

**INTENTIONALLY**

**THE 90-DAY  
TRANSITIONAL  
GUIDE TO VEGANISM  
HOLISTICALLY**

**BY K BUTTERFLY SMITH**

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This book is dedication to two of my favorite people, Oliver and Quitman, I will always be your guide.

This book is also an offering to all planetary beings who need assistance making necessary changes in their lives. May it support you along your beautiful journey.

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# INTRODUCTION

Hello, Y'all!

As you hold this guide in your hands, know that each page was created with love and devotion to support you as you embark on this transitional journey. And I admit I loved putting it together. This guidebook also has an ebook version available on my website: [www.kgpla.art](http://www.kgpla.art).

My name is K Butterfly Smith, and I am a creative visionary who has dedicated my life to spreading the word about how to holistically transition, live and thrive as a vegan. My journey towards veganism started in 1999, and I am still on it.

What made me decide to change my lifestyle? Well, I was working several jobs, and I had a young child. My eating habits weren't *that* bad. They weren't consistently good, either. I ate all times of day and night because my work-life balance was way out of balance. It was around the time Take-Out Taxi was a new thing, and I could have food from any restaurant delivered to my door anytime I wanted or needed. That was not good for me, my health, or my weight.

One day I looked at myself in the mirror and didn't recognize who I was. I went from 145 pounds to almost 200 pounds. I even had a triple chin. Luckily, I hadn't presented with any high blood pressure or diabetes symptoms, but I'm sure I would be writing a different book if I hadn't taken the steps I took today.

During this time, I learned that I had a parasite infestation in my intestines. I started feeling sluggish, and my depressive tendencies became worse. I met a nurse certified in colon hydrotherapy. I told her what was happening with my energy levels and that my appetite had changed. She told me to visit her.

It took me a while. But one day, I went to the bathroom, and worms were swimming around the toilet. It was so disturbing knowing that something uninvited was living in my body. I immediately sought help from as many healthy sources as I could. I contacted the nurse, and from there, everything that I needed to make the transition I attracted.

Initially, my journey began because of health concerns. My reasons evolved to the environmental and ethical impacts of consuming animal products. My reasons, currently, are that I realized that food is my medicine. The more I researched, the more I realized that

veganism was the only way for me to live in alignment with my values of living a holistic planet-centered lifestyle - and be okay with not being perfect at it.

Being vegan in the 90s was challenging, from a lack of plant-based options to societal pressures to conform to the norm. Despite this, I learned and continue to understand what my body wants and what makes it thrive, and experience chronic fatigue and depletion. In my current evolution of my veganism journey, I know that feeling good in my body is an intentional choice I must make every day.

I am aware that there are healthy meat eaters and some unhealthy vegans. I have been the latter too. As a vegan, I have done it all. Almost all. For me, meat was no longer an option. Removing it helped me discover the other areas of my life and state of mind that also needed attention to be let go and transformed. Changing my lifestyle allowed me to know my body and its system inside and out.

I persevered and remained committed to the journey toward a vegan lifestyle, and here I am, 20-something years later, creating this guide to help others. Along the way, I learned valuable lessons about nutrition,

sustainability, and the interconnectedness of all beings.

Through my experiences, I developed a deep passion for helping others transition to a vegan lifestyle. I have spent years researching, learning, and living and compiled all my knowledge and insights into this guide. I hope I remembered everything. If not, that will give me a reason to write a second edition. This guide will be a helpful resource for anyone considering going vegan or those who are already vegan but looking for guidance and support to make healthier choices.

In these pages, you will find a wealth of information, including tips for transitioning to a vegan lifestyle, delicious plant-based recipes, and guidance on navigating social situations as a vegan. Whether you are just starting your vegan journey or a seasoned vegan looking for new inspiration, a 90-day guide is a must-read.

So, open your journals and join me as we delve into the world of veganism, and discover how this lifestyle can transform not only your state of being but also the health of the planet and all living beings.

## **Why write a 90-day transitional guide?**

Transitioning to a vegan lifestyle can be a significant change that requires some planning, preparation, and education. This holistic 90-day transition guide to veganism can be beneficial for several reasons:

**Support:** Transitioning to a vegan lifestyle can be challenging, especially for those who are used to consuming animal products regularly. This guide can provide support and encouragement throughout the process, helping to keep individuals motivated and focused on their goals.

**Education:** This guide can provide valuable information about veganism, including the benefits of a plant-based lifestyle, how to read food labels, and how to get all the necessary nutrients on a vegan diet. This education can help individuals make informed choices about their health and well-being.

**Structure:** This 90-day guide provides a structured approach to transitioning to a vegan lifestyle, breaking down the process into manageable steps. This structure can help

individuals stay on track and progress toward their goals.

**Holistic approach:** A holistic approach to veganism means considering all aspects of the lifestyle, including nutrition, exercise, mental health, and social support. This 90-day guide can guide all these areas, helping individuals make a complete and successful transition to a plant-based lifestyle.

Please consult with a physician or medical professional before and during your transitional journey.

# **SECTION ONE**



## **WEEK ONE: *EDUCATION & MINDSET SHIFT***

### **INTRO TO VEGANISM**

The first week of your 90-day guide focuses on introducing you to veganism. In this chapter, you will learn about the definition of veganism, the ethical, environmental, and health benefits of a plant-based lifestyle, and how to begin your transition to veganism.

Veganism is a lifestyle and dietary choice that involves abstaining from animal products and by-products, including meat, dairy, eggs, honey, leather, fur, and other animal-derived materials. The philosophy behind veganism is based on the belief that animals should not be used or exploited for human purposes and that a plant-based diet is the most ethical and sustainable way to live.

The ethical benefits of veganism are numerous. You are actively reducing animal suffering and exploitation by choosing a vegan lifestyle. You are also contributing to reducing greenhouse gas emissions and deforestation, which are significant environmental concerns. Additionally, research shows that a vegan lifestyle may be beneficial for reducing the risk of certain chronic diseases, such as heart disease, diabetes, and some types of cancer.

To begin your transition to veganism, start by educating yourself on the various types of veganism and what foods are included and excluded from a vegan diet. Take what resonates, and be kind and gentle with yourself on this journey. It is also essential to understand why you are making this lifestyle change and have a clear motivation and purpose.

There are several types of veganism, each with its unique approach to a plant-based lifestyle. Here are some of the most common types:

***Dietary vegans:*** These individuals follow a plant-based diet but may still use animal products, such as clothing or personal care products.

***Ethical vegans:*** Ethical vegans believe that animals should not be used for any purpose and avoid all animal-derived products in their diet and all areas of their life.

***Environmental vegans:*** These individuals adopt a vegan lifestyle for environmental reasons. They believe that a plant-based diet is the most sustainable way to live and helps reduce animal agriculture's environmental impact.

***Health vegans:*** Health vegans follow a vegan diet for health reasons, such as reducing the risk of chronic diseases or improving overall well-being.

***Raw vegans:*** Raw vegans eat only raw, uncooked foods and typically consume a diet high in fruits, vegetables, nuts, and seeds.

***Fruitarianism:*** Fruitarians consume only fruits, nuts, seeds, and other plant materials that can be harvested without harming the plant, such as berries or nuts.

***Jain vegans:*** Jain vegans follow a strict form of veganism that prohibits the consumption of root

## foods included in a vegan diet

fruits, including berries, bananas, apples, oranges, etc.

vegetables, including leafy greens, broccoli, cauliflower, carrots, etc.

whole grains, including wild rice, quinoa, oats, & barley

legumes, including beans, lentils, & chickpeas

nuts & seeds, including almonds, cashews, sunflower seeds, & chia seeds

mushrooms

plant-based milk, such as almond milk, soy milk, & oat milk

tofu, pumfu (pumpkin seed version of tofu), & tempeh

seitan (wheat gluten)  
vegan meat substitutes, such as jackfruit & hearts of palm

vegan cheese, butter, & other dairy substitutes made from plant-based ingredients

vegan sweets, such as dark chocolate & vegan ice cream, made from plant-based ingredients

## foods not included in a vegan diet

honey & other bee products (some vegans do ethically sourced honey)

gelatin & other animal-based thickeners & binders

meat, including beef, pork, chicken, & fish

dairy products, including milk, cheese, yogurt, & butter

eggs

animal-based broths, such as chicken or beef broth

foods that contain animal-derived ingredients, such as whey, casein, or lard

vegetables, such as potatoes, onions, and garlic, as well as any other foods that are believed to harm the environment or involve violence against living beings.

A vegan diet is centered around plant-based foods and excludes all animal-derived products.

Some processed foods and pre-made meals may contain animal-derived ingredients, so it's always a good idea to check the label and read the ingredient list before purchasing any food. With some planning and preparation, eating a healthy and varied plant-based diet is effortless.

## **Vegan vs. Plant-Based**

One more thing. Not everyone who follows a plant-based lifestyle identifies as a vegan, and not all vegans follow the same approach to their lifestyle. Ultimately, the decision to adopt a plant-based lifestyle is personal, and there is no right or wrong way to go about it. Transitioning to veganism is a personal journey, and adjusting to a new way of eating and living may take time. Again, be patient and kind to yourself and take it one step at a time. In the following sections of this guide, we will explore various topics

related to veganism and provide practical tips and tools to help you successfully transition to a holistic vegan lifestyle.

Veganism and plant-based diets are similar in that they center around consuming plant-based foods and exclude animal-derived products. However, there are some critical differences between the two.

Veganism is a lifestyle that seeks to exclude all forms of animal exploitation and cruelty, not just in terms of diet but also in other areas of life, such as clothing, personal care products, and entertainment. This means that some vegans avoid all animal-derived products, including leather, wool, and silk, in addition to animal products used for food.

On the other hand, a plant-based diet is a dietary choice that prioritizes the consumption of plant-based foods and limits or eliminates the consumption of animal-derived products for health reasons. Plant-based diets may or may not include other aspects of veganism, such as avoiding animal products in clothing or personal care products.

Another difference between veganism and plant-based diets is the motivation behind the choice. While vegans

often adopt a plant-based lifestyle for ethical reasons, such as animal welfare or environmental concerns, plant-based diets are typically adopted for health reasons, such as reducing the risk of chronic diseases like heart disease and diabetes.

Once more, veganism encompasses a way of life that strives to eliminate any form of animal exploitation and cruelty. A plant-based diet focuses on consuming nutrition primarily derived from plants and may restrict or eliminate the consumption of animal-derived products, mainly for health-related purposes.

Adopting a holistic vegan or plant-based lifestyle has numerous benefits, including ethical, environmental, and health benefits.



## Ethical Benefits:

***Reducing animal exploitation and cruelty:***

Vegan and plant-based lifestyles avoid using animal products, reducing animal suffering and exploitation for human purposes.

***Promoting animal rights:*** Individuals can actively promote animal rights and advocate for animal welfare by choosing a vegan or plant-based lifestyle.

***Promoting social justice:*** A plant-based lifestyle can also promote social justice by reducing food insecurity and the exploitation of marginalized communities in the meat and dairy industries.

## Environmental Benefits:

***Reducing greenhouse gas emissions:*** The meat and dairy industries are significant contributors to greenhouse gas emissions, and a plant-based lifestyle can help reduce the environmental impact of food production.



***Reducing land and water use:*** The production of animal products requires significantly more land and water resources than plant-based foods. A plant-based lifestyle can reduce the strain on these resources and promote sustainable food production practices.

***Reducing deforestation:*** Animal agriculture is a leading cause of deforestation, which can contribute to climate change and biodiversity loss. Adopting a plant-based lifestyle can help reduce the demand for animal products and the pressure on forests.

### Health Benefits:

***Reducing the risk of chronic diseases:*** Plant-based diets have been linked to a lower risk of chronic diseases such as heart disease, diabetes, and cancer.

***Improving digestion:*** Plant-based diets are rich in fiber, which can improve digestion and reduce the risk of digestive disorders.

***Promoting weight loss:*** Plant-based diets can be lower in calories and higher in fiber, which can help with weight loss and weight management.

Adopting a holistic vegan or plant-based lifestyle can have numerous ethical, environmental, and health benefits. It is important to note that these benefits can vary depending on individual dietary choices and lifestyle factors.

## **Healthful Mindset Shifts**

A mindset shift is a change in how you think about and approach a particular topic or aspect of your life. It involves moving from one way of thinking to another to achieve a new perspective or outcome.

A mindset shift can be a powerful tool for personal growth and development, as it allows you to challenge limiting beliefs or negative thought patterns and adopt a more positive and empowering mindset. It can help you overcome obstacles, develop new skills and habits, and achieve your goals.

A mindset shift can be initiated by various factors, including personal experiences, exposure to new ideas or perspectives, feedback from others, or intentional

self-reflection. The key is to be open-minded and willing to consider new perspectives and actively work to change your thoughts and behaviors to align with your values and goals.

Here are some mindset shifts that can help promote a more compassionate and mindful approach to food:

***Seeing food as nourishment:*** Instead of viewing food as a source of pleasure or comfort, try to see it as a way to nourish your body and provide the energy you need to live a healthy and fulfilling life.

***Practicing gratitude:*** Take a moment to appreciate the abundance of food available and be thankful for the farmers and other individuals who give you access to nutritious food.

***Mindful eating:*** Slow down and savor each bite of food, paying attention to the taste, texture, and sensation in your mouth. This can help you enjoy your food more thoroughly and promote better digestion.

***Making conscious choices:*** Be mindful of your food choices and their impact on your health, the environment, and animal welfare. Try to choose whole, plant-based foods as much as possible and consider your food's source and production practices.

***Avoiding food waste:*** Be mindful of the amount of food you consume, and avoid wasting food. This can help reduce your environmental impact and promote a more sustainable approach to eating.

***Embracing experimentation:*** Try new foods and explore different flavors and cuisines. This can help you develop a deeper appreciation for the diversity of foods available and promote a more adventurous and open-minded approach to eating.

By adopting these mindset shifts, you can develop a more compassionate and mindful approach to food that promotes health, sustainability, and overall well-being.

So far, we have discussed the following topics related to transitioning to a vegan lifestyle:

*Introduction to veganism and the various types of veganism.*

*The ethical, environmental, and health benefits of a holistic vegan and plant-based lifestyle.*

*Understanding food ingredients is essential when transitioning to a holistic vegan lifestyle.*

*Mindset shifts toward a more compassionate and mindful approach to food.*

Here are some steps you can take to support yourself along your journey as you transition to a holistic vegan lifestyle.

***Prioritize nutrition:*** Eat a balanced diet with plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods, added sugars, and excessive amounts of salt.

***Stay hydrated:*** Drink plenty of water throughout the day to help flush toxins from your body and maintain healthy skin, digestion, and overall hydration.

***Move your body:*** Incorporate physical activity into your daily routine, such as walking, dancing, cycling, Qigong or yoga. Exercise helps improve cardiovascular health, increase strength and flexibility, and reduce stress.

***Get enough sleep:*** Aim for 7-8 hours each night to help your body rest and recover. Lack of sleep can lead to fatigue, decreased mental clarity, and a weakened immune system.

***Manage stress:*** Find healthy ways to manage stress, such as practicing mindfulness, deep breathing exercises, or engaging in relaxing activities like reading or listening to music.

***Build healthy relationships:*** Cultivate positive relationships with friends, family, and loved ones to support your emotional well-being.

***Seek professional help:*** If you're struggling with mental or physical health issues, don't hesitate to seek professional help from a healthcare provider or mental health professional.

By taking these steps, you can work towards achieving a healthier you, both physically and mentally. Remember, progress takes time and effort, so be patient and kind to yourself throughout your journey. These topics emphasize the importance of making habits to promote personal health, environmental sustainability, and compassion for all living beings.



## QUICK TIP

- From spring forward to fall back, the last meal of the day is between 5-7 pm
- From Fall back to Spring Forward, the last meal of the day is 4-6 pm
- Adjust meals according to your work/school schedule. If you must eat late, ensure the meals are nutrient-dense and lite. Eat only Fruits & Veggies, not heavy carbohydrates/starches like potatoes
- If you have cravings after dinner, snack on fruits, nuts, or crackers/celery/apples & nut/seed butter



## WEEK ONE TASKS:

- Read this section in its entirety.
  - Journal about transitioning your lifestyle
  - Treat yourself to a vegan meal at an all-vegan restaurant in your area
  - Visit a store like Whole Foods, Natural Grocers, Sprouts, Trader Joe's, or your local Co-op grocery store & check out the vegan options
- 
- Start a shopping list of the things you may be interested in trying
  - Make a list of vegan & vegan-friendly restaurants that you would like to visit with your friends & family
  - Follow & complete the transition guide for week one
  - Read ahead to SECTION TWO & plan ahead



## TRANSITION SCHEDULE WEEK ONE

### Upon Rising

#### Mix & Drink:

4 oz of warm water  
1 key lime/lemon,  
A pinch of cayenne  
1 tbs Olive oil (optional)



### Early Day

Drink a cup  
of tea or  
Fresh Juice



### Lunch & Dinner Options

Lentil Quinoa Salad,  
Walnut-Meat Tacos, Black  
beans over Sweet Potato,  
Lentil soup w/avocado,  
Thin crust pizza, Hearty  
Protein-packed Salads,  
Vegan Sushi Roll,  
Vegetable Curry, Lentil  
Salad, or Chickpea  
sandwich



### Hydrate

Drink 10 - 12 oz of  
Spring / Clean water  
either  
30 mins before  
or  
2 hours after  
MEALS

### Breakfast Options

Fresh Fruit, Smoothie,  
chia pudding  
oatmeal with fruit, Toast  
w/nut butter & fruit, or  
Quinoa Porridge



### Snacks & Dessert Options

Nuts, fruit,  
pitted dates,  
Graham crackers  
w/ nut butter  
Celery or apples  
w/nut butter or  
homemade ice cream

# **SECTION TWO**

## **WEEKS TWO~THREE: *TRANSITION YOUR LIFE*** **MAKING CHANGES**

Transitioning to a vegan lifestyle requires some changes, but it can also be an opportunity to try new recipes and explore fresh ingredients. With some planning and organization, you can create a home that supports a healthy, plant-based lifestyle.

The best time to transition your kitchen to a vegan kitchen is when you have decided to switch to a vegan lifestyle. Understanding why you want to make this change and being committed to the transition is essential. This could be due to ethical, health, or environmental reasons or a combination of these factors.

Consider transitioning your kitchen gradually, especially if you have many non-vegan food items in your pantry and refrigerator. This can reduce waste and save money by using what you already have before replacing it with vegan alternatives.

Some people choose to transition their kitchen when they have some free time, such as during a holiday break or when they are on vacation. This can provide an excellent opportunity to do a deep clean and reorganize your kitchen to accommodate your new vegan lifestyle.

### **Cleaning Your Kitchen**

Cleaning your kitchen when transitioning to a vegan lifestyle is essential for several reasons. First, it helps eliminate any traces of animal products lurking in your kitchen, such as meat, dairy, and eggs, which can contaminate your new vegan food. Check ingredient lists on packaged foods and sauces to ensure they don't contain animal products.

Additionally, a clean kitchen provides a fresh start and allows you to organize your space to better accommodate your new lifestyle. This can help reduce stress and make the transition smoother.

