

# VEGAN STARTER KIT

## YOUR ULTIMATE GUIDE TO GOING VEGAN



**LOOK INSIDE**

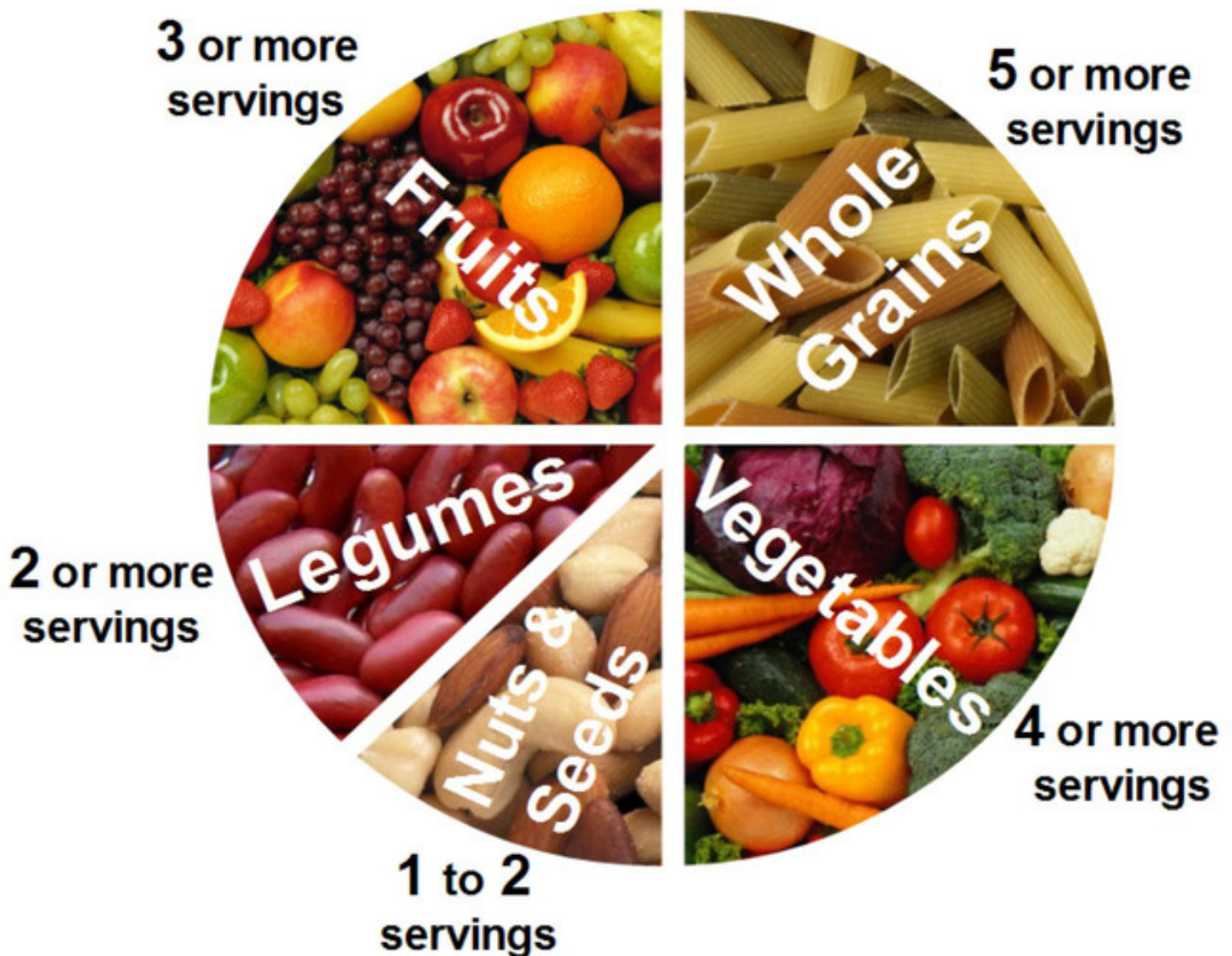
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# Vegan Food Plate

*Let food be thy medicine and  
medicine be thy food.*



## **POSITION ON VEGAN DIETS**

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Appropriately planned vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. A well-planned vegan diet is appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.

Journal of Academy of Nutrition and Dietetics,  
December 2016, Volume 116, Number 12



# Vegan Nutrition Grocery Checklist

## PROTEIN

*RDA: 0.36 grams/pound of body weight*

- ☐ Tofu – 20 g/cup
- ☐ Lentils – 18 g/cup
- ☐ Kidney Beans – 20 g/cup
- ☐ Chickpeas – 15 g/cup
- ☐ Quinoa – 8 g/cup
- ☐ Peanut Butter – 8 g/ounce
- ☐ Peas – 8 g/cup

## CALCIUM

*RDA: 1,000 milligrams/day*

- ☐ <sup>+</sup>Tofu – 868 mg/cup
- ☐ <sup>\*</sup>Soy Milk – 350 mg/cup
- ☐ <sup>\*</sup>Almond Milk – 350 mg/cup
- ☐ Collard Greens – 268 mg/cup
- ☐ Dried Figs – 241 mg/cup
- ☐ Chia Seeds – 179 mg/ounce
- ☐ Kale – 177 mg/cup

<sup>+</sup>prepared with calcium sulfate    <sup>\*</sup>fortified

## IRON

*RDA: 10-20 milligrams/day*

- ☐ Soybeans – 8.8 mg/cup
- ☐ Dried Apricots – 7.5 mg/cup
- ☐ Tofu – 6.8 mg/cup
- ☐ Lentils – 6.6 mg/cup
- ☐ Spinach – 6.4 mg/cup
- ☐ Lima Beans – 4.5 mg/cup
- ☐ Swiss Chard – 4 mg/cup

