

## RESOURCES

### Try Veg

[www.tryveg.com](http://www.tryveg.com)

### Vegan Food Recipes

<http://vegan.food.com/>

### Raw Food Chef

[rawfoodchef.com](http://rawfoodchef.com)

### Vegan Easy

<http://veganeasy.org/Recipes>

### Vegan.com

<http://www.vegan.com/recipes/>

### This Rawsome Vegan Life

[www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)

### Vegan Society

<https://www.vegansociety.com/resources/recipes>

## Be Natural Market

At Be Natural Market we're here to help you find what you need to be healthy and happy.

Always feel free to ask our store associates for help in locating vegan products or to clarify any questions you may have.

**And, As Always...  
Thank You For  
Shopping At  
Be Natural Market.**

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Boone, NC 28607  
[www.benaturalmarket.com](http://www.benaturalmarket.com)

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Store Hours:  
Mon. – Sat. 9a.m. – 7 p.m.  
Sun. 12 p.m. – 6 p.m.



# Vegan Shopping Guide

**We *Believe* in Your Well-Being**

# Vegan Foods Directory

Some product lines have a few items that are or are not vegan. Ingredients may change at any time. Please read labels carefully every time you shop.

Items listed here were included because their packaging states that they are vegan.

## Bars and Power Snacks

- Boone Bar – Ginger Carrot Almond
- GFB Chocolate PB
- Raw Rev Glo
- Go Macro
- Larabar
- ProBar Bite
- Raw Revolution
- Go Raw
- Zing
- INBAR
- Blue Mountain Organics
- PGX

## Bulk Seeds and Nuts

### Chocolate

- Lulu's
- Sacred
- Macalot
- Sinless Raw
- Two Mom's In The Raw Truffles
- Righteously Raw
- Lakanto

### Granola

- Go Raw
- Raw O.N.E.
- Two Moms in the Raw

## Crackers, Cookies, Treats

- Go Raw - Chips, Cookies, Coconut Crisps
- Raw O.N.E. Biscotti
- Seasnax Seaweed (some)
- Gimme Snacks
- World Peas
- The Good Bean
- Crunchamame
- Dang
- Living Intentions

## Dairy Alt. & Refrigerated

- Daiya
- Earth Balance
- Melt
- Bubbies
- Tofurky
- Tofutti
- Wildbourne
- Go Veggie
- Farmhouse Culture
- Veganaise
- Blue Diamond

## Drinks

- It Tastes RAAW
- True Nopal
- Kavita
- Synergy
- Beet Performer
- Nutriblade
- Goodbelly

## Meal and Protein Shakes

- Amazing Grass - Amazing Meal
- Garden of Life RAW - Meals, Protein Powders
- HealthForce Nutritionals -Protein Powders
- Orgain – Vegan
- Komplete
- Califia

## Superfoods and Greens

- Amazing Grass - Superfood Greens Powders
- Eclectic - Superfood Powders
- Garden of Life - Perfect Food (Greens and Superfood Powders)
- Go Raw - Superfoods
- HealthForce Nutritionals Greens and Superfood Powders
- Navitas
- The Food Movement

## Supplements

- Eclectic
- Garden of Life - RAW One and RAW Code Vitamins, Fiber, Probiotics, CoQ10
- HealthForce Nutritionals
- Ovega-3
- Bluebonnet\*
- Drs. Best\*

## Sweeteners and Nut Butters

- Artisana Nut and Coconut Butters
- Once Again Nut Butter
- Earth Balance Coconut Butter
- Monk Fruit in the Raw
- Wholesome Sweetener Raw Cane Sugar
- Y.S. Organic Bee Farms Honey
- NOW

## Local and organic produce

## Sprouting seeds and equipment