How often you clean your kitchen depends on your preferences and cooking habits. However, it's a good idea to do a deep clean before you start your transition and then maintain regular cleaning habits moving forward. This can include wiping down countertops, washing dishes and utensils, sweeping and mopping the floors, and cleaning appliances like your oven, microwave, and refrigerator.

Keeping a clean and organized kitchen is an integral part of transitioning to a vegan lifestyle, as it helps you to stay on track and feel confident in your new way of eating. Transitioning to a vegan kitchen requires some changes and updates, but it doesn't have to be overwhelming. My suggestion is that you take some steps to update your current kitchen to a vegan kitchen.

Some additional tips for keeping your kitchen clean and organized as you transition to a vegan lifestyle include:

Invest in a high-quality blender and food processor for making smoothies, nut butter, sauces, dips, and other vegan staples. I use a Vitamix because it gets the job



## QUICK TIPS

Use separate cutting boards and utensils for animal-based and plant-based foods to avoid cross-contamination.

Store your vegan food in different containers or sections of the refrigerator to prevent cross-contamination.

Label your pantry and refrigerator items to help you quickly identify which foods are vegan.

Consider using natural cleaning products to avoid harmful chemicals in your kitchen.

done. They have options to make purchasing one more accessible. I bought my food processor from Target.

Replace your old cutting board with a new sturdy one and use it for slicing and dicing fruits, vegetables, and herbs. I use bamboo or some kind of wood cutting board made for cutting wet things and such. I don't like the plastic ones because the plastic starts to break down, even shred, and gets into the food. You might as well get yourself a good set of knives or find a knife sharpening tool or business to sharpen your current set. A collection of sharp knives is required for constantly chopping veggies, fruits, and herbs.

Measuring cups and spoons can help ensure you use the right ingredients for a recipe. There are so many options for measuring cups and spoons. Again, it's best to avoid plastic if you can. Pyrex is still a trusted brand and can be found anywhere.

A good vegetable peeler makes it easy to prepare vegetables for cooking and eating. These are easy to find at Target, online, or at your favorite kitchen goods store.

For your baking and stove cooking needs, get new baking sheets that can be used for roasting vegetables



or baking vegan desserts. I prefer a ceramic one. If I use the metal one, I add parchment paper to it. I have become hyper-aware of the chemicals that can leach into my food when heat is added. For that same reason, I am particular about my pots and pans. I use mostly cast iron. A high-quality stainless steel or Wok is also great for cooking vegetables, tofu, and veggie burgers.

A rice cooker, crock, or Instant Pot can make cooking grains and legumes much easier and more convenient. These are much-needed kitchen tools, especially if you like rice, quinoa, millet, and a good pot of beans.

A steamer basket is perfect for cooking vegetables and retaining their nutrients. You can also prepare in a cast iron skillet. I don't have a steamer basket but it is on my wish list.

Mason jars or food storage containers can store prepped ingredients, leftovers, and meals. Again, I avoid plastic as much as possible. I use mason jars and repurpose sauce glass jars to store leftovers and prepped ingredients.

A well-stocked spice rack adds flavor to vegan dishes. Some essential spices on hand include sea salt, pepper,

garlic powder, onion powder, smoked paprika, nori furikake, ground kelp, dulse, cumin, basil, \*nutritional yeast, chili powder, and a low-sodium or no salt blend or vegan bouillon cubes. *Edward & Sons* is a great brand that offers many options. I only use half of one in my dishes. Make sure to refrigerate what you don't use. Sea salt is better for you than table salt. I buy spices in bulk and repurpose glass jars to store them in my pantry away from the light.

Make sure to stock up on plant-based staples such as whole grains, beans, legumes, nuts, seeds, and various fresh fruits and vegetables. You may also want to purchase vegan substitutes for dairy products, such as nut or seed milks, butters, and cheeses.

As you transition to a vegan kitchen, exploring new recipes and meal ideas can be helpful. Look for vegan cookbooks, websites, and blogs for inspiration and ideas.

Keep your vegan kitchen organized by labeling shelves and containers for different food groups, such as grains, beans, and spices. This can make meal planning and preparation easier.

When transitioning to a vegan diet, you don't necessarily need any special equipment, but having a few basic kitchen tools can be helpful in making the transition smoother and more enjoyable. As you update your kitchen to a vegan kitchen, consider the sustainability of your products. Look for reusable containers and eco-friendly cleaning products.



#### QUICK TIP

*\*Nutritional yeast is an excellent source of protein and B12 and has a cheesy flavor, making it a great substitute for cheese in vegan dishes.*

*(More about Nutritional Yeast in SECTION THREE).*

Ultimately, the timing of your transition will depend on your own personal circumstances and goals. Don't make it complicated. The most important thing is to be committed to the process and take it one step at a time, whether that means gradually phasing out animal products or making a complete switch.

## Household goods

When transitioning to a vegan lifestyle, it is crucial to focus on the food you consume and the products you use in your household. By choosing vegan-friendly cleaning supplies and household goods, you benefit your health and support a more sustainable and compassionate lifestyle. Vegan household products are free from animal ingredients and have not been tested on animals. Here are some recommended cleaning supplies and household goods to consider:

***Plant-based cleaning products:*** Choose cleaning products free from animal products and testing. Look for brands that are eco-friendly and use natural ingredients. Look for brands such as *Method*, *Seventh Generation*, *Mrs. Meyer's*, and *Ecover*.

***Non-toxic laundry detergents:*** Choose detergents free from animal products, harsh chemicals, dyes, and synthetic fragrances. You can find plant-based detergents that are biodegradable and eco-friendly.

***Vegan-friendly kitchen supplies:*** Opt for kitchen supplies made from recyclable plant-based materials, such as bamboo or silicone. Avoid animal-based products, such as leather or animal hair brushes. Look for brands such as *Seventh Generation, Ecover, and Better Life.*

***Reusable food storage containers:*** Choose containers made from glass or BPA-free plastic to store your food. Avoid single-use plastic containers, which are harmful to the environment. If I have to use plastic, I will wrap my food in parchment paper and place it in a plastic container. It also works if you are storing the container in the freezer.

***Non-leather furniture:*** Choose non-leather options such as cotton or linen when selecting furniture. You can also find eco-friendly and vegan-friendly furniture made from sustainable materials like bamboo, hemp, and cork.

***Vegan-friendly bedding:*** Choose from natural materials like cotton, bamboo, or linen. Avoid bedding made from animal products like wool or silk.

***Personal care products:*** Many personal care products such as soap, shampoo, conditioner, and toothpaste are available that are vegan and cruelty-free. Look for brands like *Honeysuckle Moon* and *Jason*, two of my favorites.

***Paper products:*** Many paper products, such as paper towels and toilet paper, are vegan and made from recycled materials. Look for brands such as *Seventh Generation* and *Reel* bamboo toilet paper. Of course, there are others. These are just the ones that I have access to and love.

***Candles:*** Many candles are made with animal-derived ingredients such as beeswax, so look for vegan options made with soy wax or vegetable wax instead.

***Air fresheners:*** Many vegan air fresheners are available that use natural ingredients instead of harsh chemicals. Look for brands such as *Grow Fragrance* and *Citrus Magic*.

It's essential to always read the labels of household products to ensure they are vegan and cruelty-free. Many vegan products are environmentally friendly and

sustainable, so choosing these options can also positively impact the planet.

## **What is meal planning?**

Meal planning is deciding what to eat and when to eat it, typically for a specific period, such as a week or a month. It involves creating a plan for breakfast, lunch, dinner, and snacks and ensuring the meals are balanced and meet your nutritional needs. Also, selecting recipes and making a grocery list of the ingredients needed to prepare those meals. Meal planning can help you save time and money, reduce food waste, and make it easier to stick to a healthy and balanced diet. It also allows you to be intentional about the foods you eat and ensure you consume enough plant-based protein, healthy fats, and other essential nutrients.

Meal planning aims to ensure a balanced and varied diet that meets your nutritional needs while considering your taste preferences, schedule, and budget. It also involves actually prepping, cooking and assembling the meals you planned in advance. This includes chopping vegetables, cooking grains, and creating dishes. Meal preparation can be done in

advance on a convenient day of the week.

Together, meal planning and preparation can help you save time, money, and stress while ensuring you have readily available healthy and satisfying meals. Meal planning and preparation are crucial aspects of transitioning to a vegan lifestyle for several reasons:

***Ensuring balanced nutrition:*** Planning meals in advance, as mentioned before, can help you get a balanced diet that includes all the nutrients, vitamins, and minerals your body needs. It can also help you avoid relying too heavily on processed vegan foods and instead focus on whole, plant-based foods.

***Buy in bulk:*** Buying items like whole grains, beans, and nuts in bulk can be more cost-effective than buying smaller quantities.

***Plan for snacks:*** Plan for vegan snacks like fresh fruit, raw vegetables, hummus, and whole-grain crackers.

***Remember condiments and spices:*** Check the labels of condiments like salad dressings and



sauces to ensure they are vegan-friendly. Stock up on various spices to add flavor to your meals.

***Saving time and money:*** Meal planning and preparation can save you time and money by reducing the need for last-minute trips to the grocery store or expensive take-out meals.

***Reducing food waste:*** Planning meals in advance can also help you reduce food waste by buying only the ingredients you need and using leftovers.

***Building cooking skills:*** As you transition to a vegan lifestyle, you may need to learn new cooking skills and recipes to ensure a varied and satisfying diet. Meal planning and preparation can help you build these skills and increase your confidence in the kitchen.

***Avoiding temptation:*** Having healthy, vegan meals prepared in advance can help you avoid the temptation to grab less healthy options when you're short on time or hungry.

***Avoid impulse purchases:*** Creating a shopping list can help you avoid purchasing unhealthy or

non-vegan foods that may derail your transition to a vegan lifestyle.

***Encourage creativity in the kitchen:*** Meal planning can also encourage you to try new recipes and experiment with different ingredients, which can help keep your meals exciting and enjoyable.

Meal planning and preparation can help transition to a vegan lifestyle smoother and more sustainable in the long run. It can also help you develop a healthier relationship with food and a greater appreciation for the benefits of a plant-based diet. By following these tips, you can create a shopping list that will help you transition to a vegan lifestyle while ensuring you have a variety of delicious and nutritious foods.

## **Reading Labels**

It is paramount to read labels before buying products because they provide basic information about the food's ingredients, nutritional content, and potential allergens. Reading labels is especially important for vegans because ensuring the product does not contain animal-derived ingredients is crucial. So many times, I

have encountered products where the manufacturers changed product ingredients that weren't there before.

When reading labels for vegan foods, look for ingredients such as meat, poultry, fish, dairy, eggs, honey, gelatin, and other animal-derived products. Be aware that some ingredients, such as casein or whey, may not be immediately recognizable as animal-derived.

Also, be aware of food additives that may not be vegan-friendly, such as carmine (a red pigment made from insects) or lecithin (which may be derived from eggs or dairy). Some products may be labeled as "vegetarian" but still contain animal-derived ingredients, so it is necessary to read the label carefully.

In addition to the ingredients list, check the nutritional information for potential allergens or non-vegan additives. For example, some fortified foods may contain vitamin D3, typically derived from lanolin (a substance found in sheep's wool), making it non-vegan.

Reading labels carefully can help ensure that your food choices align with your ethical and dietary values. When reading labels on packaged foods, here are some

tips to keep in mind:

***Read the ingredients list:*** This is where you can see all the ingredients that make up the product. The ingredients are listed in order of quantity, so the first few ingredients are the most abundant.

***Check for common allergens:*** If you have allergies or dietary restrictions, scan the ingredients for common allergens such as nuts, soy, wheat, or dairy.

***Look for animal-derived ingredients:*** Check for animal-derived ingredients such as gelatin, honey, or casein.

***Check the nutrition facts:*** This is where you can see the serving size, calories, and amounts of fat, carbohydrates, and protein in the product.

***Look for added sugars:*** Check for added sugars, such as high fructose corn syrup, corn syrup, or cane sugar.

***Check for preservatives or additives:*** Look out for additives or preservatives like MSG, BHA,

BHT, Methyl Cellulose, or TBHQ, which you want to avoid.

***Be aware of serving sizes:*** Pay attention to the serving size, as the listed nutrition facts are based on that serving size and may not reflect the entire package.

Reading labels can help you make informed decisions about what you eat and can help you identify any ingredients or additives you may want to avoid. It is the most reliable way to determine if a product is vegan, but there are some other things you can look for:

***Vegan certification:*** Look for products that have been certified vegan by a reputable organization, such as the ***Vegan Society*** or the certified vegan logo from ***Vegan Action***.

***Cruelty-free certification:*** Look for products that have been certified cruelty-free by a reputable organization, such as ***Leaping Bunny*** or ***PETA***.

***"Suitable for vegans" label:*** Some products may have a label that specifically states that they are

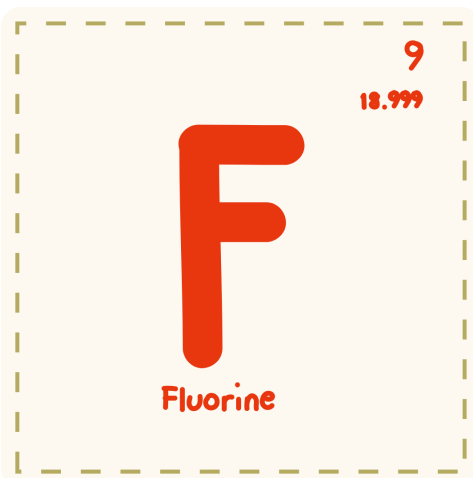
suitable for vegans.

**Online resources:** There are several websites and apps that can help you determine if a product is vegan, such as the **HappyCow app** or the **Is It Vegan?** Website.

If you are unsure if a product is vegan, you can contact the manufacturer and ask if any animal products or by-products are used in the production process.

## Fluoride

Fluoride is a form of fluorine found in many natural sources, including soil, water, and some foods. While fluorine is a toxic gas, fluoride is generally considered safe in small amounts and is used in many dental



products to help strengthen tooth enamel. Fluorine is a naturally occurring element and the lightest member of the halogen family, while fluoride is an ionic compound that contains fluorine.

Fluoride is commonly used in dental products to help prevent tooth decay, while fluorine is used in industrial processes such as the production of aluminum and uranium.

While it is believed that small amounts of fluoride can benefit dental health, excessive fluoride consumption can lead to health problems such as dental fluorosis (a cosmetic condition that affects the appearance of teeth) and skeletal fluorosis (a bone disease that can cause pain and stiffness). Too much fluoride can also be toxic and cause nausea, vomiting, and other symptoms. Some people choose to avoid fluoride in their toothpaste and water due to concerns about these potential health risks. Many fluoride-free products are suitable for a vegan household. Here are some examples:

***Toothpaste:*** Many brands of vegan toothpaste do not contain fluoride, including, *Desert Essence, Redmond Earthpaste, Auromere Ayurvedic, Jason, and Himalaya Botanique.*

***Mouthwash:*** Many brands of vegan mouthwash are also fluoride-free, such as *Desert Essence* and *Uncle Harry's.*

***Shampoo & conditioner:*** Vegan hair care brands such as *Nature's Gate*, *Honeysuckle Moon* and *Alba Botanica* offer fluoride-free options.

***Cleaning supplies:*** Companies such as *Seventh Generation*, *Earthy Edith's Natural Living* and *Mrs. Meyers* offer a range of vegan, plant-based cleaning products free from fluoride.

***Water filters:*** Investing in a water filter for your home can help to remove fluoride from your drinking water.

Read labels and ingredient lists carefully when shopping for vegan household products to ensure they do not contain animal-derived ingredients and are also free from fluoride if desired.

## **Fasting**

Fasting is abstaining from all or some types of food and drink for a certain period. It has been used for centuries in many cultures for various purposes, including religious, spiritual, and health reasons. In transitioning from a meat-based to a plant-based diet, fasting can help detoxify the body, reduce inflammation, and reset the taste buds to appreciate



new flavors and textures.

During a fast, the body goes into ketosis, burning fat for energy instead of glucose. This process can help to reduce inflammation and remove toxins from the body, which is particularly beneficial for those transitioning to a plant-based diet as the body may still be adjusting to new foods and eliminating old ones. It can also reset the body's natural rhythm, circadian rhythm. Additionally, fasting can help to reduce cravings for unhealthy foods, making it easier to stick to a plant-based diet.

Please note that fasting should be done under the guidance of a healthcare professional, especially for those with certain medical conditions or taking medications. Fasting can also lead to nutrient deficiencies if not done correctly, so it is crucial to seek out proper guidance to ensure that the body receives adequate nutrients during and after the fast.

There are several types of fasting, and the best one for beginners depends on their individual goals, health, and lifestyle. Here are some of the most common types of fasting:

***Water fasting*** involves consuming only water for a certain period. It is considered the most challenging fast and should only be done under medical supervision.

***Juice fasting*** involves consuming only fresh fruit and vegetable juices for some time. It can be easier than water fasting, but getting enough nutrients is paramount.

***Intermittent fasting*** involves restricting your eating to specific windows of time, such as only eating for eight hours each day. It is a popular and sustainable way to start fasting.

***Partial fasting*** involves cutting out certain foods or food groups, such as animal products, processed foods, or sugar.

Starting with intermittent fasting or partial fasting is generally recommended for beginners, as these are less extreme than water or juice fasting. It's also necessary to consult with a healthcare professional before starting any type of fast to ensure it's safe and appropriate for your needs.

Fasting can have several potential benefits when transitioning to a vegan diet. Some of these benefits may include:

***Detoxification:*** Fasting can help the body eliminate toxins and harmful substances accumulated over time, making transitioning to a healthier vegan diet more manageable.

***Increased mindfulness:*** Fasting requires you to be more conscious and present in your eating habits, which can help you become more mindful of what you eat and make better choices.

***Improved digestion:*** Fasting can give your digestive system a break, allowing it to rest and heal. This can help improve digestion and reduce digestive issues that may have been caused by a meat-based diet.

***Reduced inflammation:*** Fasting has been shown to reduce inflammation in the body, which can help reduce the risk of chronic diseases and improve overall health.

**Weight loss:** Fasting can help you lose weight by improving metabolism and reducing calorie intake. This can be particularly helpful for those transitioning to a vegan diet to improve their overall health and well-being.

If you are considering fasting, here are some general tips on how to fast:

**Choose the correct type of fast:** There are different types of fasts, such as water fasts, juice fasts, intermittent fasting, and more. Choose the fast that aligns with your health goals and personal preferences.

**Prepare yourself mentally and physically:** Fasting can be challenging, so preparing yourself mentally and physically before you start is essential. Set your intentions and have a plan for how you will handle any potential challenges that may arise.

**Stay hydrated:** Whether you are doing a water or juice fast, it is crucial to stay hydrated by drinking plenty of fluids. Water is essential for regulating body temperature, maintaining healthy blood flow, and removing waste.

**Ease into and out of the fast:** Avoid abruptly starting or ending a fast, as this can be hard on your body. Instead, ease into the fast by gradually reducing your food intake in the days leading up to the fast, and ease out of the fast by reintroducing progressively food.