## OMEGA-3

*RDA: 1.1-1.6 grams/day*

- ☐ Chia Seeds – 5 g/ounce
- ☐ Walnuts – 2.5 g/ounce
- ☐ Flax Seeds – 2.3 g/tablespoon
- ☐ Hemp Seeds – 1.7 g/tablespoon
- ☐ Soybeans – 1.3 g/cup
- ☐ Tofu – 0.6 g/cup
- ☐ Spinach – 0.5 g/cup

# Vegan Nutrition Grocery Checklist

## COMPLEX CARBS

*RDA: 130 grams/day*

- ☐ Sweet Potato - 51 g/potato
- ☐ Chickpeas - 49 g/cup
- ☐ Brown Rice - 49 g/cup
- ☐ Lentils - 40 g/cup
- ☐ Kidney Beans - 40 g/cup
- ☐ Quinoa - 39 g/cup
- ☐ Cashews - 36 g/cup

## FIBER

*RDA: 25-35 grams/day*

- ☐ Black Beans - 15 g/cup
- ☐ Lentils - 15 g/cup
- ☐ Avocado - 9 g/hass avocado
- ☐ Raspberries - 8 g/cup
- ☐ Peas - 8 g/cup
- ☐ Potato - 6 g/large potato
- ☐ Broccoli - 5 g/cup

## VITAMIN A

*RDA: 700-900 micrograms/day*

- ☐ Sweet Potato - 1,730 mcg/potato
- ☐ Butternut Squash - 1,140 mcg/c
- ☐ Carrots - 1,070 mcg/cup
- ☐ Spinach - 943 mcg/cup
- ☐ Dried Apricots - 753 mcg/cup
- ☐ Cantaloupe - 371 mcg/cup
- ☐ Red Pepper - 257 mcg/pepper

## VITAMIN B12

*RDA: 2.4 micrograms/day*

- ☐ \*Soy Milk - 3 mcg/cup
- ☐ \*Almond Milk - 3 mcg/cup
- ☐ \*Cashew Milk - 3 mcg/cup
- ☐ \*Coconut Milk - 3 mcg/cup
- ☐ \*Impossible Burger - 3mcg/patty
- ☐ \*Nutritional Yeast - 2.4 mcg/tbsp
- ☐ \*Cheerios - 1.9 mcg/cup

\*fortified

# Vegan Nutrition Grocery Checklist

## VITAMIN C

*RDA: 75-90 milligrams/day*

- ☐ Red Pepper – 209 mg/pepper
- ☐ Guava – 126 mg/guava
- ☐ Orange – 98 mg/large orange
- ☐ Papaya – 88 mg/cup
- ☐ Strawberries – 84 mg/cup
- ☐ Broccoli – 81 mg/cup
- ☐ Pineapple – 79 mg/cup

## VITAMIN D

*RDA: 15-20 micrograms/day*

- ☐ <sup>+</sup> Button Mushrooms – 25 mcg/c
- ☐ Sunlight – 15 mcg/15 min of sun
- ☐ \*Tofu – 3.5 mcg/cup
- ☐ \*Soy Milk – 2.5 mcg/cup
- ☐ \*Almond Milk – 2.5 mcg/cup
- ☐ \*Cashew Milk – 2.5 mcg/cup
- ☐ \*Coconut Milk – 2.5 mcg/cup

<sup>+</sup>exposed to ultraviolet light      \*fortified

## VITAMIN E

*RDA: 15 milligrams/day*

- ☐ Sunflower Seeds – 7.4 mg/oz
- ☐ Almonds – 7.3 mg/ounce
- ☐ Avocado – 6.3 mg/FL avocado
- ☐ Hazelnuts – 4.2 mg/ounce
- ☐ Spinach – 3.7 mg/cup
- ☐ Peanut Butter – 3 mg/ounce
- ☐ Butternut Squash – 2.6 mg/cup

## VITAMIN K

*RDA: 90-120 micrograms/day*

- ☐ Spinach – 888 mcg/cup
- ☐ Collard Greens – 773 mcg/cup
- ☐ Kale – 494 mcg/cup
- ☐ Broccoli – 220 mcg/cup
- ☐ Brussel Sprouts – 218 mcg/cup
- ☐ Cabbage – 163 mcg/cup
- ☐ Asparagus – 91 mcg/cup

# Vegan Nutrition Grocery Checklist

## Iodine

*RDA: 150 micrograms/day*

- ☐ Dulse Seaweed – 836 mcg/tbsp
- ☐ Iodized Salt – 270 mcg/tsp
- ☐ Kombu Seaweed–150 mcg/sheet
- ☐ Nori Seaweed – 150 mcg/sheet
- ☐ \*Potato – 60 mcg/large potato
- ☐ Prunes – 27 mcg/10 prunes
- ☐ \*Lima Beans – 16 mcg/cup

\*varies depending upon iodine content of the soil

## Magnesium

*RDA: 310-420 milligrams/day*

- ☐ Spinach – 157 mg/cup
- ☐ Swiss Chard – 150 mg/cup
- ☐ Soybeans – 148 mg/cup
- ☐ Hemp Seeds – 140 mg/ounce
- ☐ Black Beans – 120 mg/cup
- ☐ Quinoa – 118 mg/cup
- ☐ Brown Rice – 86 mg/cup

## Potassium

*RDA: 2,600-3,400 milligrams/day*

- ☐ Potato – 1,600 mg/large potato
- ☐ Dried Apricots – 1,510 mg/cup
- ☐ Prunes – 1,270 mg/cup
- ☐ Dates – 964 mg/cup
- ☐ Lima Beans – 955 mg/cup
- ☐ Raisins – 749 mg/cup
- ☐ Edamame – 676 mg/cup

## Zinc

*RDA: 8-11 milligrams/day*

- ☐ Tofu – 4 mg/cup
- ☐ Hemp Seeds – 3 mg/ounce
- ☐ Lentils – 2.5 mg/cup
- ☐ White Beans – 2.5 mg/cup
- ☐ Chickpeas – 2.5 mg/cup
- ☐ Oatmeal – 2.3 mg/cup
- ☐ Pumpkin Seeds – 2.2 mg/ounce



# THE PROTEIN MYTH

## MYTH

You cannot get enough protein on a vegan diet.

