	Tony Chachere's Original Creole Seasoning
Mary's Gone Crackers	Trader Joe's Organic Red Wine and Olive Oil Vinaigrette
Muir Glen Fire Roasted Tomatoes	Umpqua Oats
Nancy's Low-Fat Yogurt	Vegenaise
Nancy's Organic Peach Kefir	
Napa Valley Naturals Organic Sunflower Oil	

Do you have any favorite products for a plant-based diet? Contact me! I want to try them, add them to the list, and pass the information along.

Get more resources like this by visiting my website at www.paulamariemcoomer.com.