**Listen to your body:** Fasting can be a powerful tool for improving your health, but it's essential to listen to your body and be mindful of any signs of discomfort or distress. It may be time to end the fast if you experience any adverse side effects, such as dizziness or weakness.

There are several resources available for those who want to fast as part of their vegan and plant-based transition:

**The Complete Guide to Fasting by Dr. Jason Fung:**

This book provides a comprehensive guide to fasting, including different types of fasts, the benefits of fasting, and how to prepare for a fast.

**The Fasting Cure by Dr. Jason Fung:** This book explores the healing power of fasting and how it can improve overall health and wellness.

**The 5-Day Fasting Mimicking Diet by Dr. Valter Longo:** This program is designed to provide the benefits of fasting while consuming a limited amount of calories and nutrients.

**The Master Cleanse:** This is a popular fasting program that involves consuming fresh lemon juice, maple syrup, and cayenne pepper drink for a set period of time.

**Online forums and communities:** Many online communities and forums are dedicated to fasting and plant-based living. These can provide support, advice,

and inspiration for those embarking on a fasting journey.

Additionally, here are some Black experts on fasting and plant-based lifestyle that you may find helpful:

**Chef Babette Davis** is a vegan chef and owner of *Stuff I Eat*, a vegan restaurant in Inglewood, California. Chef Babette is known for her soul food-inspired vegan dishes, and she often speaks about the benefits of plant-based diets and how to transition to a vegan lifestyle. She curates a yearly fast after the Gregorian New Year.

**Tracye McQuirter** is a renowned public health nutritionist, best-selling author, and vegan trailblazer. Tracye has been vegan for over 30 years and has written several books on the benefits of plant-based diets, including "By Any Greens Necessary" and "Ageless Vegan." She also founded the 10,000 Black Vegan Women movement, which aims to encourage Black women to adopt a plant-based lifestyle.

**Dr. Milton Mills** is a critical care physician, health educator, and advocate for plant-based diets. Dr. Mills has been featured in

documentaries such as "What the Health" and "The Invisible Vegan," He often speaks about the health benefits of a vegan lifestyle.

**Dr. Joye Pugh** is a naturopathic doctor and founder of the Joye Pugh Wellness Center in Atlanta, Georgia. Dr. Pugh specializes in helping people transition to plant-based diets, incorporating fasting into their lifestyles, and how to do it safely.

**Dr. Ruby Lathon** is a holistic health and wellness expert, certified nutritionist, and host of "The Veggie Chest" cooking show. Dr. Lathon has been featured on several media outlets, including CNN, Fox News, and the Huffington Post, where she discusses the benefits of plant-based diets and how to transition to a vegan lifestyle. She also hosts wellness retreats and workshops on fasting and plant-based living.

It's important to remember that fasting should be done under the guidance of a healthcare professional, especially if you have any underlying health conditions.



"The human body  
is incredibly intelligent  
and responds to the love  
you give it or not."

CHEF BABETTE,  
Owner, STUFF I EAT



## **Circadian Rhythm**

The circadian rhythm is the natural 24-hour internal clock that regulates the sleep-wake cycle and other biological processes in the body, such as hormone secretion, metabolism, and temperature regulation. It is controlled by a part of the brain called the suprachiasmatic nucleus (SCN), which responds to environmental cues like light and darkness. The circadian rhythm is critical for maintaining overall health and well-being because it helps to ensure that bodily functions are coordinated with the external environment.

Constant disruption of the circadian rhythm, such as by shift work, jet lag, or irregular sleep patterns, has been linked to various health problems, including sleep disorders, mood disorders, and metabolic disorders like weight gain and cardiovascular disease. Therefore, it is vital to maintain a regular sleep-wake cycle and to be mindful of the environmental cues that affect it, such as exposure to light and darkness, when striving for a holistic vegan lifestyle.

The circadian rhythm is essential for a holistic lifestyle because it helps regulate various bodily functions, and disruptions to this rhythm can negatively affect health and well-being. For example, irregular sleep patterns and inconsistent meal times can disrupt the circadian rhythm and lead to issues such as fatigue, insomnia, and metabolic disorders. In contrast, maintaining a consistent sleep-wake cycle and eating schedule can help to promote optimal health and well-being.

Upon waking up, consuming water and fruit is essential to break your overnight fast because it helps rehydrate your body and jumpstart your metabolism. During sleep, the body goes through fasting and water loss through breathing and sweating. By consuming water and fruit, you can replenish the water lost at night and provide your body with fundamental vitamins, minerals, and fiber. This can help to boost your energy levels, support your immune system, and promote healthy digestion throughout the day.

Additionally, consuming water and fruit first thing in the morning can help to regulate your circadian rhythm, which is vital for maintaining a healthy sleep-wake cycle.

The flow of daily food consumption on a vegan diet can vary depending on personal preferences and schedules, but generally, it may look something like this:

***Upon waking up:*** It is recommended to drink a glass of water and consume some fruit to break the overnight fast and hydrate the body.

***Breakfast:*** This meal could include oatmeal, smoothies, vegan pancakes or waffles, avocado toast, or tofu scramble.

***Mid-morning snack:*** Small snacks such as fresh fruit, nuts, or seeds can help maintain energy levels.

***Lunch:*** This meal should be the heaviest meal of the day and could consist of a vegetable stir-fry with brown rice or wild rice, a hearty lentil stew, a vegan pasta dish, a vegan pizza with whole-grain or gluten-free crust and plenty of veggies, or a veggie and avocado sprout sandwich with whole-grain or gluten-free bread.

***Afternoon snack:*** Another small snack could be consumed in the afternoon, such as a piece of fruit, hummus with veggies, or a vegan protein bar.

***Dinner:*** This meal should be the lightest meal of the day and could include a salad with various vegetables and a protein source such as beans, tofu, or tempeh. A grain-based dish like a quinoa bowl or lentil soup.

***Evening snack:*** Light snacks such as fruit, or herbal tea can be consumed before bed.

It's also important to stay hydrated throughout the day by drinking plenty of water and consuming various nutrient-dense whole foods to support overall health and well-being.

In some traditional cultures, eating the last meal of the day before sunset is common. This practice is based on the idea that the digestive system slows down after sunset, making it more difficult for the body to properly digest and assimilate food. Eating late at night can also interfere with the body's natural sleep-wake cycle, affecting overall health and well-being.

From a vegan diet perspective, eating the last meal before sunset can be vital because it allows the body to fully digest and assimilate the food before going to bed, which can lead to better sleep quality and overall health. Additionally, eating earlier can help regulate hunger and energy levels and support healthy weight management.

## **Cooking Vegan**

Cooking vegan food is simple. You do not have to be a trained chef to prepare delicious meals for yourself and others. There are so many options. A good thing to note is that you can take any meat and dairy-based recipes, convert them using a plant-based substitute and keep the other components of the meal typically the same.

Here are some basic cooking techniques for vegan meals:

***Sautéing:*** Sautéing is a common technique for cooking vegetables, tofu, and tempeh. Heat a little oil in a pan, add ingredients, and cook over medium-high heat until tender and lightly browned.

**Roasting:** Roasting is a great way to bring out the natural sweetness of vegetables. Preheat your oven to 400°F, toss your vegetables with oil and seasonings, and spread them on a baking sheet. Roast in the oven until they are tender and lightly browned.

**Steaming:** Steaming is a healthy way to cook vegetables and can help retain their nutrients. Bring a pot of water to a boil, place your vegetables in a steamer basket, and steam until tender.

**Boiling:** Boiling is a quick and easy way to cook grains, pasta, and legumes. Bring a pot of water to a boil, add ingredients, and cook until tender.

**Stir-frying:** Stir-frying is a quick and easy way to cook vegetables, tofu, pumfu, and tempeh. Heat a little oil in a pan, add your ingredients, and cook over high heat, stirring constantly, until they are tender and lightly browned.

**Baking:** Baking is a great way to make vegan desserts, bread, and casseroles. Preheat your

oven to the desired temperature, mix your ingredients, and bake until they are cooked.

These are just a few basic cooking techniques for vegan meals. You can learn to create delicious and healthy vegan meals using various cooking methods with some practice and experimentation.

### **Finding recipes and ideas for vegan meals**

You can find recipes for easy, healthy, and satisfying vegan meals in many places. Here are some suggestions:

***Vegan cookbooks:*** Available both online and in bookstores. Look for cookbooks with recipes that suit your taste preferences and cooking skill level.

***Vegan blogs and websites:*** Some popular ones include:

@Back2livebyChefIndia @Honeysucklemoon  
@the.vegan.godmother @alkalineveganmommy  
@iamtabithabrown @OhSheGlows  
@SweetPotatoSoul @bestiesveganparadise  
@plantbaseddrippin @chefahki @turnipvegan  
@thekonsciousvegan



***Social media:*** Instagram and Pinterest are great places to find vegan meal ideas. You can search for hashtags like #veganrecipes or #plantbased to find inspiration.

***Meal planning apps:*** Meal planning apps offer vegan meal plans and recipes. Some popular ones include *Mealime* and *PlantEaters*.

***Local vegan groups:*** Check for any vegan groups in your area. They may have resources for finding local vegan-friendly restaurants, markets, and cooking classes.

Remember, it's fun to experiment with different recipes and find ones that suit your taste preferences and dietary needs. Don't be afraid to modify recipes to suit your needs, and have fun in the kitchen! Seven of my favorite vegan recipes are at the end of this book.

## **Dining out Vegan**

Sometimes you may want a break from cooking. Some days you might try out a local vegan spot or well-reviewed vegan restaurant. Dining out as a vegan can be fun because it allows you to explore different cuisines and try new dishes you may not have

otherwise considered. Many restaurants now offer vegan options; some even have entire menus dedicated to plant-based dining.

This means you can enjoy various delicious, nutritious meals without compromising your dietary choices. If you're dining out as a vegan, here are some tips that might help:

***Do your research:*** Before going to a restaurant, look up their menu online to see if they offer vegan options. You can also check online reviews or ask other vegans for recommendations.

***Call ahead:*** If you need to know if a restaurant can accommodate your dietary needs, call ahead and ask if they can make any substitutions or modifications to their dishes.

***Ask questions:*** When you arrive at the restaurant, ask your server which dishes are vegan or if any can be made vegan. Be specific about your dietary restrictions and ask if any ingredients you're unsure about are vegan.

***Be flexible:*** Be bold and ask for modifications or substitutions to make a dish vegan-friendly, but be prepared to compromise if no vegan options are available.

***Be prepared to wait:*** Vegan dishes may take longer to prepare, primarily if the restaurant isn't used to accommodating vegan customers. Be patient and enjoy the experience of dining out.

***Check the ingredients:*** Even if a dish is labeled vegan, double-check the ingredients to ensure no animal products or byproducts are included.

***Bring your own condiments:*** If you need clarification on the sauces, mayos or dressings that come with a dish, bring your own vegan-friendly condiments, like hot sauce or vegan mayo.

***Be polite:*** Only some restaurants are familiar with veganism, and your server may need help understanding your dietary restrictions. Be polite and patient, and try to work together to find a solution for you and the restaurant.

Don't be intimidated if it's your first time dining out vegan. The waitstaff is usually very excited about your journey and willing to guide you in making delicious, fun choices. Dining out as a vegan can be a fun and exciting experience for several reasons:

***Convenience:*** Dining out can be convenient when you're busy or need more time to cook at home. Many restaurants now offer vegan options, making it easier than ever to eat out as a vegan.

***Socialization:*** Dining out can be a social experience, and it's an opportunity to connect with friends and family over a meal. Dining out with friends who are also vegan can be a fun way to communicate over a shared interest in veganism. It's also an opportunity to introduce non-vegan friends to delicious vegan dishes and inspire them to try a plant-based diet. Many restaurants now offer vegan options, making it easier to dine out with non-vegan friends and family.

***Variety:*** Dining out as a vegan allows you to try new foods and cuisines you cannot make at home. Many restaurants now offer creative and delicious vegan options catering to various tastes.

***Supporting vegan businesses:*** By dining out at vegan or vegan-friendly restaurants, you're supporting businesses committed to reducing the demand for animal products and promoting a plant-based diet.

***Making a statement:*** By dining out as a vegan, you're making a statement about your values and beliefs. You show you care about your health, well-being, environment, and animal welfare.

***Exploring different cuisines:*** Veganism is becoming more mainstream, and many restaurants now offer unique vegan options that are creative and delicious and cater to various cuisines, from Italian to Thai to Mexican. This means that dining out as a vegan can be an opportunity to explore different cultures and cuisines, fresh foods, and flavors you wouldn't have tried otherwise.

Dining out as a vegan can be a convenient, social, and enjoyable experience that allows you to try new foods, support ethical businesses, and make a statement about your values. If you are still determining if a dish is vegan, ask the host or server for clarification. Be polite and respectful, and explain that you are vegan and must avoid certain ingredients. Following these tips, you can enjoy a delicious vegan meal while dining out.

### **Traveling Vegan**

When traveling or attending gatherings that may not be vegan-friendly, plan ahead and do some research to find vegan-friendly options. Research vegan-friendly restaurants and stores in the area you will be traveling to. Websites & apps like *HappyCow.net* can help you find vegan-friendly options. For your trip, consider packing non-perishable vegan snacks, such as dried fruit, nuts, and seeds.

### **The Vegan Guest**

This is a big one. Holidays, birthdays, events, cookouts, and other gatherings can be challenging as a vegan. Most people will make fun of you and turn their noses up at your food. What you will find most

puzzling is that though people say they would never become vegan, most vegan food served in social situations is the first to go. If you are invited to an event, and you know there might be vegan food, arrive early because there will not be any food left if you arrive late. The other option is to eat before you arrive.

If you have the opportunity, communicate with the host of the gathering, event or cookout to inform them about your dietary restrictions and ask if they can accommodate you. Offer to bring a vegan dish to share with everyone. And finally, consider bringing your own food to the gathering or cookout. You can make a vegan version of a traditional dish or simply get a dish you enjoy.

Be prepared and communicate your needs to others when dining out, traveling or attending events and gatherings as a vegan. Enjoying delicious and satisfying vegan meals in any situation is possible with some planning and creativity.

## **Transitioning Your Family to Veganism**

Transitioning a family to a vegan lifestyle can be a gradual process that requires patience, education, and flexibility. My children experienced veganism in very

different ways. My first son was nine years old when I began my journey. With my youngest son, I had a vegan pregnancy so he came in the world that way. My husband at the time had been vegan longer than me. And while I respect my friends and family's preference to eat whatever they want, I prefer that my partner/companion be vegan as well. Again, that's *my* preference.

When introducing your family to veganism start with education. Begin by educating your family about the benefits of a vegan lifestyle, such as improved health, animal welfare, and environmental sustainability. You can share documentaries, books, and articles with your family, or take them to vegan events and restaurants to expose them to veganism.

Involve your family in meal planning. Encourage your family to be part of the meal planning process. Have them suggest vegan recipes they would like to try, or involve them in grocery shopping and cooking.

Transition them gradually. You don't need to switch your family to a vegan diet overnight. Make the transition fun and memorable. Gradually introduce vegan meals and snacks into your family's diet and phase out non-vegan items over time. This will give



your family time to adjust to the new diet, prevent any feelings of deprivation, and may bring you all closer together.

There is nothing like unseasoned, tasteless food. Be sure to make your food tasty. Show your family that vegan food can be delicious by preparing tasty and satisfying vegan meals. Focus on creating meals that are familiar and comforting to your family, and introduce new flavors and ingredients slowly.

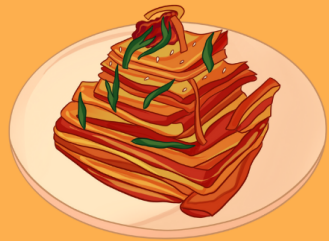
Finally, be open and flexible. Be prepared to answer questions and address concerns that your family may have about a vegan lifestyle. Encourage them to participate in meal planning, preparation, and selection. Be open to feedback and suggestions, and be flexible in your approach.

Remember, transitioning to a vegan lifestyle is a personal journey and each family member may have their own pace and preferences. It's important to respect each other's choices and support each other along the way.



## WEEKS TWO & THREE TASKS:

- Read this section in its entirety.
  - Journal your thoughts & questions.
  - Pick recipes from the appendix and create a shopping list.
- 
- Follow and complete the transitional guide for weeks two-three
  - Read ahead to SECTION THREE



## TRANSITION SCHEDULE WEEKS TWO - THREE

### Upon Rising

#### Mix & Drink:

4 oz of warm water  
1 key lime/lemon,  
A pinch of cayenne  
1 tbs Olive oil (optional)



### Early Day

Drink a cup  
of tea or  
Fresh Juice



### Lunch & Dinner Options

Gluten-Free Linguine w/  
Tomato & Basil, Wild  
rice, Lentil & Kale Bowl,  
Jicama & Avocado salad,  
Lentil soup w/avocado,  
Thin crust pizza, Navy &  
Kidney beans w/ Yam or  
sweet potato, Hummus  
Tartine w/ Sprouts,  
Ceviche, or Jackfruit  
Chik'n & wild rice



### Hydrate

Drink 10 - 12 oz of  
Spring / Clean water  
either  
30 mins before  
or  
2 hours after  
MEALS

### Breakfast Options

Fresh Fruit, Smoothie,  
Homemade granola  
w/Plant milk & berries,  
oatmeal with fruit,  
Overnight oats, French  
Toast, Avocado, tomato &  
hummus Tartine or Quinoa  
Porridge



### Snacks & Dessert Options

Nuts, fruit,  
pitted dates,  
Graham crackers  
w/ nut butter  
Celery or apples  
w/nut butter or  
homemade ice cream

# **SECTION THREE**

## **WEEKS FOUR ~ SIX: *VEGANS GET PLENTY***

### **WHAT BUTTERFLY EATS**

I have always had an interesting relationship with food. When I was young, I had allergies to food. Food was also used to soothe and heal me. I sought solace in food. It was my enemy, my teacher, and my friend. I learned a lot about food, my relationship with it, and more about myself. Now food is my medicine. I am finding balance with the foods I need and want. I am learning to be mindful when I deal with the food I consume.

As I reflect on my journey with food, I realize that it has been a series of ups and downs, a continuous evolution of my relationship with what I eat, from the early days of trying out different diets to the moments of frustration and disappointment when they didn't work to the joy and fulfillment of discovering what truly nourishes my body and soul.

At times, I felt like I was constantly chasing the perfect diet that would magically solve all my health problems, give me boundless energy, and help me achieve my ideal weight. But the more I chased that elusive goal, the more I realized there was no one-size-fits-all approach to food.

I have learned that food is about satisfying hunger and nourishing my body and mind. I have experienced the ups and downs of fad diets and extreme eating habits, but I have also learned the importance of listening to my body and finding a balance that works for me.

Everyone's relationship with food is unique, and it's essential to take the time to understand what works best for our individual bodies and lifestyles. As I reflect on my 20-something year journey as a vegan, I can't help but think about the experiences that have shaped my relationship with food. I was motivated to improve my health when I first transitioned to a vegan lifestyle. Then, it became a desire to live a more compassionate and ethical life. Now, it's about feeling good in my total being.