## REALITY

Vegans can get all the protein they need from tofu, lentils, beans, peas, whole grains, nuts and seeds. In fact, the largest land animals on Earth are all vegan.

## MYTH

You cannot get all the essential amino acids on a vegan diet.

## REALITY

All plants contain at least moderate amounts of all nine essential amino acids; as long as you eat a variety of plant-based foods, you will get them all.

## MYTH

You cannot build muscle on a vegan diet.

## REALITY

Not only can you build muscle on a vegan diet but plants contain phytonutrients that can provide you more energy and better recovery. In fact, a growing number of professional athletes, including Chris Paul and Novak Djokovic, have embraced a plant-based diet.

# PLANT-BASED FOODS PACKED WITH **PROTEIN**



**Peas**  
**8 g/cup**



**Tofu**  
**20 g/cup**



**Beans**  
**15 g/cup**



**Oatmeal**  
**6 g/cup**



**Almonds**  
**6 g/oz**



**Quinoa**  
**8 g/cup**



**Lentils**  
**18 g/cup**



**Peanut Butter**  
**8 g/tbsp**



**Edamame**  
**18 g/cup**



# PLANT-BASED FOODS PACKED WITH **CALCIUM**



**Collard Greens**  
**268 mg/cup**



**Pinto Beans**  
**79 mg/cup**



**Dried Figs**  
**241 mg/cup**



**Tofu**  
**866 mg/cup**



**Broccoli**  
**43 mg/cup**



**Chia Seeds**  
**179 mg/oz**



**Oranges**  
**72 mg/cup**



**Almonds**  
**385 mg/cup**



**Kale**  
**177 mg/cup**



# PLANT-BASED FOODS PACKED WITH **IRON**



**Collard Greens**  
**2.1 mg/cup**



**Dried Apricots**  
**7.5 mg/cup**



**Kidney Beans**  
**5.2 mg/cup**



**Tofu**  
**6.8 mg/cup**



**Spinach**  
**6.4 mg/cup**



**Lentils**  
**6.6 mg/cup**



**Chickpeas**  
**4.7 mg/cup**



**Almonds**  
**5.3 mg/cup**



**Swiss Chard**  
**4 mg/cup**



# PLANT-BASED FOODS PACKED WITH **OMEGA-3**



**Flax Seeds**  
**2.3 g/tbsp**



**Walnuts**  
**2.5 g/oz**



**Tofu**  
**0.6 g/cup**



**Hemp Seed Oil**  
**7 g/tbsp**



**Hemp Seeds**  
**2.6 g/tbsp**



**Flax Seed Oil**  
**6.6 g/tbsp**



**Soybeans**  
**1.3 g/cup**



**Spinach**  
**0.5 g/cup**



**Chia Seeds**  
**5 g/oz**

# Nutrition Facts

## B12

B12 is a microorganism, a bacteria found in soil and water that helps cell production and blood formation. Animals do not produce B12, they acquire it by eating food that is contaminated with these microorganisms in the soil and water, or as is the case on many farms, they are injected with a B12 shot. Since B12 is made by bacteria, vegans can obtain vitamin B12 through supplements and fortified vegan foods. The recommended dietary allowance for vitamin B12 is only 2.4 micrograms. Common vegan foods fortified with vitamin B12 include nutritional yeast, soy milk, almond milk, and other plant milks, and many breakfast cereals and granola bars. You can also get a vitamin B12 supplement at most health food and vitamin stores.

## Iron

Vegans do not have a higher incidence of iron deficiency than do meat-eaters. In fact, dried beans and dark green leafy vegetables such as spinach and swiss chard are even better sources of iron on a per calorie basis than meat. Although vegan diets only contain non-heme iron, iron absorption will be greatly increased by eating foods containing vitamin C along with iron-rich foods. For instance, commonly eaten combinations, such as beans and tomato sauce or stir-fried tofu and broccoli will result in high levels of iron absorption. And, many iron-rich vegetables, such as broccoli, kale, and bok choy, are also high in vitamin C so that the iron in these foods is just as well absorbed as in meat.

## Omega-3

Omega-3 acids are important in the normal functioning of all tissues of the body. Omega-3 fatty acids are found in many vegetables, beans, nuts and seeds. In order to maximize production of DHA and EPA omega-3 fatty acids, you should include good sources of alpha-linolenic acid (ALA) in your diet, such as flaxseed, flaxseed oil, tofu, soybeans, hemp seeds, hemp seed oil, chia seeds, and walnuts. Our bodies convert ALA into EPA and DHA, so if you eat enough ALA, you will get enough EPA and DHA.

