

CRUELTY-FREE KITCHEN

Animal-based Ingredients

Hamburger
Hot dogs
Chicken nuggets
Cheese
Grilled cheese sandwich
Cheese puffs
Milk
Milk chocolate
Cream cheese
Coffee creamer
Ice cream
Eggs
Sausage/ chorizo
Honey
Butter
Mayonnaise
Worcestershire sauce
Gelatin (often found in candy)
Lunch meat

Plant-based Alternatives

Vegan veggie burger
Veggie dogs
Gardein Crispy Tenders
Kite Hill, Daiya, Teese
Grilled Daiya sandwich
Earth Balance Cheddar Puffs
Soy, Almond, or Rice milks
Dark Chocolate
Tofutti soy cream cheese
Soy or coconut milk creamer
Soy or coconut milk ice cream
Egg replacer, tofu, bananas
Soy chorizo /soyrizo
Agave nectar, Bee Free Honee
Earth Balance
Just Mayo, Vegenaise
Vegan Worcestershire sauce
Agar-agar
Tofurkey deli slices