In the early days, I struggled to find satisfying vegan options and often relied on processed foods that left

me unfulfilled and bloated. But as I continued my journey, I learned more about nutrition. Experimented with new foods and cooking techniques. I uncovered a world of delicious, plant-based foods. And I discovered that simplicity is better.

Over time, I developed a deeper understanding of what worked for me and what didn't. I learned to listen to my body and give it what it needed, whether incorporating more basic proteins into my meals or finding ways to satisfy my sweet tooth with healthier options.

After over two decades of veganism, I feel confident in my relationship with food and proud of my chosen lifestyle. The journey constantly evolves, and there is always more to learn and explore.

I'm writing this book not as a medical professional or dietitian, not as someone who is here to tell you *not* to eat meat; everyone has their own path. I'm writing this book to share my journey and to inspire healthy choices. I'm sharing my experiences and insights with others who may be on a similar path to help them find what works best for them. It's best to talk to a medical professional when changing or modifying your diet and lifestyle.



This next section dives more into vitamins & minerals, allergens, alternatives, and ways to get the most out of the food you will consume as a vegan.

## **Nutrients your body needs as a vegan**

When transitioning to a vegan lifestyle, there are several nutrient considerations to keep in mind to ensure that you are meeting your nutritional needs. Here are some key nutrients to focus on:

***Protein:*** Plant-based sources of protein include beans, lentils, tofu, tempeh, nuts, and seeds. It's important to consume a variety of protein sources to ensure that you are getting all the essential amino acids your body needs.

***Iron:*** Plant-based sources of iron include dark leafy greens, beans, lentils, fortified cereals, and dried fruit. To increase iron absorption, consume iron-rich foods with vitamin C-rich foods like citrus fruits or bell peppers.

***Calcium:*** Plant-based sources of calcium include dark leafy greens, fortified plant milks, tofu made with calcium sulfate, and calcium-fortified orange juice.

***Vitamin D:*** Many sources, such as the sun and supplements, besides cow's milk and dairy products, allow you to incorporate this nutrient into a vegan diet.

***Vitamin B12:*** Vitamin B12 is not naturally present in plant-based foods, so it's important to consume fortified foods like plant milks, and breakfast cereals, or take a B12 supplement.

***Omega-3 fatty acids:*** Plant-based sources of omega-3s include flaxseed, chia seeds, walnuts, and hemp seeds. Consider taking a vegan omega-3 supplement to ensure adequate intake.

## **The Thing With Protein**

***Protein*** is a macronutrient essential for building, repairing, and maintaining tissues, producing enzymes and hormones, and supporting the immune system in the body. It is made up of chains of amino acids. Amino acids are the building blocks of proteins. Twenty different types of amino acids are used to build proteins in the body. Nine amino acids are considered "essential" because the body cannot make them independently and must obtain them from the diet.

Protein can be found in many different foods, both animal and plant-based. It's essential to get enough protein in your diet, whether you are vegan or not, as it plays a vital role in overall health and well-being. The amount of protein a person needs can vary depending on age, sex, weight, and physical activity level. However, you must be careful consuming too much protein as it will affect your kidneys.

While many people associate protein with animal-based foods like meat, dairy, and eggs, plenty of plant-based protein sources can meet the body's needs. Regardless, vegans must be mindful of their protein intake and ensure they get enough of this nutrient through a balanced and varied diet.

There are many healthy protein sources for a vegan diet. Here are some examples:

***Legumes:*** This includes beans, lentils, chickpeas, and peas. They are rich in protein, fiber, and other vital nutrients.

***Nuts & seeds:*** This includes almonds, walnuts, brazil nuts, cashews, hazelnuts, chia seeds, flax seeds, and pumpkin seeds. They are a wonderful

source of vital protein, healthy fats, and micronutrients.

***Soy products:*** This includes tofu, tempeh, edamame, and soy milk. These foods are a good source of complete protein and contain other vital nutrients such as calcium and iron. When consuming soy, it's best to obtain it from verifiable organic sources.

***Whole grains:*** This includes quinoa, brown rice, barley, amaranth, farro, and whole wheat. They are a good source of protein and other vital nutrients such as fiber and B vitamins.

***Vegetables:*** While vegetables are not typically thought of as a good source of protein, some vegetables, such as broccoli, spinach, and Brussels sprouts, are actually relatively high in protein.

***Vegan protein powders:*** Many vegan protein powders are available on the market and are made from plant-based sources such as peas, rice, and hemp. Make sure to read the label to know the source of the protein in protein powders you choose.

Additionally, vegans may need to pay extra attention to their intake of specific amino acids, which are the building blocks of protein. While plant-based foods can provide all of the necessary amino acids, some sources may be lower in certain amino acids than others. For example, grains are typically lower in the amino acid lysine, while legumes are lower in methionine and cysteine. Combining different protein sources in a meal, such as beans and rice or tofu and quinoa, can help ensure a complete and balanced amino acid profile.

The controversy about protein in a vegan diet stems from the misconception that plant-based protein sources are insufficient for meeting the body's protein needs. Some people believe that animal-based proteins are superior to plant-based proteins because they properly contain all the essential amino acids.

However, research has shown that it is possible to meet protein needs on a vegan diet by consuming various plant-based protein sources such as legumes, nuts, seeds, whole grains, and soy products. In fact, some plant-based protein sources, such as quinoa and chia seeds, are considered complete proteins, meaning they contain all the essential amino acids. Consuming protein-rich foods with an adequate intake of all

essential amino acids in combination with foods high in vitamin C, such as fruits and vegetables, can improve the body's absorption of plant-based iron.

Individual protein needs can vary based on age, sex, and activity level. Adults' recommended daily allowance (RDA) is 0.8 grams per kilogram of body weight, but some experts recommend higher protein intake for athletes and older adults. It is possible to meet protein needs through plant-based sources.

These are just a few healthy protein sources for a vegan diet. Vegans can meet their protein needs by consuming various foods while getting other essential nutrients for overall health and well-being. Here are some common misconceptions about veganism and ways to overcome them:

***Misconception:*** Vegans need more protein.

***Overcome:*** As mentioned earlier, there are many plant-based sources of protein that vegans can consume, including legumes, nuts, seeds, soy products, whole grains, and vegetables. Vegans can meet their protein needs by including various foods in their diet.

**Misconception:** A vegan diet is expensive.

**Overcome:** While some vegan products, such as meat substitutes and specialty foods, can be expensive, a vegan diet can also be affordable if you focus on whole, plant-based foods. Legumes, grains, and vegetables are cheaper than many processed meat and dairy substitutes. Additionally, buying in bulk and meal planning can help keep costs down.

**Misconception:** Vegans need more vital nutrients.

**Overcome:** A well-planned vegan diet can provide all the necessary nutrients, including calcium, iron, and vitamins B12 and D. Calcium can be obtained from fortified plant-based milk and leafy greens such as kale and broccoli. Iron can be obtained from legumes, whole grains, and leafy greens. Vitamin B12 can be obtained from fortified foods or supplements, and vitamin D can be obtained from sunlight or supplements.

**Misconception:** Veganism is all or nothing.

**Overcome:** It's essential to recognize that any reduction in animal products can positively “impact health and the environment. Starting with small steps such as Meatless Mondays or

swapping dairy milk or cheese for plant-based alternatives can be a great way to gradually transition to a vegan diet.

***Misconception:*** Veganism is all about restriction & isn't enjoyable.

***Overcome:*** A vegan diet can be enjoyable and delicious, with endless possibilities for tasty meals and snacks. Many vegan recipes and cookbooks are available to help inspire kitchen creativity. Additionally, trying new vegan restaurants and exploring new foods can be a fun way to discover new favorites.

Here are some other ways to overcome common misconceptions about veganism:

***Educate yourself & others:*** By learning about the benefits of veganism and why people choose this lifestyle, you can better articulate your beliefs and help others understand its rationale.

***Share delicious vegan food:*** One of the best ways to dispel the notion that veganism is restrictive or boring is to share delicious vegan food with others. Invite friends or family for a vegan meal or bring snacks to share at work or



social gatherings.

***Focus on health & wellness:*** By emphasizing the health benefits of a plant-based diet, you can help overcome the misconception that vegans don't get enough nutrients. Highlight that a vegan diet can be rich in protein, fiber, vitamins, and minerals.

***Lead by example:*** Show others that a vegan lifestyle is possible and enjoyable by being a positive example. Be respectful & compassionate in your interactions with others, and share your experiences and journey with veganism in a non-judgmental way.

***Acknowledge the challenges:*** Recognize that transitioning to a vegan lifestyle can be challenging, and everyone's journey differs. Be open and honest about your difficulties, and share tips and resources that have helped you.

By taking these steps, you can help overcome common misconceptions about veganism and inspire others to consider this lifestyle for themselves.

## **Vitamins & Minerals**

**Iron** is a mineral that is essential for our bodies to function properly. It plays a key role in the transport of oxygen throughout the body, as it is a component of hemoglobin, the protein in red blood cells that carries oxygen from the lungs to the rest of the body.

Iron is important in a vegan diet because many plant-based sources of iron are not as easily absorbed by the body as animal-based sources. This means that vegans may need to consume more iron overall and be mindful of combining iron-rich foods with sources of vitamin C (such as citrus fruits, berries, and leafy greens), which can enhance iron absorption.

Good plant-based sources of iron include leafy greens like spinach, collards, Swiss chard, and kale, beans and lentils (which can be added to soups, stews and salads, or make them into hummus), tofu, tempeh, nuts, and seeds (especially pumpkin seeds), and dried fruit (such as apricots and raisins). Vegans need to be aware of their iron intake, especially if they are menstruating or pregnant, as these life stages can increase iron needs.

It's a good idea to pair iron-rich foods with vitamin C. Consuming foods high in vitamin C, like citrus fruits, berries, and bell peppers, can help increase iron absorption. Add a squeeze of lemon or lime to your meals, or snack on fruit alongside nuts or seeds.

If you cannot meet your iron needs through diet alone, talk to your healthcare provider about an iron supplement. Consider a vegan iron supplement.



### QUICK TIP

Some examples of calcium-rich foods for vegans include:

- Fortified plant milk (such as soy, almond, or oat milk)
- Tofu made with calcium sulfate
- Beans and legumes, such as chickpeas & white beans
- Leafy greens such as kale, collard greens, bok choy, & spinach
- Broccoli & cauliflower
- Sesame seeds & tahini
- Almonds & almond butter
- Dried figs
- Calcium-fortified orange juice (organic is best)

The best I have taken is called *Blood Builder* by *MegaFood*. It's important to note that iron absorption can be inhibited by certain substances like black teas, coffee, and calcium supplements. To maximize iron absorption, avoid consuming these substances alongside iron-rich foods.

**Calcium** is necessary for building and maintaining strong bones and dental health, nerve function, muscle function, and blood clotting.

While dairy products are often presumed the best source of calcium, many plant-based foods can provide adequate amounts of this essential mineral for those following a vegan diet. It is crucial to get enough calcium in your diet, regardless of whether you are vegan or not.

Fortunately, several plant-based sources of calcium can be incorporated into a vegan diet. It's important to note that the body absorbs calcium best when consumed with vitamin D, which helps it absorb and use calcium properly. Some plant-based sources of vitamin D include fortified plant milk, mushrooms, and exposure to sunlight.

Also, the body's ability to absorb calcium can be affected by other factors, such as vitamin D levels and certain medications or medical conditions. It's always a good idea to talk to a healthcare provider or registered dietitian if you have concerns about calcium intake.

The primary way to meet your daily calcium needs is through food sources. However, calcium supplements may be an option if you cannot meet your calcium needs through diet alone. You must speak with a healthcare professional or registered dietitian before taking any supplements to ensure that you are taking the appropriate dosage and that it won't interact with any medications you may be taking. And remember, healthy sun exposure can help your body produce vitamin D, essential for calcium absorption.

***Vitamin D*** is a fat-soluble vitamin that helps the body absorb calcium and phosphorus from food and plays a vital role in maintaining strong bones and teeth. It also has other necessary bodily functions, including supporting immune function, regulating cell growth, and reducing inflammation.

Vitamin D can be obtained through exposure to sunlight, but it can be challenging to get enough through this method alone, especially for those living

in areas with limited sunlight or during the winter months. Therefore, vegans need to obtain vitamin D through dietary sources or supplements.

While vitamin D is commonly found in animal products, some plant-based sources contain vitamin D or are fortified with it. Vegans incorporate vitamin D in their diets in the following ways:

***Sun exposure:*** The body can naturally produce vitamin D when exposed to sunlight, so spending time outdoors in direct sunlight can help increase vitamin D levels.

***Fortified foods:*** Plant-based milks, such as soy milk, almond milk, hemp milk, flax milk and oat milk, are fortified with vitamin D. Cereals, and some brands of orange juices are fortified with vitamin D, so checking food labels for added vitamin D can be helpful.

***Mushrooms:*** Certain mushrooms, such as shiitake, oyster, chanterelle, and morels, are a natural source of vitamin D. These mushrooms, particularly, are exposed to UV light which stimulates the production of vitamin D<sub>2</sub>. Eating just one cup provides nearly 100% of the

recommended daily vitamin D intake. Like Lion's Mane mushrooms, other mushrooms have benefits that support the immune system, digestion, and brain health. Just google mushrooms and find out the variety that's out there.

**Supplements:** Taking vitamin D supplements is another option to ensure adequate intake. It's essential to speak with a healthcare provider before starting any new supplements to determine the appropriate dosage.

**Vitamin B12** is a nutrient that plays a crucial role in many of the body's processes, including DNA synthesis, red blood cell formation, and neurological function. It is significant for maintaining healthy nerve cells and producing DNA.

Vitamin B12 is primarily found in animal-based foods, so it can be challenging for vegans to get enough of this nutrient from their diet. A deficiency in vitamin B12 can lead to anemia, neurological problems, and other health issues. Vegans must supplement their diets with vitamin B12 through fortified foods or supplements to meet their daily needs.

Vegans can incorporate vitamin B12 into their diets through fortified foods or supplements. Here are some examples:

***Fortified plant-based milks:*** Many plant-based milks, such as soy milk, almond milk, and oat milk, are fortified with vitamin B12.

***Nutritional yeast:*** Nutritional yeast is a popular vegan ingredient often fortified with vitamin B12.

***Fortified breakfast cereals:*** Some breakfast cereals are fortified with vitamin B12, so check the label to see if it's included.

While some vegan foods, such as fermented foods and algae, may contain vitamin B12, they are not considered reliable sources of this nutrient. Supplementation is generally recommended to ensure adequate intake. Vegan-friendly vitamin B12 supplements are widely available and can be taken in pill, tablet, or sublingual (under the tongue) form. Choose a B12 supplement that provides the recommended daily intake and consult with a healthcare provider if unsure about the appropriate dosage.



***Nutritional yeast*** is a deactivated form of yeast that is often used as a condiment or seasoning in vegan and vegetarian dishes. It has a cheesy and nutty flavor and is commonly used to add flavor to dishes that would traditionally contain cheese, such as macaroni and cheese or pizza.

Nutritional yeast is also a good source of vitamins, minerals, and protein, making it a popular ingredient in vegan diets. It is often fortified with vitamin B12, which is a nutrient that is commonly found in animal products but can be difficult for vegans to get enough of.

In addition to vitamin B12, nutritional yeast is also a good source of other B vitamins, including thiamine, riboflavin, niacin, and folate. These vitamins are important for maintaining healthy skin, nerves, and digestion, as well as for converting food into energy.

Nutritional yeast is also a good source of protein, containing all nine essential amino acids that the body needs but cannot produce on its own. This makes it a valuable ingredient for vegans and vegetarians who may have a harder time getting enough protein in their diets. Overall, nutritional yeast is a versatile and nutritious ingredient that can be a valuable addition to

a vegan diet.

***Omega-3 fatty acids*** are essential fats necessary for many bodily functions, including brain function, heart health, and reducing inflammation in the body. The two most important types of omega-3s are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). While these are commonly found in fatty fish and other seafood, it can be more challenging for vegans to obtain adequate amounts of EPA and DHA through their diet. Omega-3 fatty acids can be obtained from plant-based sources such as:

***Chia seeds:*** Chia seeds are an excellent source of omega-3 fatty acids. They can be added to smoothies, oatmeal or used as an egg substitute in baking.

***Flaxseeds:*** Flaxseeds are another great source of omega-3 fatty acids. They can be ground and added to smoothies, oatmeal, or used in baking as an egg replacer.

***Hemp seeds:*** Hemp seeds are rich in omega-3 fatty acids and can be added to smoothies, oatmeal, or sprinkled on top of salads.

**Walnuts:** Walnuts are a good brain food and a source of omega-3 fatty acids and can be eaten as a snack or added to salads.

**Algae-based supplements:** Algae-based supplements, such as spirulina and chlorella, are rich in omega-3 fatty acids and can be consumed as a supplement in pill or powder form.

Plant-based sources of omega-3 fatty acids provide ALA (alpha-linolenic acid), which can be converted into EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in the body, but the conversion rate is generally low. Therefore, it may be beneficial to supplement with algae-based supplements to ensure adequate intake of EPA and DHA.

Maintaining a balanced and healthy vegan diet requires careful planning and attention to nutrient intake. It's key to eat a varied and balanced diet that includes a variety of whole, plant-based foods to ensure that you are meeting all of your nutritional needs. Here are some tips for ensuring you are getting all the necessary nutrients:

# VEGAN MAYO

 32 servings  15 minutes

## INGREDIENTS

1 cup vegan milk  
(such as soy, almond,  
or oat milk)  
1 tablespoon apple  
cider vinegar or  
lemon juice  
1 teaspoon dijon  
mustard  
1/2 teaspoon salt  
1/4 teaspoon garlic  
powder  
1/4 teaspoon onion  
powder  
1 cup neutral-  
flavored oil (such as  
sunflower, or  
grapeseed)

## DIRECTIONS

1. In a blender or food processor, combine the vegan milk, apple cider vinegar or lemon juice, dijon mustard, salt, garlic powder, and onion powder.
2. Blend the ingredients until combined.
3. With the blender or food processor running, slowly drizzle in the oil. It's important to pour in the oil very slowly to allow it to emulsify and create a thick and creamy consistency.
4. Continue blending until the mayo is smooth and creamy.
5. Taste and adjust seasoning as needed.
6. Transfer the vegan mayo to a jar or airtight container and store in the fridge for up to 2 weeks.

## NOTES

Vegan mayo: made with plant-based milk, oil, vinegar or lemon juice, and seasonings. The milk used can be soy, almond, or non-dairy milk. Oil is typically used as the main ingredient, grapeseed or safflower. The vinegar or lemon juice adds acidity, and seasonings like salt, mustard powder, or garlic powder are used to add flavor. Vegan mayo can be used in any recipe for traditional mayo, such as in sandwiches, salads, dips, and dressings.

***Plan your meals:*** As mentioned before plan your meals ahead of time to ensure that you are consuming a balanced diet with a variety of nutrient-dense foods. This can also help you avoid making impulsive food choices that may be lacking in key nutrients.

***Incorporate a variety of fruits & vegetables:*** Aim for at least five servings of fruits and vegetables per day to ensure that you are consuming a variety of essential vitamins & minerals. Dark leafy greens like kale and spinach, as well as cruciferous vegetables like broccoli and cauliflower, are particularly nutrient-dense.