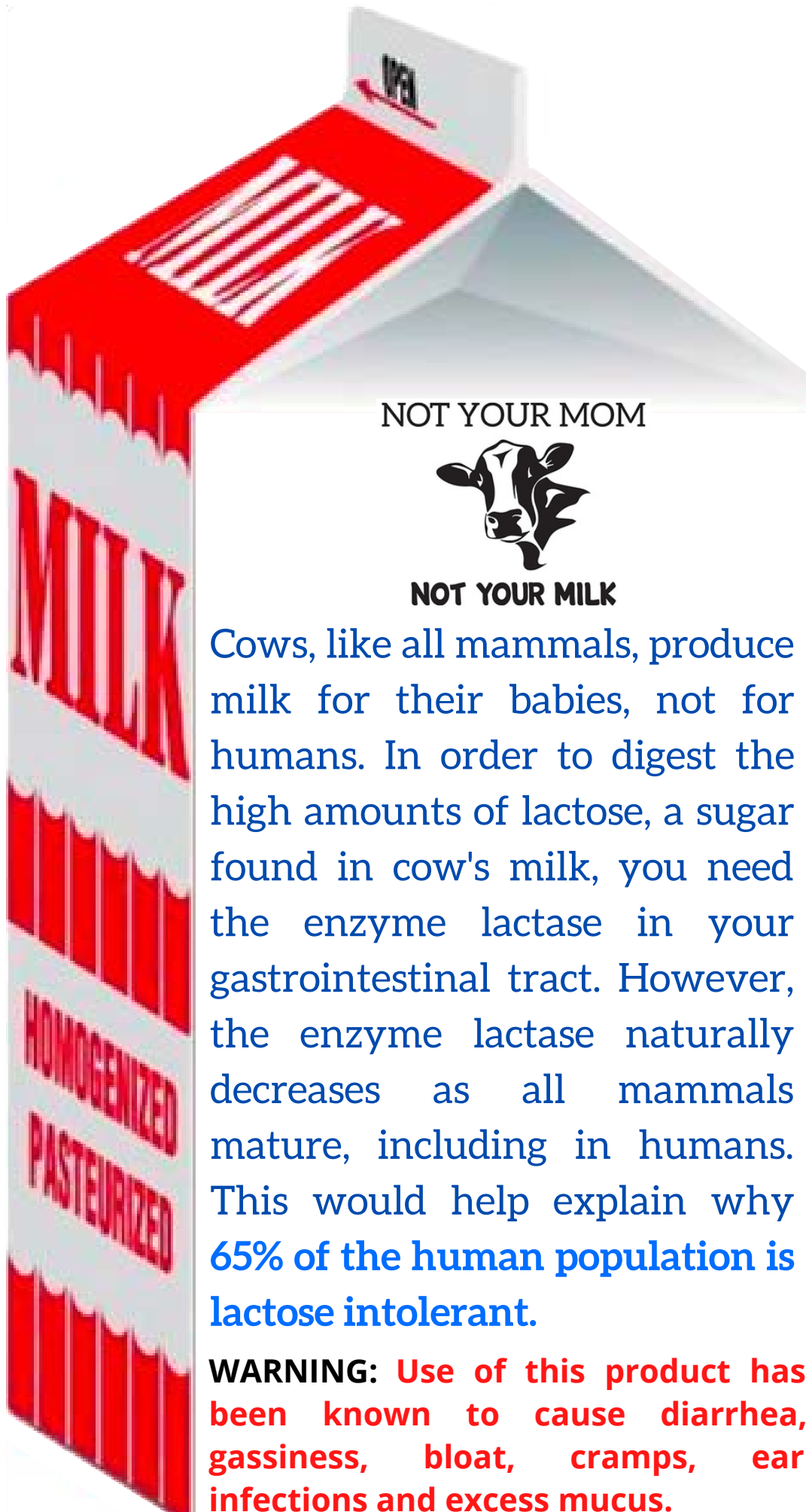
## Vitamin D

Vitamin D can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Vegan sources of vitamin D include vitamin D-fortified soy milk & other plant milks, fortified orange juice, and fortified breakfast cereals.

## Calcium

A varied plant-based diet will provide all the calcium you need to build strong bones without the cholesterol and high saturated fat found in cow's milk and other dairy products. Good sources of calcium include: dark green vegetables, tofu made with calcium sulfate, nuts & seeds, beans, peas and lentils, calcium-fortified soy milk and other plant milks, and calcium-fortified orange juice.

# THE DAIRY MYTH



NOT YOUR MOM



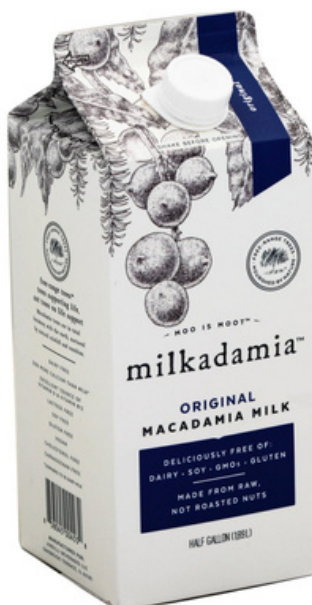
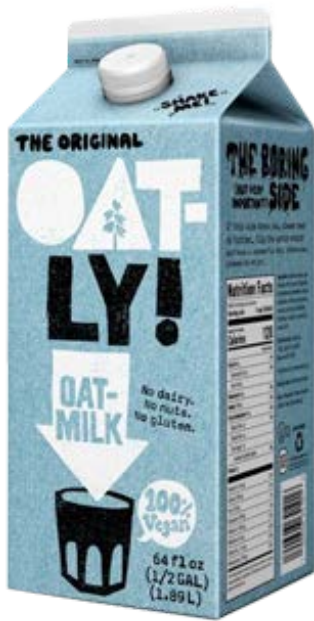
NOT YOUR MILK

Cows, like all mammals, produce milk for their babies, not for humans. In order to digest the high amounts of lactose, a sugar found in cow's milk, you need the enzyme lactase in your gastrointestinal tract. However, the enzyme lactase naturally decreases as all mammals mature, including in humans. This would help explain why **65% of the human population is lactose intolerant.**

**WARNING:** Use of this product has been known to cause diarrhea, gassiness, bloat, cramps, ear infections and excess mucus.



# Plant-Based Milks





# Vegan Alternatives to Dairy

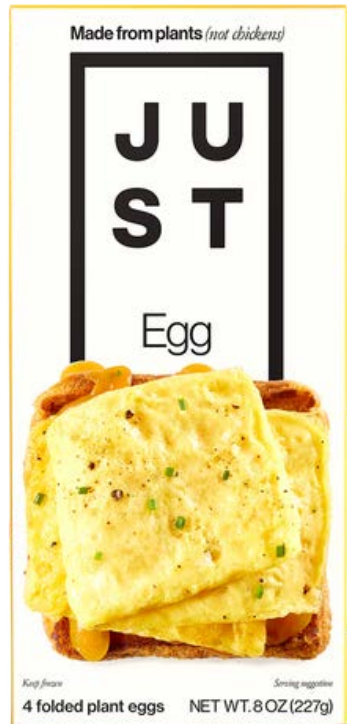


# **EGGS:** *Not All It's Cracked Up To Be*

About 60% of the calories in eggs are from fat, and a big portion of that fat is saturated. Eggs are also loaded with cholesterol - about 186 milligrams for an average-sized egg. Diets high in cholesterol and saturated fat have been linked to an increase in heart disease - the leading cause of death in the United States.

