

what is a plant based diet?

A plant based diet is a diet based on foods derived from plants, including vegetables, whole grains, nuts, seeds, legumes and fruits, but with few or no animal products.

Whether you choose to follow a plant based diet just one day a week, or as an on-going lifestyle choice, this approach is for anyone who is striving to incorporate less meat and other animal products and more vegetables, fruits and nuts into their diet.

Many people look to plant based diets to live a healthier life. Integrating more plant based eating into your diet can help support a healthy weight, healthy glucose levels, healthy digestion and maintaining optimal energy levels.

Following a plant based diet isn't strictly reserved for vegetarians or vegans; it's simply a healthy eating strategy. We believe you don't have to sacrifice great flavor and taste when eating less meat, seafood and dairy. We have a wide selection of plant based options throughout our stores and our selection is growing each day as we find new and exciting products to share.



*A resource and partner in your journey
to better health and well-being*



** If you have any questions or concerns, feel free to reach out to your Heinen's wellness consultants. We are available to give store tours or one-on-one consultations to help guide you through your lifestyle choices.*

DISCLAIMER: Please do not rely on this information as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.



plant based items

IN THE MEAT DEPARTMENT

- Beyond Meat Plant Based Meats
- Field Roast Grain Meats
- Hodo Plant Based Proteins & Sides
- Lightlife Plant Protein
- No Evil Plant Based Proteins
- Nutcase Vegan Meats
- Sweet Earth Plant Based Burgers and Seitan
- **Tofu:** Cleveland Tofu, Hodo Tofu, House Tofu, Nasoya Tofu, Panda Farms Tofu
- Tofurky Plant Based Meat Alternatives
- Upton's Naturals Meat Alternatives
- Viana Veggie Meat Alternatives
- Westbrae Organic Miso
- WestSoy Seitan and Tempeh

Visit our Meat service counter and ask about our "Ready-To-Cook" Plant Based Meal Solutions.

IN THE DAIRY DEPARTMENT

- **Butter and Spreads:** Benecol Buttery Spread, Earth Balance Vegan Spreads, GoAvo Avocado Spread, Follow Your Heart Vegan Mayo, Just Mayo, Melt Plant Based Butter, Miyoko Vegan Butter
- **Cheese:** Chao Creamery Vegan Cheese, Daiya Dairy Free Cheeze, Follow Your Heart Vegan Cheese, Tofutti Dairy Free Cheese
- **Cream Cheese:** Daiya, Kite Hill, Tofutti
- **Creamer:** Califia Farms Almondmilk Creamer, Natural Bliss Almondmilk Creamer, Silk Creamers, So Delicious Creamers
- **Eggs:** Follow Your Heart VeganEgg, Just Egg Substitute

- **Milk:** Blue Diamond Almond Breeze Almondmilk, Califia Farms Plant Milks, Heinen's Almondmilk, Ripple Pea Milk, Silk- Soy, Almond, Cashew and Coconut Milk, So Delicious Coconut Milk
- Reddi Whip Non Dairy Whipped Topping
- **Yogurt:** Daiya, Kite Hill, Silk, So Delicious, Stoneyfield Soy

IN THE FROZEN FOODS DEPARTMENT

- Amy's Vegetarian Entrees
- Birdseye Protein Blends
- **Burgers:** Dr. Praeger's Plant Based Burgers & Snacks, Good Seed Burgers, Heinen's Veggie Burgers, Hilary's Veggie Burgers, Qrunch Quinoa Burgers, Sweet Earth Veggie Burgers
- Dominex Veggie Entrees & Sides
- Gardein Meatless Meats
- Grainful Vegetarian Chili
- Luvo Planted Power Bowls
- Morningstar Farms Plant Protein
- **Plant Based Pints:** Ben & Jerry's Non-Dairy Frozen Dessert, Heinen's Non Dairy Frozen Dessert, Nadamoo Dairy Free Frozen Dessert, So Delicious Dairy Free Frozen Dessert, Tofutti Dairy Free Frozen Desserts
- Qrunch Breakfast Toastables & Sides
- Quorn Meatless Proteins
- Sweet Earth Seitan Vegan Products
- TaDah Falafel Snacks

IN THE GROCERY AISLES

- **Shelf Stable Creamers:** Nutpods Plant Based Creamers
- **Shelf Stable Milks:** Blue Diamond Almond Breeze Almondmilk, Eden Soy Milk, Milkadamia Macadamia Milk, Pacific Almondmilk and Oatmilk, Rice Dream Rice Milk, So Delicious Coconut and Cashew Milk, Soy Dream Soy Milk, Tempt Hempmilk

IN THE PREPARED FOODS DEPARTMENT

We offer a wide variety of freshly made, seasonally driven selections that vary throughout the year.

Items may include:

- Grain Stuffed Peppers
- Impossible Bolognese with Rigatoni
- Vegan Chicken Nuggets
- Vegan Chicken Salad

IN THE PRODUCE DEPARTMENT/ DELI DEPARTMENT/ARTISAN CHEESE DEPARTMENT

- Follow Your Heart Vegan Salad Dressing
- House Foods Shirataki Tofu Noodles
- Miyoko's Vegan Cream Cheese and Mozzarella
- Red Lotus Spreads
- Tessemae Dairy Free Salad Dressings
- Tofurky Plant Based Meat Alternatives
- Treeline Vegan Cheese
- Vegan Eats Vegan Sides & Soups
- Yves Veggie Deli Slices