***Choose whole grains:*** Opt for whole grains like quinoa, wild rice, and sprouted wheat bread to ensure that you are consuming adequate fiber & B Vitamins.

***Include protein-rich plant-based foods:*** incorporate a variety of protein-rich plant-based foods such as lentils, chickpeas, tofu and pumfu, tempeh, nuts, & seeds, to ensure that you are getting adequate protein.

***Consume calcium-rich foods:*** Consume calcium-rich plant-based foods, such as leafy greens, sprouted / organic tofu and fortified plant milks, to ensure that you are meeting your calcium needs.

***Consume omega-3 fatty acids:*** Incorporate omega-3 rich foods, such as chia seeds, flaxseeds, and walnuts into your diet to ensure that you are getting adequate amounts of this essential fatty acid.

***Consider supplementation:*** Some nutrients, like Vitamin B12 and Vitamin D, can be difficult to obtain from vegan diet alone. Consider taking supplements or fortified foods to ensure that you are getting enough of these nutrients.

***Stay hydrated:*** Drink plenty of water and other hydrating fluids found in fruits to support your overall health and well-being.

Everyone's nutritional needs may vary based on factors like age, sex, activity level, and overall health status. Consulting with a registered dietitian who specializes in vegan nutrition can help ensure that you are meeting your individual nutrient needs.

## Let's Talk About Allergens

What are food allergies? As a child, I was allergic to eggs and dairy. I spent lots of time at the doctor's offices getting tests and exams, mostly gastric and intestinal procedures. I never could tolerate straight cow's milk. Many people with food allergies or intolerances follow a vegan diet to avoid animal products. Here are some common allergen-free options for a vegan diet:

***Soy-free:*** tofu and tempeh alternatives include pumfu, seitan, legumes (such as lentils, chickpeas, and beans), and quinoa.

***Nut-free:*** try sunflower seed butter, coconut milk or cream, and seed-based cheeses or yogurts made with hemp or pumpkin seeds.

***Gluten-free:*** many vegan staples are naturally gluten-free, including rice, quinoa, corn, potatoes, legumes, and most fruits and vegetables. You can also find gluten-free grains such as millet, amaranth, and buckwheat.

***Wheat-free:*** you can still enjoy bread and baked goods with wheat-free flour such as almond flour, chickpea, coconut flour, or oat flour. Other options include gluten-free pasta and whole grains like quinoa, brown rice, and wild rice.

***Corn-free:*** replace corn with other grains such as rice, millet, or quinoa. Try non-corn tortillas made from cassava or coconut flour.

Many packaged vegan products may contain common allergens, so always read labels carefully and contact the manufacturer if you have any questions or concerns.

## **Meat, Dairy, Sugar Alternatives & Other Things**

Meat alternatives are plant-based food products that resemble meat in taste, texture, and appearance. They are typically made from soy, wheat, pea protein, other plant-based proteins, and various seasonings and additives to provide a meat-like flavor and texture.

Meat alternatives such as burgers, sausages, ground meat, deli slices, and even plant-based seafood can come in multiple forms. They are often used as a



substitute for meat in recipes and meals, particularly for those following a vegan or vegetarian diet or looking to reduce their meat intake for health or environmental reasons.

Based on my journey with meat alternatives, exploring and creating your own is the best approach. I recommend carefully reviewing the ingredients list if you opt for store-bought meat alternatives. Many processed vegan meat alternatives contain chemicals and less desirable ingredients as well. It's key to prioritize transparency and choose options that align with your dietary preferences and health goals.

There are several benefits to consuming meat alternatives, including:

***Health:*** Meat alternatives are generally lower in saturated fat and calories than meat, which can lead to lower risks of heart disease, diabetes, and other health issues.

***Sustainability:*** Meat production has a significant environmental impact, including greenhouse gas emissions, deforestation, and water usage. Choosing meat alternatives can help reduce your carbon footprint and conserve

resources.

***Animal welfare:*** Many people choose meat alternatives to reduce their impact on animal welfare, as these products are often produced without the use of animals.

***Variety:*** Meat alternatives offer various flavors and textures, allowing for a diverse and enjoyable plant-based diet.

Some popular meat alternatives include tofu, pumfu, tempeh, seitan, mushrooms, and plant-based burgers and sausages. Many recipes are available online that use these ingredients to create delicious and satisfying meals. Several alternative meat replacements can be used in vegan recipes, such as:

***Tofu:*** Made from soybeans, tofu is a versatile ingredient in various dishes. It has a neutral flavor and can be marinated or seasoned to take on any flavor profile.

***Pumfu:*** Pumfu is a soy-free plant-based protein product made from pumpkin seeds. It is a vegan alternative to tofu known for its unique texture and nutty flavor. Pumfu is versatile and can be

used in various recipes as a substitute for tofu or meat. It is a nutritious option as pumpkin seeds are a good source of protein, healthy fats, and essential minerals. Pumfu is a popular choice among individuals following a plant-based or vegan diet and looking for alternative meat sources.

***Tempeh:*** Another soy-based product, tempeh has a slightly nutty flavor and a firmer texture than tofu. It's great in stir-fries, sandwiches, and salads.

***Seitan:*** Made from wheat protein, seitan has a meaty texture and can be used instead of beef, chicken, or pork in many recipes.

***Jackfruit:*** With its fibrous texture, jackfruit is often used as a vegan alternative to pulled pork, chicken, beef or fish. It has a mild flavor that can be enhanced with seasonings and sauces.

***Textured vegetable protein (TVP):*** Made from soy flour, TVP can be rehydrated and used instead of ground beef in recipes such as tacos, chili, and spaghetti sauce.

**Mushrooms:** Certain types of mushrooms, such as portobello, oyster, enoki, lion's mane and morels are an amazing meat substitute for steak, seafood and chicken.

Here are a few recipe ideas using these alternative meat replacements:

**Tofu stir-fry:** Cut tofu into cubes and sauté with your favorite vegetables, such as broccoli, bell peppers, and onions. Season with soy sauce, ginger, and garlic. If you have a soy allergy you can substitute Pumfu for any tofu recipe.

**Tempeh bacon:** Slice tempeh into thin strips and fry in a pan with some oil until crispy. Serve on sandwiches or as a breakfast side dish.

*Side note: That TTLA sandwich that Tabitha Brown made her life-changing video about is made with Tempeh bacon.*

**Seitan fried chick'n:** Use seitan (wheat gluten) in this classic recipe. Add the wheat gluten, poultry seasonings, a bouillon cube to warm water and mix. Then batter just like meat-based chicken.

***Jackfruit BBQ sandwiches:*** Shred jackfruit and cook in a barbecue sauce until tender. Serve on a bun with a side of coleslaw and pickles.

***TVP tacos:*** Rehydrate TVP and season with taco seasoning. Serve in taco shells with your favorite toppings, such as avocado, salsa, and lettuce.

## **Dairy Alternatives**

Dairy alternatives are non-dairy products that can replace dairy products like milk, cheese, yogurt, and butter. These alternatives are typically made from plant-based sources such as nuts, seeds, grains, and legumes. Dairy alternatives are often used by those who are lactose intolerant, have a milk allergy, or follow a vegan diet. They can provide a similar taste and texture to dairy products while being more sustainable and ethical. There are several benefits of dairy alternatives, including:

***Lactose intolerance:*** Many people are lactose intolerant, which means they cannot digest lactose, a sugar found in dairy products. Dairy alternatives provide a lactose-free option for these individuals.

***Vegan & plant-based diets:*** Dairy alternatives are essential for individuals following a vegan or plant-based diet, as they eliminate animal-derived products.

***Health benefits:*** Dairy alternatives can be a healthier option than dairy products, as they are often lower in calories, fat, and cholesterol and may contain beneficial nutrients like vitamins, minerals, and fiber.

***Environmental sustainability:*** The production of dairy products can be resource-intensive and contribute to greenhouse gas emissions. Dairy alternatives can be more sustainable for anyone looking to reduce their environmental impact.

***Animal welfare:*** For individuals concerned about animal welfare, dairy alternatives provide a cruelty-free option that eliminates the need for dairy products derived from animals.

Some common dairy alternatives and replacements include:

***Plant-Based Milk:*** Replace cow's milk with plant-based milk alternatives such as almond

milk, soy milk, coconut milk, or oat milk. These can be used in cooking, baking, or as a beverage.

***Nut-Based and Seed-based Cheese:*** Replace dairy cheese with nut-based alternatives from cashews, almonds, or macadamia nuts; seed-based alternatives from pumpkin and sunflower seeds. These can be used in recipes for cheese, such as pizza, quesadillas, or grilled cheese sandwiches.

***Coconut Yogurt:*** Replace dairy yogurt with coconut yogurt made from coconut milk and probiotics. It can be used as a topping for breakfast bowls or smoothies or as a base for sauces and dressings.

***Silken Tofu:*** Replace cream or sour cream with silken tofu in recipes such as dips, dressings, or desserts. Silken tofu has a smooth texture and neutral flavor that can be easily flavored with spices and herbs.

***Vegan Butter:*** Replace dairy butter with vegan alternatives from vegetable or coconut oils. These can be used in baking, cooking, or as a spread for bread.

**Cashew Cream:** Replace heavy cream with cashew cream in soups, stews, or sauces. Cashew cream is made by blending soaked cashews with water until smooth and can be flavored with spices or herbs.

**Aquafaba:** Replace egg whites with aquafaba, the liquid from a can of chickpeas. It can be whipped into a meringue-like texture and used in recipes such as macarons, pavlovas, or mousse.

**Coconut, Soy, & Nut-Based Ice Cream:** Replace dairy ice cream with these plant-based alternatives and have a similar texture and flavor to dairy ice cream.

Here is a simple recipe for cashew cheese:

**Ingredients:**

1 cup raw cashews, soaked for at least 2 hours

1/4 cup nutritional yeast (add as desired)

1 garlic clove (add as desired)

1/2 tsp sea salt (salt to taste)

1/4 cup water



**Instructions:**

Drain the soaked cashews and rinse them.

Add the cashews, nutritional yeast, garlic, and sea salt to a food processor and blend until crumbly.

With the food processor running, slowly add water until the mixture is smooth and creamy. Transfer the cashew cheese to a container and refrigerate for at least 30 minutes before using.

**Processed Vegan Foods**

Vegans may eat processed foods for various reasons, including convenience, taste, and availability. Processed foods can refer to any food altered from its original state, such as canned or frozen fruits and vegetables, bread, pasta, vegan meat substitutes, and packaged snacks.

The pros of processed foods are that they can be convenient, have a longer shelf life than fresh produce. Processed foods can also be fortified with vitamins and minerals, which can be helpful for vegans who may have difficulty meeting their nutrient needs from whole foods alone.

Additionally, processed vegan foods can provide options for those new to a vegan diet and struggling to adjust to a new way of eating.

However, the cons of processed foods are that they can be high in added sugars, salt, and unhealthy fats. Processed foods can also be stripped of their natural nutrients during processing and may contain additives and preservatives that are not always beneficial for health. Some processed vegan foods may also contain artificial ingredients or be heavily processed, which can harm health in the long run.

Vegans need to strike a balance between consuming whole, plant-based foods and processed foods in moderation. Eating a variety of whole, fresh fruits and vegetables, whole grains, legumes, nuts, and seeds can provide all the nutrients the body needs while limiting the intake of processed foods to those that are minimally processed and contain simple, whole-food ingredients. When choosing processed vegan foods, it's essential to be mindful of the ingredients and nutrition information. Here are some tips to help you pick the healthiest options:

***Look for whole food ingredients:*** Choose products that contain whole, unprocessed ingredients like fruits, vegetables, whole grains, and legumes.

***Check the nutrition information:*** Look for foods low in added sugars, sodium, and saturated fat and high in fiber, protein, and other essential nutrients.

***Read the ingredient list:*** Make sure the product doesn't contain any animal-derived ingredients like milk, eggs, or honey, and watch out for other additives that may not be vegan-friendly.

***Choose products with minimal processing:*** Avoid highly processed foods with added preservatives, artificial flavors, and colors.

***Consider the brand:*** Research it and check if it has a good reputation for producing healthy, vegan-friendly products.

Remember, just because a food is vegan doesn't necessarily mean it's healthy. Be mindful of your choices and prioritize whole, unprocessed foods as much as possible.

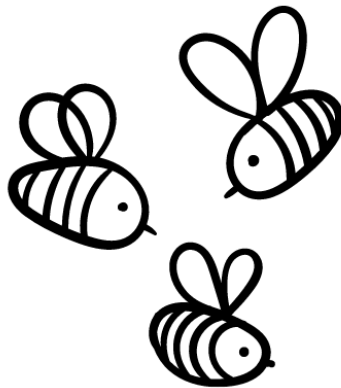
## **Oh, Sugah, Sugah!**

Using sugar alternatives in a vegan diet can be beneficial for a few reasons. First, it can reduce the intake of refined sugars, which can have adverse health effects, such as weight gain and increased risk of diabetes. Second, many sugar alternatives have a lower glycemic index, meaning they have less impact on blood sugar levels. Finally, using sugar alternatives can also benefit those trying to reduce their environmental impact, as many sugar alternatives are more sustainable than traditional cane sugar.

White sugar is often considered unhealthy because it is highly refined and processed, stripped of natural nutrients and fiber. During the refining process, the sugar cane or sugar beet undergoes a process that removes the molasses and impurities, leaving behind pure sucrose. This pure form of sugar can cause rapid spikes in blood sugar levels and lead to inflammation, insulin resistance, weight gain, and other health problems when consumed in excess. In addition,

## **HONEY & VEGANISM**

Honey is a sweet, thick, viscous, and golden-colored liquid produced by bees from the nectar of flowers. Bees collect the nectar and transform it through regurgitation and evaporation. The resulting product is stored in honeycomb cells, serving as food for the bees. Humans have been harvesting honey for thousands of years and use it as a sweetener, ingredient in various foods and beverages, and medicinally.



The topic of whether or not honey is considered vegan is controversial within the vegan community. Some vegans do not consume honey because it is derived from bees, considered animals, and therefore they view it as an animal product. Others believe that honey can be ethically sourced and harvested without harming the bees, so they consider it vegan.

However, from a strict definition of veganism, which seeks to exclude all forms of animal exploitation and cruelty, honey is not considered vegan. The process of commercial honey production can involve practices that harm or exploit bees, such as removing their natural food sources and replacing them with sugar water, artificially inseminating queen bees, and killing colonies of bees in order to prevent the spread of diseases.

Ultimately, the decision to consume honey as a vegan is personal, and it is up to each individual to research and make an informed choice based on their own values and beliefs.



Consuming ethically sourced honey has some potential benefits, including:

- Nutritional benefits: Honey is a natural sweetener that contains various vitamins and minerals, including vitamin C, iron, and calcium. It also has antioxidant properties that may help protect against cell damage caused by free radicals.
- Soothing properties: Honey has natural antibacterial and anti-inflammatory properties, making it a popular ingredient in natural remedies for sore throats and coughs.



- Supporting beekeepers: Ethically sourced honey supports small-scale beekeepers who use sustainable and humane beekeeping practices. By purchasing honey from these sources, you preserve bee populations and protect biodiversity.
- Local sourcing: Choosing locally sourced honey can support your local economy and reduce your carbon footprint by reducing the distance your food has to travel.

However, it is important to note that the ethical and environmental implications of consuming honey can be complex, and there are differing opinions within the vegan community on whether honey can be considered vegan. It is ultimately up to each individual to make their own decision based on their personal beliefs and values.





consuming large amounts of white sugar has been linked to an increased risk of obesity, diabetes, tooth decay, and heart disease.

The production of white processed sugar can have negative environmental impacts, including the use of large amounts of water and energy and the pollution of water sources from the chemicals used in processing.

### **More options for people with dietary restrictions**

Sugar alternatives can provide options for people with dietary restrictions, such as those following a vegan and gluten-free diet.

Using sugar alternatives can provide a healthier and more sustainable option for sweetening foods and beverages in a vegan diet. When using these sugar alternatives in recipes, it's essential to remember that they may have different textures and flavors than regular sugar. It's best to start with small amounts and adjust to taste. Several sugar alternatives can be used in a vegan lifestyle, including:

**Maple Syrup:** Maple syrup is a natural sweetener made from the sap of maple trees. It is a good source of antioxidants and minerals like zinc and manganese.

**Agave Nectar:** Agave nectar is a natural sweetener made from the sap of agave plants. It is sweeter than sugar and has a lower glycemic index, making it a good choice for those with diabetes.

**Coconut Sugar:** Coconut sugar is made from the sap of coconut palm trees. It is rich in minerals like iron, zinc, and potassium and has a low glycemic index.

**Date Sugar:** Date sugar is made by dehydrating and grinding dates. It is a natural sweetener that is high in fiber and antioxidants.

**Stevia:** Stevia is a natural sweetener made from the stevia plant leaves. It is low in calories and has no effect on blood sugar levels. Stevia would be considered a vegan/plant-based Equal.

**Xylitol:** Xylitol is a sugar alcohol commonly used

as a sugar substitute. It has a low glycemic index and is suitable for dental health.

Here are some recipes that use alternative sugar replacements:

***Maple Glazed Carrots:*** Slice carrots into thin strips and roast in the oven with maple syrup, olive oil, and a pinch of salt.

***Agave-Sweetened Lemonade:*** Mix freshly squeezed lemon juice, water, and agave nectar to taste.

***Coconut Sugar Brownies:*** Mix together coconut sugar, flour, cocoa powder, and baking powder. Add some melted vegan butter and almond milk, and mix until smooth. Bake in the oven until a toothpick comes out clean.

***Date-Sweetened Smoothie:*** Blend together frozen fruit, almond milk, a tbsp of nut/seed butter, and about 3-5 pitted dates for a sweet and refreshing smoothie.

***Date-Sweetened Granola:*** Mix rolled oats, chopped nuts, and date syrup together. Spread the mixture on a baking sheet and bake in the oven until crispy. Serve with almond milk and fresh fruit.

## Cooking Oils

Healthy cooking oils are a vital part of a vegan diet as they provide essential fats and nutrients to the body. They can be used in various ways, such as for sautéing, roasting, baking, and frying. Some of the best cooking oils for a vegan diet include:

***Olive oil*** is a rich source of monounsaturated fats, which are beneficial for heart health. It can be used for sautéing, roasting, and dressings.

***Coconut oil***: This oil is rich in medium-chain triglycerides, which are quickly metabolized by the body for energy. It can be used for baking, frying, and sautéing. The best coconut oils are unrefined.

***Avocado oil***: This oil is high in monounsaturated fats and vitamin E, which makes it great for skin health. It can be used for sautéing, roasting, and dressings.

***Flaxseed oil***: This oil is an excellent source of omega-3 fatty acids essential for brain and heart health. It should not be used for cooking but can

be added to smoothies or used as a dressing.

***Sesame oil:*** This oil is rich in antioxidants and has a nutty flavor. It is excellent for stir-frying and can be used as a dressing.

Choose high-quality, unrefined oils whenever possible, as they are less processed and retain more nutrients. Additionally, it is important to use oils in moderation, as they are high in calories and can lead to weight gain if consumed in excess.