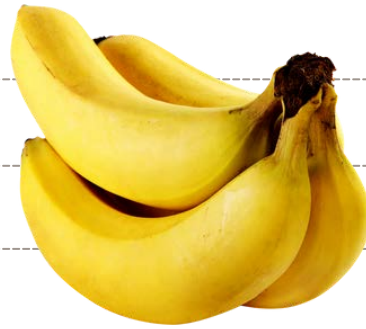


# Vegan Alternatives to Eggs



# Vegan Alternatives to Baking with Eggs

**1/2 mashed banana**



**= 1 egg**

**1/4 cup**



**apple sauce = 1 egg**

**1/4 cup silken tofu**



**= 1 egg**

**1/4 cup**



**pureed pumpkin = 1 egg**

**3 tbsp aquafaba (chickpea can liquid)**



**= 1 egg**

**1 tbsp ground flax seeds**



**+ 3 tbsp water = 1 egg**



# Vegan Alternatives to Poultry





# Vegan Alternatives to Beef

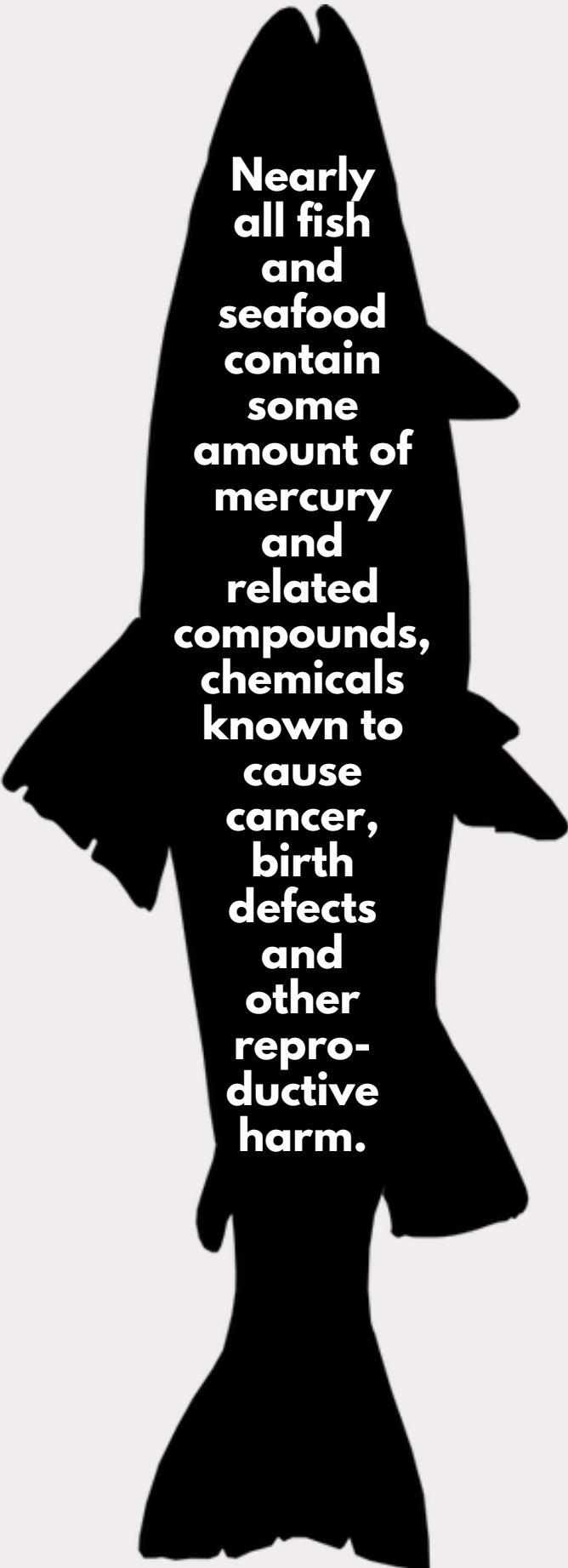




# Vegan Alternatives to Pork



# **WARNING!**



**Nearly  
all fish  
and  
seafood  
contain  
some  
amount of  
mercury  
and  
related  
compounds,  
chemicals  
known to  
cause  
cancer,  
birth  
defects  
and  
other  
repro-  
ductive  
harm.**



# Vegan Alternatives to Fish & Seafood





# Vegan Shopping Guide

## Pantry



## Fridge



## Freezer





## Veggie Chicken, Turkey & Fish



(freezer section)

Boca Chik'n Nuggets  
Boca Chik'n Patties  
Field Roast Celebration Roast  
Garden of Eatin' Barbecue Wings  
Garden of Eatin' Fishless Filets  
Garden of Eatin' Orange Chick'n  
MorningStar Chik'n Nuggets  
Quorn Vegan Fishless Sticks  
Sophie's Kitchen Vegan Shrimp  
Tofurky Veggie Roast

(produce section)

Good Catch Fish-Free Tuna  
Lightlife Smart Chicken Tenders  
Lightlife Smart Deli Turkey Slices  
Tofurky Deli Slices

## More Meat Alternatives

(produce section)

Lightlife Tempeh  
Nasoya Tofu  
WestSoy Seitan

## Vegan Pizza/Mac & Cheese

(freezer section)