### **A Quick Note about Vegetable and Canola Oil**

Vegetable oil is often refined, which involves a high-heat process that can damage the oil and remove many of its beneficial nutrients. Additionally, many vegetable oils are high in omega-6 fatty acids, which are essential in moderation but can contribute to inflammation when consumed in excess.

Vegetable oils are also often high in calories and low in other beneficial nutrients. Finally, some vegetable oils are made from genetically modified crops, which may have environmental and health implications.

Canola oil is a vegetable oil that is made from rapeseed plants. The name "canola" comes from "Canadian oil, low acid," as the oil was developed in Canada, and the plant was bred to have lower levels of erucic acid, which can be harmful to human health in large quantities. While canola oil is generally considered safe for consumption in small amounts, some people may avoid it due to concerns over its production methods and potential health effects.

One concern is that most canola plants are genetically modified, raising concerns over the long-term effects of consuming genetically modified foods. Additionally, canola oil is often processed using high heat and chemical solvents, which can degrade the quality of the oil and create harmful byproducts.

Some research also suggests that consuming canola oil may be linked to adverse health outcomes, such as an increased risk of heart disease and inflammation. However, more research is needed to confirm these findings and understand the underlying mechanisms.

For a few reasons, Canola oil is not considered the healthiest oil to cook. While it is low in saturated fat, which benefits heart health, it is high in omega-6 fatty acids. While omega-6 fatty acids are essential for

health, a diet high in omega-6s and low in omega-3s (found in chia seeds, and flaxseeds) can contribute to inflammation in the body.

## **Seeded Vs Unseeded**

I am intentional about eating seeded fruits, especially watermelon and grapes. Seeded fruits and vegetables are those that have seeds within them, while unseeded fruits and vegetables do not have seeds or have seeds that are not typically eaten. Seeds are an essential part of the plant reproductive system and contain a variety of nutrients that can be beneficial to human health.

Seeded fruits, such as berries, pomegranates, and kiwis, are typically high in antioxidants, fiber, and essential fatty acids. Antioxidants can help protect cells from damage caused by harmful molecules called free radicals, while fiber is important for digestive health and can help regulate blood sugar levels. Essential fatty acids, such as omega-3 and omega-6, are important for brain function, heart health, and inflammation.

Including seeded fruits in your diet can help provide a variety of nutrients and health benefits. Additionally, consuming seeded fruits may help support biodiversity

and the preservation of plant species, as well as help reduce the impact of monoculture farming practices.

Overall, incorporating a variety of seeded fruits and vegetables into a holistic diet can help provide essential nutrients and support overall health and well-being.

## **Rice**

**Rice** is an edible grain widely consumed as a staple food in many cultures worldwide. It is a cereal grain harvested from the seed of the grass species *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). Rice is a complex carbohydrate high in calories and low in fat, making it a popular choice for many people on a vegan diet. It is also a good source of vitamins and minerals, including thiamine, niacin, iron, and magnesium. There are many varieties of rice, including white rice, brown rice, black rice, and wild rice, each with a unique nutritional profile and culinary uses.

Rice can be sprouted rice by soaking and germinating rice grains until they start to sprout. Here are some benefits of sprouting rice:



***Increased nutrient availability:*** Sprouted rice contains more nutrients and vitamins than regular rice. The sprouting process activates enzymes in the rice, which break down the starch, making it easier for your body to absorb the nutrients.

***Improved digestion:*** Sprouted rice is easier to digest than regular rice. The sprouting process breaks down the starches and reduces the amount of phytic acid, which can interfere with mineral absorption and cause digestive issues.

***Lower glycemic index:*** Sprouted rice has a lower glycemic index than regular rice. The sprouting process breaks down the starches into simpler sugars, which are absorbed more slowly by the body, resulting in a more stable blood sugar level.

***Increased antioxidant content:*** Sprouted rice has a higher antioxidant content than regular rice. The sprouting process increases the amount of antioxidants in the rice, which can help to protect your cells from damage caused by free radicals.

Sprouted rice is a healthier option than regular rice and can be a great addition to a vegan diet. Sprouting rice involves soaking the rice in water for several hours, draining off the water, and allowing the rice to sit in a warm, moist environment for some time, usually 24-48 hours. During this time, the rice will sprout and grow a small tail. Once the sprouts are visible, the rice can be cooked as usual or eaten raw. It is essential to rinse the sprouted rice thoroughly before cooking or eating to remove any residual starch or debris.

Several types of healthy rice can be consumed on a vegan diet. Here are a few examples:

***Brown rice:*** Brown rice is a whole grain rice that is an excellent source of fiber, protein, vitamins, and minerals. It has a nutty flavor and a chewy texture and can be used in various dishes such as stir-fries, salads, and pilafs.

***Basmati rice:*** Basmati rice is a long-grain rice commonly used in Indian and Middle Eastern cuisine. It has a fragrant aroma and a light, fluffy texture, making it a great accompaniment to curries, stews, and other spicy dishes.

***Jasmine rice:*** Jasmine rice is a long-grain rice commonly used in Southeast Asian cuisine. It has a delicate, floral aroma and a slightly sticky texture, which makes it ideal for dishes like sushi, stir-fries, and rice puddings.

***Wild rice:*** Wild rice is not technically a type of rice but rather a grass seed. It has a nutty flavor and a chewy texture and is a good source of protein and several vitamins and minerals. It can be used in various dishes, including salads, soups, and casseroles.

***Red rice:*** Red rice is a type of whole-grain rice similar to brown rice but has a reddish-brown color and a nuttier flavor. It is rich in antioxidants and several vitamins and minerals and can be used in various dishes such as pilafs, salads, and soups.

### **What about black rice?**

Black rice, also known as forbidden rice, is a type of whole-grain rice that is becoming increasingly popular in the vegan community due to its numerous health benefits. Black rice is a good source of fiber, protein, and antioxidants, which can help lower the risk of

chronic diseases such as heart disease, diabetes, and cancer. It also contains anthocyanins, which are plant compounds that give the rice its distinctive black color and have been shown to have anti-inflammatory and neuroprotective effects. Black rice has a slightly sweet and nutty flavor and can be used in various dishes such as salads, stir-fries, and rice bowls.

### **Healthy Snacking as a Vegan**

Healthy snacks are nutrient-dense foods and provide energy and nourishment between meals. In a vegan diet, healthy snacks can be important as they help ensure that nutrient needs are met and that hunger is kept at bay throughout the day.

Healthy snacks can provide essential nutrients that may be lacking in a plant-based diet. For example, snacks that include nuts and seeds can be a good source of healthy fats, protein, and minerals such as magnesium and zinc. Fresh fruits and vegetables can provide vitamins, antioxidants, and fiber.



## QUICK TIP

Some examples of healthy vegan snacks include:

Fresh fruits and vegetables, such as sliced apples,  
carrots, or cucumbers

Nuts & seeds, such as almonds, cashews,  
or pumpkin seeds

Hummus or other bean dips paired with whole-grain  
crackers or cut-up vegetables

Roasted chickpeas or edamame

Smoothies made with plant-based milk, fruits, &  
supplements

Energy bars made with whole-food ingredients, such as  
nuts, dried fruit, & seeds

Additionally, healthy snacks can help to prevent overeating at meal times by keeping hunger at bay and providing sustained energy throughout the day. This can help to promote a healthy weight, improve digestion, and support overall health and well-being.

Here are some recipes for healthy vegan snacks:

### **Baked Sweet Potato Chips:**

Ingredients:

*1 large sweet potato*

*1 tbsp. olive oil*

*1 tsp. sea salt*

Instructions:

1. Preheat oven to 375°F.
2. Peel the sweet potato and slice it very thin using a mandolin or a sharp knife.
3. Toss the slices with olive oil and salt in a large bowl.
4. Arrange the slices on a baking sheet in a single layer.
5. Bake for 10-15 minutes or until crispy.

## **Homemade Hummus:**

### Ingredients:

*1 can chickpeas, drained and rinsed*

*3 tbsp. tahini*

*2 tbsp. lemon juice*

*1 garlic clove*

*2 tbsp. olive oil*

*1/4 cup water*

*Salt and pepper, to taste*

### Instructions:

1. Place all ingredients in a food processor or blender and blend until smooth.
2. Add more water if needed to get the desired consistency.
3. Serve with fresh vegetables or crackers.

## **Chocolate Nut Butter Energy Balls:**

### Ingredients:

*1 cup oats*

*1/2 cup peanut, almond, or sunflower butter*

*1/4 cup honey or maple syrup*

*1/4 cup chopped dark chocolate*

*1/4 cup chia seeds*

*1/4 cup flaxseed meal*

### Instructions:

1. Mix oats, peanut butter, and honey/maple syrup in a large bowl until well combined.
2. Stir in chopped chocolate, chia seeds, & flaxseed meal.  
Roll mixture into balls & place on a baking sheet lined with parchment paper.
3. Refrigerate for at least 30 minutes before serving.

### Fruit Salad:

#### Ingredients:

*2 cups mixed berries (strawberries, blueberries, raspberries, etc.)*

*1 apple, chopped*

*1 banana, sliced*

*1 Kiwi, sliced*

*1 tbsp. honey or maple syrup (optional)*

*Pinch of cinnamon*

#### Instructions:

Combine all ingredients in a large bowl.

Drizzle honey or maple syrup over the top, if desired.

Serve immediately or refrigerate until ready to eat.



## **Spicy Roasted Chickpeas:**

### Ingredients:

*1 can chickpeas, drained and rinsed*

*1 tbsp. olive oil*

*1 tsp. smoked paprika*

*1/2 tsp. cumin*

*1/4 tsp. cayenne pepper*

*Salt and pepper, to taste*

### Instructions:

1. Preheat oven to 375°F.
2. Pat the chickpeas dry with a paper towel & place them in a large bowl.
3. Toss the chickpeas with olive oil, smoked paprika, cumin, cayenne pepper, salt, and pepper until well coated.
4. Spread the chickpeas out on a baking sheet in a single layer.
5. Bake for 30-40 minutes or until crispy & golden brown.

## **Juicing**

Juicing is extracting juice from fruits and vegetables and consuming it as a beverage. It is a popular way to consume various nutrients from fresh produce in a convenient and easy-to-digest form.

In a vegan diet, juicing can be a meaningful way to increase the intake of essential vitamins, minerals, and antioxidants that may be lacking. It can also be a way to incorporate a variety of fruits and vegetables that may only be quickly eaten in part of their form. Juicing can help boost immunity, aid digestion, promote healthy skin, and provide energy.

However, it's important to note that juicing should not replace whole fruits and vegetables in the diet, as they also contain essential dietary fiber not present in the juice. It's recommended to consume a balanced diet that includes a variety of whole plant foods and fresh juice.

Some popular vegan juice recipes include green juice made with kale, spinach, celery, cucumber, and apple and beet juice made with beets, carrots, ginger, and lemon. It's essential to use a high-quality juicer to extract as much liquid as possible from the produce

and consume the juice as soon as possible to retain the maximum amount of nutrients.

Several types of juicers are available on the market, each with advantages and disadvantages. The best juicer for you will depend on your personal needs and preferences. Here are some of the most popular types of juicers:

***Centrifugal juicers:*** These juicers use a spinning blade to shred fruits and vegetables and separate the juice from the pulp. They are fast and efficient but can be noisy and produce less liquid than other types of juicers.

***Masticating juicers:*** Slow or cold-press juicers use a slow-rotating auger to crush fruits and vegetables and extract the juice. They are quieter and more efficient than centrifugal juicers and produce a higher juice yield. They are also better at juicing leafy greens and wheatgrass.

***Citrus juicers:*** These juicers are designed explicitly for juicing citrus fruits like oranges, lemons, and limes. They come in manual and

electric versions and are easy to use.

***Twin gear juicers:*** These juicers use two gears to crush fruits and vegetables and extract the juice. They are the most expensive type of juicer but produce the highest juice yield and retain the most nutrients.

When choosing a juicer, consider price, ease of use and cleaning, the types of products you will be juicing, and the amount of juice you want to make. Some popular juicer brands include *Breville*, *Omega*, and *Hurom*.

Here are some simple juice recipes that you can try:

**Green Juice:**

*2 green apples*

*2 cups spinach*

*1 cucumber*

*1/2 lemon*

*1-inch ginger*

**Carrot-Orange Juice:**

*3 carrots*

*2 oranges*

*1/2 lemon*

**Beet-Apple Juice:**

*2 small beets*

*1 apple*

*1/2 lemon*

*1-inch ginger*

**Pineapple-Cucumber Juice:**

*1/4 pineapple*

*1 cucumber*

*1/2 lime*

**Watermelon-Lime Juice:**

*4 cups watermelon*

*1/2 lime*

*1 handful of fresh mint leaves*

**Note:** Adjust the number of ingredients per your taste preferences and the juicer's capacity. Consuming juices immediately after juicing is also recommended for maximum nutritional benefits.

Juicing can provide a concentrated dose of vitamins, minerals, and antioxidants that may be more easily absorbed by the body than if one eats whole fruits and vegetables. Additionally, juicing can be an excellent way to increase the variety of fruits and vegetables in one's diet, allowing for easy experimentation with different combinations and flavors. Again, while juicing can provide many benefits, it should not be used as a substitute for whole fruits and vegetables in a well-rounded vegan diet.

## **Smoothies**

Smoothies are drinks made by blending fruits, vegetables, nuts, seeds, and/or other ingredients together. They are often thicker than juices and can include whole food ingredients like leafy greens, frozen fruits, and nut milk.

The benefits of drinking smoothies on a vegan diet include:

***Increased nutrient intake:*** Smoothies can pack a lot of nutrients into one drink. By blending various fruits or vegetables, you can get a wide range of vitamins, minerals, and antioxidants in one serving.

***Better digestion:*** Smoothies are easy to digest and can be helpful for people who have trouble digesting raw fruits or vegetables. Blending ingredients together can also help break down the fibers in produce, making it easier for your body to absorb the nutrients.

***Satisfying hunger:*** Smoothies can be filling and satisfying, making them an excellent option for a quick breakfast or snack. Adding protein-rich ingredients like nut butter or tofu can also help keep you full longer.

***Convenience:*** Smoothies are easy to make and can be a great way to use leftover fruits or vegetables in your kitchen. They can also be made and stored in the fridge for a quick, healthy meal or snack.

***Hydration:*** Smoothies can be a good source of hydration, especially if you use ingredients like coconut water or frozen fruits that contain a lot of water.

Incorporating smoothies into a vegan diet can be a convenient and tasty way to boost nutrient intake, aid digestion, and stay hydrated. Smoothies are essential in a vegan diet because they provide a convenient and nutritious way to consume various fruits, vegetables,

and other plant-based ingredients. They are an easy way to pack a lot of nutrients into a single drink and can be customized to meet individual taste preferences and nutritional needs.

Smoothies can be essential for vegans who may have difficulty getting enough essential vitamins and minerals from their diets. Vegans can quickly meet their daily recommended intake of essential nutrients such as vitamins C, A, potassium, and fiber by including various fruits and vegetables in a smoothie.

In addition to their nutritional benefits, smoothies can be a convenient way to consume plant-based sources of protein and healthy fats, such as nut butter and seeds. They can be enjoyed as a meal replacement or as a healthy snack and can be prepared quickly and easily with minimal cleanup. Incorporating smoothies into a vegan diet can increase nutrient intake and support overall health and well-being.

Here are a few simple vegan smoothie recipes:

**Berry Blast Smoothie:**

*1 cup mixed berries (frozen or fresh)*

*1 ripe banana*

*1 cup unsweetened almond milk*



*1 tbsp chia seeds*

**Green Goddess Smoothie:**

*1 cup spinach*

*1 ripe banana*

*1 cup unsweetened coconut milk*

*1 tbsp almond butter*

*1/2 tsp vanilla extract*

**Tropical Paradise Smoothie:**

*1 cup frozen mango*

*1/2 cup frozen pineapple*

*1 ripe banana*

*1 cup unsweetened coconut milk*

*1 tbsp shredded coconut*

**Chocolate Nut/Seed Butter Smoothie:**

*1 ripe banana*

*1 tbsp cocoa powder*

*1 tbsp Almond, Cashew, or sunflower seed butter*

*1 cup unsweetened almond milk*

*1/2 tsp vanilla extract*

### **Peachy Keen Smoothie:**

*1 cup frozen peaches*

*1 ripe banana*

*1 cup unsweetened almond milk*

*1 tbsp honey or maple syrup (optional for added sweetness)*

### **Nuts & Seeds**

Nuts and seeds are plant-based foods that are packed with nutrients and offer a variety of health benefits. They are a great source of protein, healthy fats, fiber, vitamins, and minerals and are popular among vegans.

Here are some of the benefits of consuming nuts and seeds in a vegan diet:

***Protein:*** Nuts and seeds are a good source of protein, which is essential for building and repairing tissues in the body. Some of the best protein sources in nuts and seeds include almonds, peanuts, cashews, chia seeds, and hemp seeds.

***Healthy fats:*** Nuts and seeds are high in healthy fats, including monounsaturated and polyunsaturated fats. These fats help to lower

bad cholesterol levels and reduce the risk of heart disease. Some of the best sources of healthy fats in nuts and seeds include walnuts, flaxseeds, and pumpkin seeds.

***Fiber:*** Nuts and seeds are rich in fiber, which helps to keep the digestive system healthy and regulate bowel movements. Fiber also helps to reduce the risk of heart disease, diabetes, and certain types of cancer.

***Vitamins & minerals:*** Nuts and seeds are a good source of vitamins and minerals, including vitamin E, magnesium, zinc, and potassium. Vitamin E is an antioxidant that helps to protect cells from damage, while magnesium is vital for bone health and helps to regulate blood pressure.

***Versatility:*** Nuts and seeds are incredibly versatile and can be used in various ways, from snacking to cooking and baking. They can be eaten raw or roasted, used as a topping for salads or oatmeal, and blended into smoothies or nut milk.

Nuts and seeds can be used to make a variety of delicious and nutritious sauces that are perfect for a vegan diet. These sauces can flavor salads, vegetables, grains, and more. Here are some simple recipes using nuts and seeds for sauces:

**Creamy Cashew Sauce:**

*1 cup raw cashews, soaked overnight*

*1/2 cup water*

*1 clove garlic*

*1 tablespoon lemon juice*

*Salt and pepper to taste*

Blend all ingredients in a high-speed blender until smooth. Add more water as needed to achieve desired consistency. Use as a dip or sauce for veggies, sandwiches, or pasta.

**Tahini Sauce:**

*1/2 cup tahini*

*1/4 cup water*

*2 cloves garlic, minced*

*2 tablespoons lemon juice*

*Salt and pepper to taste*

Mix all ingredients in a bowl until smooth. Add more water as needed to achieve desired consistency. Use as a dressing for salads or drizzle over roasted veggies.

**Sunflower Seed Pesto:**

*1/2 cup sunflower seeds*

*1/2 cup fresh basil leaves*

*1/4 cup olive oil*

*2 cloves garlic*

*2 tablespoons nutritional yeast*

*Salt and pepper to taste*

Blend all ingredients in a food processor until well combined. Use it as a spread on sandwiches, a veggie dip, or a sauce for pasta dishes.

**Almond/Sunflower Butter Dressing:**

*1/4 cup almond / sunflower seed butter*

*2 tablespoons apple cider vinegar*

*1 tablespoon maple syrup*

*1 tablespoon tamari or soy sauce*

*1 clove garlic, minced*

*1/4 cup water*

Whisk ingredients together in a bowl until smooth. Add more water as needed to achieve desired consistency. Use as a dressing for salads or drizzle over

roasted veggies.

### **Pumpkin Seed Dip:**

*Blend pumpkin seeds, olive oil, lemon juice, garlic, and cilantro in a food processor until smooth.*

## **Grains and Legumes**

Grains and legumes are essential components of a vegan diet. Grains are seeds of grasses that are cultivated for food, while legumes are a family of plants that produce seeds in pods. Examples of grains include rice, wheat, oats, barley, and corn, while legumes include beans, lentils, peas, and chickpeas.

Grains and legumes are rich sources of complex carbohydrates, protein, fiber, vitamins, and minerals. They are also relatively inexpensive and have a long shelf life, making them an ideal staple for vegans. In addition, they can be prepared in various ways, including boiling, baking, frying, and roasting, making them a versatile addition to many meals.

One significant benefit of consuming grains and legumes is their ability to provide a complete protein when eaten together. This is because while grains are generally low in the amino acid lysine, legumes are

high in lysine and low in methionine. When consumed together, these two foods complement each other and provide all the essential amino acids needed for the body to build and repair tissues.

Grains and legumes are also beneficial for maintaining a healthy weight and reducing the risk of chronic diseases such as heart disease, type 2 diabetes, and some types of cancer. They are low in saturated fat and high in fiber, which helps to reduce cholesterol levels and improve digestion.

When it comes to grains on a vegan diet, there are a few types that you may want to be careful of or avoid altogether due to their processing, potential allergens, or possibility for cross-contamination with non-vegan ingredients:

***Refined grains*** include white flour, white rice, and other grains processed to remove the bran and germ. While they are still vegan, they have less nutritional value than whole grains and can cause spikes in blood sugar levels.

***Gluten-containing grains:*** If you have a gluten intolerance or allergy, you should avoid grains

like wheat, barley, and rye, which all contain gluten. However, many gluten-free grains, such as rice, quinoa, and oats, are safe to consume.

***Cross-contaminated grains:*** Some grains, such as oats, may be processed in facilities that also process non-vegan ingredients like milk or eggs. Look for certified vegan or gluten-free labels on the packaging to ensure your grains are vegan.

Choosing a variety of whole grains and legumes in your diet is necessary to ensure you get a range of nutrients. Some examples of whole grains include quinoa, brown rice, barley, and bulgur. Legumes, such as beans, lentils, and chickpeas, are excellent protein, fiber, and other essential nutrient sources. Overall, grains and legumes are important staples in a vegan diet as they provide many essential nutrients and health benefits.

## **Herbs**

Herbs are plants valued for their medicinal, savory, or aromatic qualities. They are commonly used to enhance food flavor in a vegan diet but offer many health benefits due to their medicinal properties. For



example, herbs such as ginger and turmeric have anti-inflammatory properties, while garlic and onion have antibacterial and anti-fungal properties. Other herbs like basil, oregano, and thyme are rich in antioxidants, which can help protect the body against free radicals and oxidative stress. Herbs are also an excellent source of vitamins and minerals, and many have been shown to have immune-boosting effects. Incorporating a variety of herbs into a vegan diet can provide flavor and nutritional benefits. My favorite herb purveyors are *Herbun Healing* by Herbalist Reece and *High FrequencTea* by Shaneequewa and Shirley Samuels.

Herbs can offer a range of benefits, including:

***Nutrient-dense:*** Many herbs are rich in vitamins, minerals, and antioxidants that can support overall health and wellness.

***Anti-inflammatory:*** Several herbs have anti-inflammatory properties that can help reduce inflammation and related health issues such as joint pain, heart disease, and certain types of cancer.

***Immune-boosting:*** Certain herbs, such as echinacea, garlic, and ginger, have immune-

boosting properties that can help strengthen the body's natural defenses.

***Digestive aid:*** Many herbs have digestive properties that can help improve gut health, reduce bloating, and alleviate digestive issues such as constipation and diarrhea.

***Stress-relief:*** Some herbs, such as chamomile and lavender, have calming properties that can help reduce stress and anxiety.

***Flavor enhancer:*** Herbs can add flavor and aroma to dishes, making them a versatile and healthy addition to various recipes.

Herbs can be used in various ways in a vegan diet to enhance the flavor and nutrition of meals. Here are some ways to use herbs in a vegan diet:

***As seasoning:*** Herbs such as basil, thyme, rosemary, and oregano can be used as seasoning in sauces, dressings, and marinades.

***In salads:*** Fresh herbs such as parsley, cilantro, and basil can be added to salads to give them an extra burst of flavor and nutrition.

***In soups & stews:*** Dried or fresh herbs such as bay leaves, sage, and thyme can be added to soups and stews to give them a depth of flavor.

***In teas:*** Herbs such as chamomile, mint, and ginger can make soothing and refreshing herbal teas.

***In smoothies:*** Fresh herbs such as parsley and mint can be added to smoothies to boost their nutrition and refresh their taste.

***As garnish:*** Fresh herbs such as chives, basil, and cilantro can be used as a garnish on top of dishes to add color and flavor.

Herbs can also be grown at home, making them a cost-effective and convenient way to add flavor and nutrition to your vegan meals. Please consult your physician when consuming herbs, especially when taking medication.

## **Hydration**

Hydration is essential on any diet, including a vegan diet, because water is essential for our bodies to function properly. It helps to regulate body

temperature, transport nutrients, and oxygen to cells, remove waste products, lubricate joints, and keep our skin healthy.

When following a vegan diet, it's essential to stay hydrated because plant-based foods tend to be fiber-rich. Examples of fiber-rich foods are fruits, vegetables, and whole grains. Hydration is critical to help prevent constipation and support digestive health which can cause dehydration if not accompanied by sufficient water intake. Some vegan foods may be naturally diuretic, which can increase urine production and lead to dehydration if water intake isn't increased. Drinking water and other hydrating beverages such as herbal teas, coconut water, or natural fruit juices can help maintain proper hydration levels on a vegan diet.

Additionally, plant-based diets tend to be naturally lower in sodium, which can help to reduce the risk of high blood pressure and other health problems, but it's necessary to ensure that adequate hydration is maintained to help balance electrolytes and prevent dehydration.

The best water to consume is typically spring water, as it is free from harmful contaminants and additives and

full of minerals. Some popular water filtration methods include reverse osmosis, activated carbon filters, and distillation. Ensuring the water source is safe and free from harmful pollutants or chemicals is also vital.

Spring water is considered one of the best types of water because it comes from natural springs often located in remote, pristine areas. Spring water is naturally filtered through layers of rock and soil, which can help to remove impurities and provide minerals that are beneficial to health. Spring water is also typically free from added chemicals such as chlorine or fluoride, making it a pure and natural option for hydration. However, it's important to note that spring water quality can vary depending on the location and the source, so choosing a reputable brand and researching before purchasing is crucial. There are many drink options for hydration, including:

***Herbal teas:*** These are made from various plants and can offer a range of health benefits. Some popular options include chamomile, peppermint, ginger, and hibiscus. Tea has a long tradition of being served in social settings, making it a great way to connect with others.

**Green tea:** This type of tea is rich in antioxidants and has been linked to various health benefits, including reduced risk of heart disease and certain cancers.

**Plant-based milk:** There are many plant-based milk options, including almond, soy, oat, coconut, and rice milk. These can be used in coffee, tea, smoothies, and more.

**Fruit juices:** juice made fresh from the actual fruit can be can be a refreshing and healthy option when consumed in moderation or during a juice fast. When drinking premade juice, look for juices that are 100% fruit juice with no added sugars.

**Smoothies:** Smoothies can be made with various fruits or vegetables, coconut water, fresh juices, and plant-based milk, making them a great way to get extra nutrients.

**Kombucha:** This fermented tea drink has become popular recently, and many brands offer vegan options. Just check the label for any added sweeteners or other non-vegan ingredients.

**Coconut water:** A hydrating and refreshing drink and full of electrolytes.

***Non-alcoholic beverages:*** Mock-tails, agave sweetened sodas, and dye-free energy drinks that are vegan-friendly.

If you purchase pre-made drinks, read the labels to ensure the drinks are vegan and contain no animal-derived ingredients. Some common non-vegan ingredients to watch out for include honey, milk, milk derivatives like whey, cream, gelatin, and cochineal extract (a red food coloring made from insects). Some alcoholic drinks may also contain animal products, such as isinglass (a fish-derived fining agent) or egg whites, so it is crucial to research and choose vegan-friendly options. And remember, nothing beats a tall glass of clean spring water.

## **Coffee**

Coffee is a popular beverage made from the coffee plant's seeds. The coffee beans, the seeds found inside the plant's fruit, are harvested, processed, and roasted to create the familiar brown beans used to make coffee.

Coffee is typically prepared by grinding and brewing the roasted beans with hot water. The resulting liquid, coffee, is known for its distinct flavor, aroma, and

stimulant effects. It is commonly consumed hot but can also be served cold or blended with other ingredients to create various coffee-based beverages such as espresso, cappuccino, latte, and more.

Coffee contains caffeine, a natural stimulant that can enhance alertness, focus, and energy levels. It also contains various antioxidants and other bioactive compounds that may have potential health benefits when consumed in moderation. Coffee has a long history and is enjoyed by millions worldwide as a morning pick-me-up, a social beverage, or simply a comforting and enjoyable drink.

Coffee is known for its diuretic properties. The diuretic effect of coffee is primarily attributed to its caffeine content. Caffeine stimulates the kidneys to produce more urine, increasing bodily excretion.

Consuming coffee, especially in large amounts, may cause you to urinate more frequently, resulting in increased fluid loss and mild dehydration if not adequately compensated by drinking additional fluids. However, it's important to note that the diuretic effect of coffee is relatively mild, and the impact on hydration status can vary among individuals. If you consume coffee in moderation and maintain adequate



fluid intake through other beverages and foods, the overall effects on hydration are likely minimal.

To stay adequately hydrated while consuming coffee, it's recommended to drink water or other hydrating beverages alongside your coffee and throughout the day. Additionally, being mindful of your overall fluid intake, especially during hot weather or intense physical activity, can help maintain hydration.

***Coffee alternatives:*** Dandelion root coffee, chicory coffee, mushroom coffee, and herbal substitutes, like chai tea latte.

***Side Note:*** Chai tea can be considered an alternative to coffee especially in the form of a chai latte. While coffee is made from coffee beans and contains caffeine, a vegan chai latte is typically made from black tea, which contains caffeine, although generally lower than coffee, plant-based milk, spices like cinnamon, and sweeteners. It offers a different flavor profile and can provide a warming and comforting beverage option. This means that if you're looking for a milder source of caffeine or want to reduce your coffee intake, a chai latte can be a suitable alternative.

Please note that the caffeine content in a chai latte can vary depending on factors such as the type of tea used and the brewing method. If you're sensitive to caffeine or trying to limit your intake, you may opt for decaffeinated or herbal versions of chai. Whether a chai latte is, a suitable alternative to coffee depends on your taste preferences and dietary considerations. It can offer a flavorful and satisfying beverage option that provides a different experience from traditional coffee.

For best results make these coffee alternatives with plant-based milk of your choice instead of water.

## **Sprouted Foods**

As previously mentioned, sprouting is the process of germinating seeds, grains, nuts, or legumes to produce young plants. This process involves soaking the seeds in water until they sprout, which can take anywhere from a few days to a week or more, depending on the type of seed.

Sprouting foods has several potential benefits. For one, sprouts are considered more nutritious than unsprouted seeds, as germination activates enzymes that help break down starches and proteins into more easily digestible forms. This can make sprouted foods

easier on the digestive system and may also increase the bioavailability of certain nutrients like vitamins, minerals, and antioxidants.

In addition to their potential nutritional benefits, sprouted foods are often considered more flavorful and versatile than their unsprouted counterparts. Sprouts can be added to salads, sandwiches, wraps, and smoothies or used as a topping for various dishes. They can also be cooked and incorporated into soups, stews, and other dishes. Overall, sprouting foods is a simple and accessible way to boost the nutritional value of your vegan diet.

Sprouting foods involves soaking the seeds, grains, or legumes in water for several hours, draining the water, and then allowing the seeds to germinate by keeping them warm and humid. The exact process and time for sprouting will vary depending on the seed, grain, or legume type.

Typically, the sprouts are ready to eat within a few days once they have reached a desired length. It is important to rinse and drain the sprouts regularly during the sprouting process to prevent mold or bacteria growth.

Sprouting foods before consumption can provide several benefits, including:

***Increased nutrient content:*** Sprouting can increase the nutrient content of certain foods, making them more easily digestible and bioavailable. For example, sprouting grains can increase their vitamin C, folate, and antioxidant content.

***Improved digestibility:*** Sprouting can also improve the digestibility of certain foods by breaking down complex sugars and proteins into more easily digestible forms. This can be particularly beneficial for people with digestive issues or sensitivities.

***Enhanced flavor:*** Some people find that sprouted foods have a sweeter, nuttier flavor than their unsprouted counterparts, making them a more appealing addition to meals.

***Reduced anti-nutrient content:*** Many foods contain anti-nutrients, such as phytic acid, that can interfere with the absorption of certain nutrients. Sprouting can help mitigate certain "

foods' anti-nutrient content, making their nutrients more available for absorption.

***Increased variety:*** Sprouting can add a mixture to a vegan diet by providing new textures and flavors. Sprouted grains, for example, can be used to make bread, crackers, and other baked goods.

Overall, sprouting can be a simple and cost-effective way to boost the nutritional value of a vegan diet.

## **Soaking Nuts**

Soaking nuts before consuming or using them in recipes is a practice that has gained popularity due to its potential health benefits. Soaking nuts can help to remove certain anti-nutrients, such as phytic acid, which can bind to minerals in the nuts and prevent their absorption in the body. Soaking can also make nuts easier to digest and improve their texture.

As for which nuts to soak, it is generally recommended to soak all nuts and seeds, but some are more commonly soaked than others. These include

almonds, cashews, and walnuts. Peanuts are technically a legume but are often treated like a nut and can also be soaked.

The recommended soaking time can vary depending on the nut or seed, but a general rule of thumb is to soak them for 4-8 hours in room-temperature filtered water. After soaking, the nuts should be rinsed thoroughly with fresh water before consuming or using them in recipes.

Please note that while soaking can have benefits, it may not completely eliminate all anti-nutrients, so consuming a varied and balanced diet is still essential.

## **Raw Foods**

Raw foods are plant-based foods that are consumed in their natural state without any processing or cooking. This includes fruits, vegetables, nuts, seeds, and sprouts. Incorporating raw foods into a vegan diet can have several benefits, such as:

***Increased nutrient intake:*** Raw foods are rich in vitamins, minerals, and antioxidants. Consuming them in their natural state ensures that these nutrients are not lost during the

cooking process.

***Improved digestion:*** Raw foods are high in fiber, which can improve digestion and promote regular bowel movements. Raw foods also contain enzymes that aid in digestion.

***Increased energy:*** Raw foods are rich in natural sugars and carbohydrates, which can provide a quick burst of energy. They also contain healthy fats and proteins that sustain vitality throughout the day.

***Weight loss:*** Raw foods are generally low in calories and high in fiber, which can help with weight loss and weight management.

***Improved overall health:*** Eating a diet rich in raw foods has been associated with a reduced risk of chronic diseases, such as heart disease, diabetes, and cancer.

***Improved skin health:*** Raw vegan foods are rich in antioxidants, which can help protect the skin from damage and promote healthy, glowing skin.

***Environmental sustainability:*** Raw vegan foods often have a smaller carbon footprint than processed or animal-based foods, making them a more environmentally sustainable choice.

A completely raw vegan diet can be difficult to sustain long-term, especially in colder climates, and may require careful planning to ensure adequate nutrient intake. It is recommended to consult with a healthcare professional or registered dietitian before making any significant dietary changes.

If you want to incorporate raw food into your vegan diet, some basic kitchen tools can be helpful:

***High-speed blender:*** A high-speed blender is essential for making smoothies, soups, and sauces.

***Food processor:*** A food processor can chop, shred, and make nut butter.

***Dehydrator:*** A dehydrator can dry fruits, vegetables, and nuts, creating a range of tasty and healthy snacks.



**Juicer:** A juicer helps extract juice from fruits and vegetables, which can be consumed on their own or used in recipes.

**Spiralizer:** A spiralizer can turn vegetables like zucchini or carrots into long, thin noodles.

**Mandoline slicer:** A mandoline slicer can slice fruits and vegetables quickly and evenly.

**Nut milk bag:** A nut milk bag can strain homemade nut milk, juice, and other liquids.

**Food scale:** A food scale helps measure ingredients accurately, which is especially important when preparing raw food recipes.

**Sharp knives:** Sharp knives are essential for cutting fruits and vegetables quickly and precisely.

**Cutting board:** A cutting board is necessary for chopping, slicing, and dicing fruits and vegetables.

Remember that only some of these tools are necessary, and you can still prepare many raw vegan meals with just a few basic kitchen tools.

## **Nut & Seed Milk**

Nut and seed milk is a dairy-free alternative to traditional milk from nuts or seeds. It is an excellent option for those following a vegan diet or lactose intolerant. Nut and seed milk is typically made by blending soaked nuts or seeds with water, then straining the mixture through a nut milk bag or cheesecloth. The resulting liquid can be used as a replacement for cow's milk in many recipes.

To prepare nut and seed milk for a vegan diet, you must choose the type of nut or seed you want to use, such as almonds, cashews, or hemp seeds. Soak the nuts or seeds in water overnight or for a few hours to soften them. Then, blend the soaked nuts or seeds with fresh water until smooth, and strain the mixture through a nut milk bag or cheesecloth. The resulting liquid can be stored in the refrigerator for several days.

Some people prefer to add sweeteners or flavorings, such as vanilla or dates, to their nut or seed milk for added taste. It is also possible to use nut or seed milk

as a base for smoothies, coffee, tea, or baked goods.

Various nuts and seeds can be used to make vegan milk, depending on personal preference and dietary restrictions. Some of the most popular options include:

***Almonds:*** Almond milk is among the most widely available and popular non-dairy milk on the market. It has a creamy texture and a mild, slightly sweet flavor.

***Cashews:*** Cashew milk is also a popular non-dairy milk known for its rich, creamy texture. It has a mild, nutty flavor.

***Soybeans:*** Soy milk is a popular dairy-free alternative that is made from soybeans. It has a slightly sweet flavor and a creamy texture.

***Coconut:*** Coconut milk is a popular non-dairy milk made from the flesh of coconuts. It has a rich, creamy texture and a slightly sweet flavor.

***Hemp seeds:*** Hemp milk is nutritious, non-dairy milk made from hemp seeds. It has a slightly

nutty flavor and is rich in omega-3 fatty acids.