Amy's Vegan Rice Mac & Cheese  
Dalya Cheese Lover's Pizza  
Garden of Eatin' Pizza Pockets  
Tofurky Pepp'roni Pizza Pocket

## Dairy-Free Cheese



(dairy section)

Dalya Cheese  
Field Roast Chao Cheese  
Follow Your Heart Cheese  
Miyoko's Cheese  
Violife Cheese

## Dairy-Free Ice Cream

(freezer section)

Almond Dream Ice Cream  
Ben & Jerry Non-Dairy Ice Cream  
Breyers Non-Dairy Ice Cream  
Coconut Bliss Ice Cream  
Haagen-Daz Non-Dairy Ice Cream  
Halo Top Dairy-Free Ice Cream  
So Delicious Ice Cream  
Tofutti Cuties Ice Cream Sandwiches

## Veggie Burgers, Beef & Hot Dogs



(freezer section)

Amy's All American Burger  
Beyond Meat Beyond Burger  
Dr. Praeger's California Burger  
Field Roast Corn Dogs  
Garden of Eatin' Beefless Burger  
Garden of Eatin' Meatless Meatballs  
Lightlife Smart Ground Beef  
MorningStar Vegan Burger  
Nate's Meatless Meatballs  
Sunshine Garden Herb Burger

(produce section)

Lightlife Smart Dogs  
Tofurky Hot Dogs

## Dairy-Free Milk

(dairy & health aisle)

Blue Diamond Almond Milk  
Califia Almond Milk Creamer  
Milkadamia Macadamia Milk  
Oatly Oat Milk  
Rice Dream Rice Milk  
Ripple Pea Milk  
Silk Soy Creamer  
Silk Soy Milk  
So Delicious Coconut Milk

## Dairy-Free Yogurt



(dairy section)

Dalya Greek Yogurt  
Forager Cashewgurt  
Kite Hill Almond Yogurt  
Silk Soy Yogurt  
So Delicious Coconut Milk Yogurt

## Egg Replacers & Vegan Breakfast Items

(freezer section)

Amy's Tofu Scramble Wrap  
Garden of Eatin' Breakfast Saus'age Patties  
Nature's Path Choconut Granola Bars  
Nature's Path Waffles  
(health & baking aisle)  
Ener-G Egg Replacer  
Follow Your Heart VeganEgg  
JUST Egg  
The Vegg Vegan Egg Yolk

## Veggie Pork

(freezer section)

Amy's Meatless Veggie Sausage  
Beyond Meat Hot Italian Sausage  
Garden of Eatin' BBQ Porkless Pockets  
Garden of Eatin' Porkless Bites  
Tofurky Ham Roast  
Vegetarian Plus Vegan Ham Roll

(produce section)

Field Roast Chipotle Sausage  
Lightlife Smart Bacon  
Lightlife Smart Deli Bologna  
Tofurky Italian Sausage  
Tofurky Smoked Ham Slices  
Tofurky Tempeh Strips  
Yves Meatless Pepperoni  
Yves Meatless Salami



## Dairy-Free Condiments, Spreads, Dressings & Dips



(dairy section)

Dalya Cream Cheese  
Earth Balance Buttery Spread  
Follow Your Heart Veganaise  
I Can't Believe It's Not Butter  
It's Vegan Spread

Kite Hill Ricotta

Tofutti Cream Cheese

Tofutti Sour Cream

(produce & dressing aisle)

Dalya Caesar Dressing  
Dalya Creamy Italian Dressing  
Follow Your Heart Ranch Dressing  
GO Veggie Vegan Parmesan  
JUST Mayo  
So Delicious Cocowhip  
Soyatoo Soy Whip Cream

## Vegan Snacks



(vitamin & health aisle)

Clif Bars & Vega Bars

(snack & cookie aisle)

Dandies Vegan Marshmallows  
Doritos Spicy Sweet Chili  
Earth Balance Cheddar Squares  
Lenny & Larry's Complete Cookie  
Nocciolata Dairy-Free Hazelnut Spread (vegan Nutella)

# *Everyday Meals Made Vegan*



*Spaghetti with Meatless Meatballs*

Photo & Meal by  Jessica in  
the Kitchen



# Vegan Cheeseburger





# Spaghetti with Meatless Meatballs





# V e g a n B L T

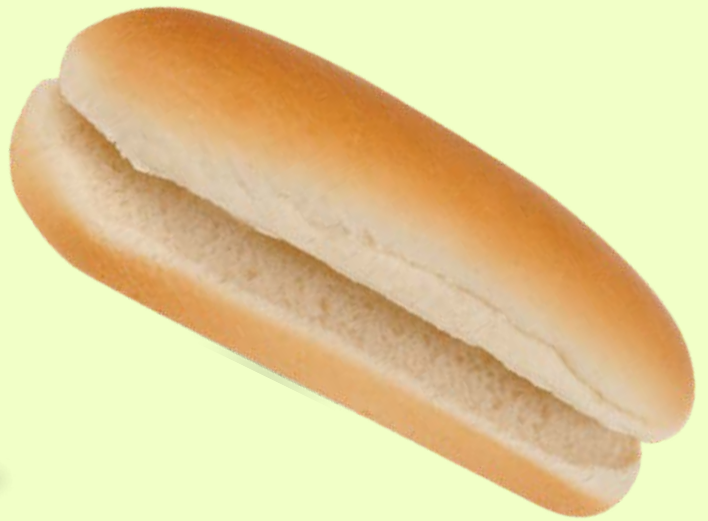




# Breakfast

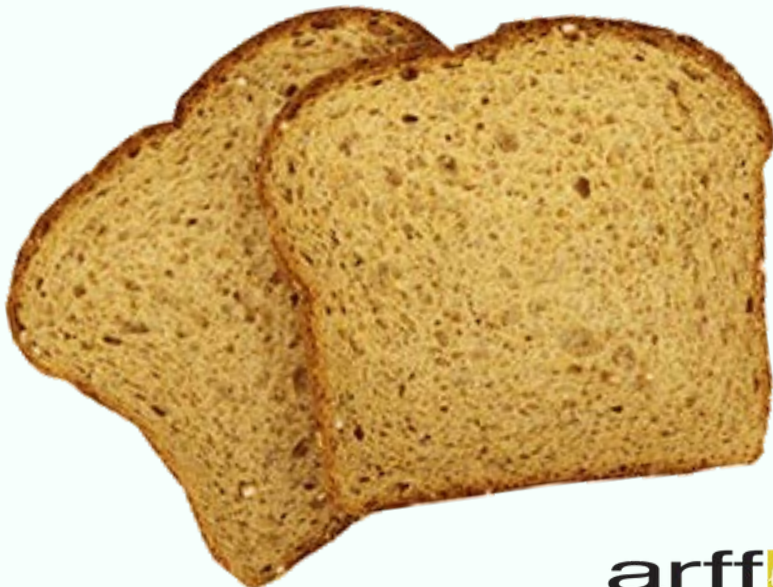


# Veggie Hot Dog





# Veggie Turkey Sandwich





# Vegan Tacos





# V e g a n C h i l i





# Chick'n Stir-Fry



# Ethnic Restaurants

## Vegan Options



*General Tso's Tofu*

Photo & Meal by  
Simple Vegan Blog



# CHINESE



**FRIED TOFU W/  
VEGETABLES**



**VEGETABLE LO MEIN  
(NO EGG)**



**VEGETABLE FRIED  
RICE (NO EGG)**



**SPRING ROLL**

# INDIAN



**CHANA MASALA**



**VEGETABLE SAMOSA**



**ROTI  
(NO BUTTER/GHEE)**



**ALOO GOBI**



# MEXICAN



**BEAN & VEGGIE BURRITO  
(NO CHEESE, NO SOUR CREAM)**



**CHIPS & GUACAMOLE**



**BLACK BEAN SOUP**



**PLANTAINS**

# MIDDLE EASTERN



**FALAFEL SANDWICH**



**TABBOULEH**



**HUMMUS & PITA**



**STUFFED GRAPE LEAVES  
(NO MEAT)**



# THAI & JAPANESE



**PAD THAI W/ TOFU  
(NO EGG, NO FISH SAUCE)**



**MASSAMAN CURRY  
W/ TOFU (NO FISH SAUCE)**



**MISO SOUP**



**VEGGIE SUSHI ROLL**

# Fast Food Vegan Options



- VEGAN CHEESE
- REGULAR DOUGH
- CLASSIC RED SAUCE
- SPICY VEGAN CHORIZO
- MUSHROOMS
- GREEN BELL PEPPERS
- BASIL



- IMPOSSIBLE WHOPPER  
(NO MAYO, NO CHEESE)
- FRENCH TOAST STICKS
- DUTCH APPLE PIE
- FRENCH FRIES
- HASH BROWNS
- GARDEN SALAD



- SOFRITAS
- BLACK BEANS
- PINTO BEANS
- FAJITA VEGGIES
- GUACAMOLE
- SALSA
- CHIPS



- BEYOND BURGER  
(NO CHEESE, NO SAUCE)
- SEASONED FRIES
- HASH BROWNS
- BAKED POTATO
- OATMEAL
- GRITS



- BEYOND SAUSAGE  
SANDWICH (NO EGG,  
NO CHEESE)
- BAGELS: EVERYTHING,  
PLAIN, SESAME
- LATTE W/ ALMOND MILK
- HASH BROWNS



- BREAD STICKS
- MINESTRONE SOUP
- SPAGHETTI W/  
MARINARA SAUCE
- SALAD W/ OIL &  
VINEGAR  
(NO CROUTONS)



- VANILLA FRAPPUCCINO  
W/ ALMOND, COCONUT,  
OR SOY MILK  
(NO WHIPPED CREAM)
- COCONUT MILK LATTE
- PLAIN BAGEL
- OATMEAL



- VEGGIE DELITE W/  
AVOCADO ON ITALIAN,  
SOURDOUGH, OR  
9-GRAIN WHEAT BREAD  
(NO CHEESE, NO MAYO)
- SUBWAY VINAIGRETTE
- GUACAMOLE



- BEAN BURRITO  
(NO CHEESE)
- BLACK BEAN CRUNCH-  
WRAP SUPREME  
FRESCO STYLE
- CHIPS & GAUCAMOLE
- CINNAMON TWISTS



# COMMON **NON-VEGAN** INGREDIENTS

## **BEESWAX**

Secretions from the glands of female bees.

## **CARMINE/E120/ NATURAL RED 4**

A food coloring derived from the dried bodies of female beetles.

## **CASEIN**

The principal protein in animal milk.

## **GELATIN**

Made from boiling the skin, cartilage, and bones of animals.

## **L-CYSTEINE**

Made from duck and chicken feathers, and human hair; often used in breads.

## **LACTOSE**

The principal sugar found in animal milk.

## **LARD**

The purified, internal fat from the stomach of a pig.

## **RENNET**

Made from the stomach lining of a calf; often used in cheeses.

## **VITAMIN D3**

Made from the fat of sheep's wool. A plant-based version is available too.

## **WHEY**

The watery material which remains after milk has been curdled and strained.

# Vegan Recipes

- 7 INGREDIENTS OR LESS
- UNDER 15 MINUTES TO MAKE
- EVERYDAY INGREDIENTS
- MINIMAL COST





# CHICKPEA TUNA

## INGREDIENTS

**SERVES** 2

**PREP TIME** 10 min

**COOK TIME** N/A

- 15 oz can of chickpeas

- 1/4 cup red onion

- 1/4 cup celery

- Vegenaïse (or another vegan mayo)

## DIRECTIONS

1. Drain the chickpeas and place in a bowl.
2. Mash chickpeas with a fork.
3. Finely chop the onion and celery and add to the bowl.
4. Add two tablespoons of Vegenaïse.
5. Stir until all is mixed.
6. Add salt and pepper to taste. Enjoy on a slice of bread, crackers, or with veggies.



# SCRAMBLED TOFU

## INGREDIENTS

- Half a package (7 oz) of firm tofu
- ½ teaspoon turmeric
- ¼ cup red onion
- ½ cup chopped tomato
- ½ cup chopped green or red bell pepper

**SERVES** 2 to 3

**PREP TIME** 5 min

**COOK TIME** 5 to 7 min

## DIRECTIONS

1. Drain tofu of any excess water.
2. Crumble tofu with your hands into a frying pan coated with oil.
3. Add onions, tomatoes and peppers.
4. Sprinkle on turmeric.
5. Cook on medium heat for 5 to 7 minutes.
6. Add salt and pepper to taste.
7. Optional - Add a touch of black salt (a rock salt that tastes like a boiled egg yolk due to its sulfur content).





# BEAN BURGER

## INGREDIENTS

- Half a 15 oz can of chickpeas
- Half a 15 oz can of kidney beans
- ¼ cup all-purpose flour
- 2 slices of tomato
- 2 slices of red onion
- 2 slices of lettuce
- 2 hamburger buns (dairy & egg free)

**SERVES** 2

**PREP TIME** 5 min

**COOK TIME** 5 min

## DIRECTIONS

1. Drain the beans and place in a bowl.
2. Mash beans finely.
3. Add the flour and mix together.
4. Form into two patties.
5. Place on a frying pan with a little oil.
6. Cook on medium heat until lightly brown.
7. Serve on a bun with lettuce, tomato and onion.



# BREAKFAST SMOOTHIE

## INGREDIENTS

**SERVES** 2

**PREP TIME** 5 min

**COOK TIME** N/A

- 1 banana
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries
- 1 single-serving package of instant oatmeal
- 1 tablespoon creamy peanut butter
- 1 cup soy milk or almond milk

## DIRECTIONS

1. Add all ingredients into a blender.
2. Blend for 20 seconds.
3. Pour into 2 glasses.
4. Enjoy.





# CHOCOLATE OAT MILK

## INGREDIENTS

**SERVES** 2

**PREP TIME** 5 min

**COOK TIME** N/A

- 1/2 cup rolled oats
- 1 1/2 cup water
- 1 tablespoon maple syrup
- 1 tablespoon cocoa powder
- pinch of salt

## DIRECTIONS

1. Add all ingredients into a blender.
2. Blend for 30 to 45 seconds.
3. Strain through a coffee filter or fine cloth towel or napkin to remove any oat remnants.
4. Shake well and enjoy cold.



# VEGAN PANCAKES

## INGREDIENTS

**SERVES** 2 to 4

**PREP TIME** 5 min

**COOK TIME** 10 min

- 1 cup all-purpose flour
- 1 cup soy milk or almond milk
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 tablespoon canola oil
- ½ teaspoon salt

## DIRECTIONS

1. Add flour, sugar, baking powder and salt to a bowl and mix thoroughly.
2. Add soy/almond milk and canola oil into a separate bowl and mix thoroughly.
3. Add the liquid mixture to the dry ingredients and whisk until smooth.
4. Pour batter by the spoonful into a lightly oiled pan over medium heat.
5. Cook until bubbles form and the edges are dry.
6. Flip pancake and cook until browned on the other side.
7. Repeat with remaining batter.



# CHOCOLATE MOUSSE

## INGREDIENTS

**SERVES** 2

**PREP TIME** 5 min

**COOK TIME** N/A

- 3 ripe hass avocados

- 4 tablespoons cocoa powder

- ½ cup sugar

- 3 sliced strawberries (optional)

## DIRECTIONS

1. Place all ingredients into a blender and blend until smooth.
2. Pour into 2 bowls.
3. Top with strawberries, bananas or other fruit.



# OATMEAL BANANA COOKIES

## INGREDIENTS

**SERVES** 24

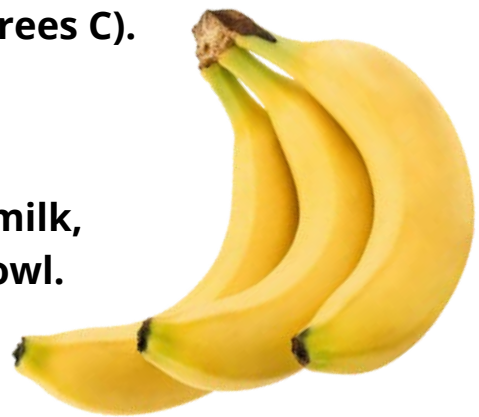
**PREP TIME** 10 min

**COOK TIME** 15 min

- 2 cups rolled oats
- 3 ripe bananas
- $\frac{1}{3}$  cup applesauce
- $\frac{1}{2}$  cup raisins (optional)
- $\frac{1}{4}$  cup almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mash bananas in a bowl.
3. Add oats, applesauce, raisins, almond milk, vanilla extract, and cinnamon to the bowl.
4. Stir until evenly mixed.
5. Drop the mixture by the spoonful onto a baking sheet.
6. Bake in the oven until the edges are golden, 15 to 20 minutes.
7. Serve with almond milk or soy milk.





# MORE RESOURCES

## **ANIMAL RIGHTS**

[arff.org](http://arff.org)

## **DOCUMENTARIES**

Earthlings  
Game Changers

## **NUTRITIONAL INFORMATION**

[nutritionfacts.org](http://nutritionfacts.org)  
[veganhealth.org](http://veganhealth.org)

## **VEGAN-FRIENDLY RESTAURANTS**

[happycow.net](http://happycow.net)

## **VEGAN PRESENTATION**

101 Reasons to  
Go Vegan

## **VEGAN RECIPES**

[vegweb.com](http://vegweb.com)  
[findingvegan.com](http://findingvegan.com)



**arff.org**

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