**Flax seeds:** Flax milk is a dairy-free milk made from ground flax seeds. It has a slightly nutty flavor and is rich in fiber and omega-3 fatty acids.

**Oats:** Oat milk is a popular non-dairy milk made from oats. It has a creamy texture and a slightly sweet flavor.

**Pumpkin seeds:** Pumpkin seed milk is a nutrient-dense non-dairy milk made from pumpkin seeds. It has a slightly nutty flavor and is rich in minerals like magnesium and zinc.

**Flax seeds:** Flax seed milk is known for its rich nutritional profile. It is a good source of omega-3 fatty acids, fiber, and various vitamins and minerals. It is also low in calories and contains no cholesterol. Flax seed milk has a slightly nutty flavor and a thinner consistency than other plant-based milk like almond or oat milk.

The best nuts and seeds for making vegan milk will depend on personal preference and dietary needs, as well as the desired texture and flavor of the milk.

Experimenting with different options is essential to find the ones that work best for you.

Here is a simple recipe for making nut milk:

**Ingredients:**

*1 cup of raw nuts (almonds, walnut, brazil, cashews, or hazelnuts) (soak overnight)*

*4 cups of water*

*A Pinch of sea salt*

*1-2 tbsp of sweetener (optional)*

*1 tsp of vanilla extract (optional)*

**Instructions:**

1. Soak the nuts in water for at least 4 hours or overnight.
2. Rinse the nuts and drain the water.
3. Add the nuts and 4 cups of fresh water to a blender.
4. Blend on high speed for 1-2 minutes until the mixture is smooth and creamy.
5. Strain the mixture through a cheesecloth or nut milk bag to remove the pulp.
6. If desired, add sweetener and vanilla extract to taste.
7. Store the nut milk in a sealed container in the refrigerator for 4-5 days.

Enjoy your homemade nut milk as a delicious dairy-free alternative in smoothies, cereal, coffee, or any recipe that calls for milk!

Here's a simple recipe for making seed milk:

**Ingredients:**

*1 cup of seeds (such as flax, hemp, sesame, pumpkin, or sunflower)*

*4 cups of filtered water*

*A pinch of sea salt*

*Optional sweeteners (such as dates, maple syrup, or stevia)*

**Instructions:**

1. Rinse the seeds in a fine mesh strainer and place them in a bowl. Cover the seeds with water and let them soak overnight (or at least for 4 hours) to soften them.
2. Drain and rinse the seeds and add them to a blender with 4 cups of filtered water. If you want creamier milk, use less water.
3. Blend high for 2-3 minutes or until the mixture is smooth and creamy.
4. Pour the milk through a nut milk bag or a fine mesh strainer to remove any solids.

5. Add sweeteners to taste and blend again for a few seconds if desired.
6. Store the milk in a glass jar in the refrigerator for 4-5 days. Shake well before use, as the milk may separate.

Note: You can also add flavors such as vanilla extract or cocoa powder for different variations.

Here is a recipe for a flax or chia seed egg replacement:

**Ingredients:**

- 1 tablespoon of ground flax or chia seeds
- 3 tablespoons of water

**Instructions:**

1. Mix the ground flax or chia seeds and water in a small bowl.
2. Let the mixture sit for 5-10 minutes until it thickens and becomes gel-like in consistency.
3. Use the mixture as a 1:1 replacement for eggs in your recipe.

**Note:** This recipe makes the equivalent of one egg. For larger recipes, you can double or triple the recipe as needed.



YOU ARE  
• what •  
YOU EAT





## QUICK TIPS FOR FASTING

- Eat Fruit and Drink Smoothies ONLY for all meal times.
- There is no warm food besides tea and warm lime water during the fasting.
- Make sure to drink plenty of water between meals.
- Think about supplements you can add to your fast
- If you feel the need to chew, eat a handful of nuts or three dates

## WEEKS FOUR - SIX TASKS:

- Read this section in its entirety.
  - Journal your thoughts & questions.
  - Pick Smoothie & Juice recipes from the appendix and create a shopping list.
- 
- Do smoothie & juice fasting for weeks four - six per the transitional guide
  - Read ahead to SECTION FOUR



## TRANSITION SCHEDULE WEEKS FOUR - SIX

### Upon Rising

Mix & Drink:

- 4 oz of warm water
- 1 key lime/lemon,
- A pinch of cayenne
- 1 tbs Olive oil (optional)



### Early Day

Drink a cup  
of tea



### Lunch & Dinner Options

Smoothies  
week four

Juice  
week five

Fruit/Raw Veggies  
week six



### Hydrate

Drink 10 - 12 oz of  
Spring / Clean water  
either  
30 mins before  
or  
2 hours after  
MEALS

### Breakfast Options

Smoothies  
week four

Juice  
week five

Fruit/Raw Veggies  
week six



### Snacks & Dessert Options

Raw Unsalted/Unroasted Nuts,  
fruit, pitted dates,

Celery or apples  
w/raw nut butter

# **SECTION FOUR**

## **WEEKS SEVEN ~ NINE: *IT'S A LIFESTYLE*** **HOLISTICALLY VEGAN**

Through personal experience, I understood that achieving holistic health isn't solely about what we put into our bodies; it also involves how we treat ourselves and who we allow into our lives. I discovered the need to incorporate movement through exercise and mindfulness practices like meditation, Qigong, breath work, and yoga to effectively manage stress and optimize my overall well-being.

In the depths of 2004, I carried the weight of my past physically and emotionally. Despite making progress in shedding pounds, a lingering weight still resisted my efforts. During this uncertain period, I stumbled upon transformative literary works that forever altered the trajectory of my journey.

Through books like Joseph Campbell's "Hero with a Thousand Faces," Ra Un Nefer Amen's "Metu Neter," Paul Coelho's "The Alchemist," and Queen Afua's "Sacred Woman," I embarked on a profound exploration of self-discovery. These enlightening texts revealed the deep realization that my struggles with anxiety, depression, self-doubt, and lack of focus held the keys to unlocking the depths of my being.

With newfound clarity, I recognized that my journey toward purpose and self-realization required more than a physical transformation. It demanded the release of stagnant energy that had long held me captive. Though meditation and yoga initially intimidated me, I resolved to find the proper practices to ignite my inner flame. Through diligent research and a courageous spirit, I gradually built a foundation of mindfulness practices, fostering a deeper spiritual connection and a profound understanding of my place in the world.

Undoubtedly, challenges arose along the path. Fears and doubts sought to restrain me, their weight mirroring the burdens of my past. However, I refused to allow them to dictate my course. Guided by the wisdom of those who had traversed similar trails, I painstakingly constructed my mindfulness practice

brick by brick. Each breath and moment of stillness became a decisive surrender, shedding the weight that no longer served me.

And so, I embarked on a sacred dance between self-reflection and spiritual exploration. Within the practices of meditation and yoga, I discovered an abundant wellspring of healing and growth. These became sacred tools, guiding me to peel away the layers of conditioning and reveal the radiant essence that resided within.

This transformative journey has taught me that true liberation lies in shedding the burdens of the mind and soul. It is a holistic path where the threads of body, mind, and spirit intricately weave a tapestry of profound self-awareness and purpose.

I invite you to embark on your own heroic journey. Within the pages of your unique story lies the power to unlock transformative potential. Embrace the sacred practices that resonate with your soul and fearlessly embark on self-discovery. In the stillness of your breath, you will discover the wisdom to transcend limitations and tap into the boundless wellspring of your most authentic self.

Contemplative practices encompass a variety of techniques and activities designed to foster a deeper connection with oneself, others, and the world around us. These practices include meditation, yoga, Reiki, Qigong, EFT (Emotional Freedom Techniques), and similar modalities. Engaging in these practices regularly can enhance mental and physical health, promote inner peace and well-being, increase creativity and productivity, and develop a more profound sense of purpose and meaning.

Consistency is crucial when it comes to contemplative practices. Practicing regularly helps cultivate new habits and ways of thinking, integrate these practices into a daily routine, and navigate challenges quickly and gracefully. Moreover, consistent practice deepens the experience and understanding of these practices, builds momentum, sustains motivation, and helps achieve goals.

I encountered initial challenges with a restless and easily distracted mind. However, I learned to overcome these obstacles through dedicated and consistent practice. As my confidence grew, I felt compelled to share my transformative journey with others open to exploring similar paths.



During my personal exploration, I made a remarkable discovery. While food plays a significant role in weight management, it became evident that weight loss encompasses more than dietary choices. I realized that addressing waste reduction, fostering a deep connection with my thoughts, cultivating self-acceptance, and recognizing the need for emotional protection was essential to achieving optimal health and well-being.

Motivated by my own experiences, I pursued certifications in various contemplative practices, including crystal reiki, enabling me to deepen my knowledge and expertise. Over the past decade, I have been privileged to share this wisdom with others, empowering them on their own transformative journeys.

Teaching meditation and yoga to my middle school theatre students served as a powerful testament to the positive impact of these practices. Witnessing improvements in their behavior, concentration, and focus, I saw firsthand how contemplative techniques can create profound shifts in the lives of individuals, even at a young age.

Through my dedication to personal growth and commitment to sharing these practices with others, I have become a trusted guide in contemplative practices. My passion is to inspire and empower individuals to embark on their own transformative journeys, cultivating inner peace, self-awareness, and holistic well-being.

To become certified in contemplative practices, finding a reputable teacher or organization that offers structured training and practice programs is key. I studied with many teachers over the years. My most recent studies have been with the Nature Center for Meditation. Certification involves completing a certain number of training hours, demonstrating proficiency and application in the practice, and passing an assessment. Certification in these practices can help individuals develop their skills and knowledge, becoming more effective practitioners and teachers in their communities.

Integrating contemplative practices like Reiki, meditation, EFT, and Qigong into your lifestyle can lead to transformative experiences, making you more effective in your daily tasks, making better decisions, and improving overall productivity. By committing to a regular consistent practice, you can experience the

transformative power of these practices and cultivate excellent health, happiness, and well-being in your life.

## **Reiki**

I use Reiki to boost the Qi in my food before I cook it. Reiki is an energy healing practice that channels universal life force energy to promote balance and well-being. While its main focus is on healing the mind, body, and spirit, Reiki can indirectly enhance food and water quality by influencing their energetic vibrations.

Using Reiki to boost your food and water offers several benefits. It enhances the energetic vibration of the items, aligning them with positive and healing energies, thereby improving their overall quality and nutritional value. Infusing Reiki energy adds an extra boost of vitality, making you feel more energized and nourished on a deeper level. Reiki can also support better digestion and absorption of nutrients, optimizing your body's ability to extract maximum benefits from your meals.

Additionally, the healing energy of Reiki helps purify and cleanse any energetic imbalances or toxins that may be present in your food and water, contributing to a cleaner and healthier internal environment.

Reiki also has a calming effect on the mind, body and spirit, creating a positive and nurturing atmosphere for emotional and mental well-being during meals. It encourages mindful eating by promoting present-moment awareness, boosts (Qi) energy, gratitude, and a deeper connection with the nourishment received. Furthermore, Reiki allows for personalized intention setting, enabling you to align the food and water with specific healing intentions or affirmations that support your health goals. If interested, I offer Reiki Level One and Two certification classes and workshops twice yearly at [Naturecenterformeditation.org](http://Naturecenterformeditation.org).

It's important to remember the benefits mentioned are subjective and vary among individuals. Reiki should not replace proper hygiene or food handling practices, but it can serve as an additional energetic support to enhance the overall quality and energetic resonance of your food and water, adding an extra layer of support and well-being to your meals.

Through this journey, I learned that being healthy on a vegan diet requires a holistic approach beyond just food. Determining what works best for each individual takes patience, experimentation, and self-awareness.

## **Veganism & Holistic Wellness**

Holistic wellness is an approach to health that focuses on the whole person and their overall well-being, including physical, mental, emotional, and spiritual health. It emphasizes the interconnectedness of these different aspects of health and recognizes that they all impact each other.

Holistic wellness recognizes that health is more than just the absence of disease or symptoms. It encompasses the entire person's lifestyle, diet, exercise habits, stress levels, relationships, etc. Individuals can address underlying issues and make lifestyle changes that promote overall well-being by taking a holistic approach.

In a vegan lifestyle, holistic wellness can be especially important. A vegan diet can provide many health benefits but is not a cure-all. Individuals can optimize their health and well-being by focusing on all aspects of health, including exercise, stress management, sleep, and mindfulness. Additionally, a holistic approach to wellness can help individuals maintain their vegan lifestyle by addressing any challenges or obstacles that may arise.

Veganism is often considered a part of a holistic lifestyle, which involves caring for one's overall health and well-being, including exercise, stress management, and sleep. Below are some ways in which veganism can be connected to these aspects of holistic wellness.

Regular exercise is crucial for maintaining physical health, and a vegan diet can provide the necessary nutrients for optimal physical performance. Plant-based foods are rich in carbohydrates, which provide energy for exercise, and protein, which is essential for muscle repair and growth. Many plant-based foods are also high in antioxidants and anti-inflammatory compounds that can help reduce inflammation and improve recovery after exercise.

Stress can have a significant impact on our mental and physical health, and a vegan diet can help manage stress levels by providing essential nutrients such as magnesium, vitamin C, and B vitamins, which are known to help reduce stress and anxiety. Additionally, plant-based diets have been shown to reduce inflammation in the body, which can help reduce stress levels and improve overall well-being.

Getting enough sleep is crucial for maintaining overall health and well-being, and a vegan diet can provide

the necessary nutrients to promote healthy sleep. Plant-based foods are rich in magnesium, which is known to help regulate sleep patterns and improve sleep quality. Additionally, certain plant-based foods such as tart cherries, kiwis, and almonds have improved sleep quality and duration.

There are other ways in which veganism can be connected to holistic wellness. For example, a vegan lifestyle often involves being more mindful of food choices and their impact on the environment and animal welfare. This mindfulness can extend to other areas of life, such as mindfulness meditation and stress reduction techniques, which can further promote holistic wellness. Ultimately, a balanced and healthy vegan diet, combined with regular exercise, stress management, and adequate sleep, can improve physical and mental health and overall well-being.

### **Mindfulness, Self-care Practices & Daily Life**

Mindfulness is the practice of being present in the moment and fully engaged in one's everyday experience. Self-care refers to activities and practices that promote physical, mental, and emotional well-being. Both mindfulness and self-care are essential when transitioning and maintaining a vegan lifestyle

because they can help individuals stay connected with their values, reduce stress, and improve overall health.

Transitioning to a vegan lifestyle can be a significant change that requires a lot of adjustments to daily habits and routines. It can be easy to become overwhelmed, stressed, or even feel isolated from friends and family who do not share the same lifestyle. Practicing mindfulness can help individuals stay present and focused on their goals rather than getting lost in worries or fears about the future.

Self-care practices can also be essential for maintaining a vegan lifestyle. Eating a healthy plant-based diet is just one aspect of overall health, and taking care of one's physical, mental, and emotional health is vital. This might include regular exercise, meditation or yoga, getting enough sleep, and finding ways to manage stress.

Incorporating mindfulness and self-care practices can help individuals improve their overall well-being, promote a more balanced and healthy lifestyle, and maintain their motivation and commitment to veganism. By focusing on the positive aspects of a vegan lifestyle, such as improved health and focus, environmental sustainability, and compassion for



animals, individuals may be more likely to stick with their choice to live a vegan lifestyle over the long term.

Mindfulness practices have been shown to reduce stress and anxiety, which can be especially helpful during times of change and transition. Mindfulness practices can help individuals become more aware of their thoughts, feelings, and bodily sensations, which can help them make more mindful and intentional choices about their food and lifestyle habits.

Movement practices such as yoga, dance, Qigong, and Tai Chi can help individuals connect more deeply with their bodies, which can help them develop a more intuitive and mindful approach to food and self-care.

Overall, incorporating mindfulness practices such as breath work, meditation, and movement can help individuals develop a more holistic and mindful approach to health and wellness, which can support their transition to a vegan lifestyle.

### **Ethical & Eco-friendly Vegan Products**

Living ethically and Eco-friendly in reference to a vegan lifestyle means making choices that prioritize the well-being of animals, the environment, and the

planet. This involves considering the impact of our actions on the world around us and making choices that align with our values.

In terms of a vegan lifestyle, this might include choosing to avoid animal products, supporting companies and products that are cruelty-free and eco-friendly, reducing waste by using reusable products, and supporting sustainable agriculture practices. It may also involve advocating for animal rights, environmental conservation, and social justice issues.

Look for clothing made from sustainable materials such as organic cotton, hemp, bamboo, or recycled materials. Avoid clothing made from synthetic materials like polyester or nylon, contribute to environmental pollution. Some ethical and sustainable clothing brands include *Patagonia*, *People Tree*, and *Tentree*.

Look for cruelty-free cosmetics made from natural and organic ingredients. Avoid cosmetics that contain animal-derived ingredients like beeswax or carmine. Some ethical and eco-friendly cosmetic brands include *Lush*, *Pacifica*, and *100% Pure*.

Look for household items made from sustainable materials such as bamboo, recycled plastic, or glass. Avoid products that contain harmful chemicals or are packaged in single-use plastics. Some ethical and eco-friendly household brands include *Etee*, *Seventh Generation*, and *Dr. Bronner's*.

Look for organic and locally-sourced produce to reduce the carbon footprint of your food choices. Choose plant-based options that are minimally processed and packaged in eco-friendly materials.

Consider shopping at bulk stores to reduce waste from packaging. Some ethical and eco-friendly food brands include *Abbott's Butcher*, *Rebel Cheese*, and *Nutiva*.

Look for unique care products like toothpaste, deodorant, and soap that are cruelty-free and made from natural and organic ingredients. Consider using reusable products like menstrual cups or cloth pads to reduce waste. Some ethical and eco-friendly personal care brands include *The Humble Co.*, *NatraCare*, *Organyc*, and *Seventh Generation*.

Living ethically and eco-friendly with a vegan lifestyle can help to reduce our impact on the planet and create a more sustainable future for ourselves and future generations. It can also allow us to align with our values and create a more fulfilling and purposeful life.





## QUICK TIP

- Begin your day with a few moments of quiet reflection or meditation.
- Take time to reflect on the things you are grateful for in your life.
- Take breaks throughout the day - Whether it's a quick walk outside or a few moments of deep breathing.
- Eat slowly & mindfully. Pay attention to your foods and how they make you feel. Incorporate to help improve digestion and promote overall wellness.

## WEEKS SEVEN - NINE TASKS:

- Journal your thoughts & question
- Incorporate mindfulness & self-care as a daily practice
- Transition back into eating full warm meals
- Create a healthy vegan dessert

- Add an eco-friendly product (non-food item) to your household
- Plan & prepare four of the recipes listed in this section; Make a shopping list
- Read ahead to SECTION FIVE & plan ahead



**TRANSITION SCHEDULE WEEKS SEVEN - NINE**

**Upon Rising**

Mix & Drink:

4 oz of warm water

1 key lime/lemon,

A pinch of cayenne

1 tbsp Olive oil (optional)



**Early Day**

Drink a cup of tea

or glass of

fresh Juice



**Lunch & Dinner Options**

Lentil & Vegetable Stew

Wild Rice/Black Rice &  
Buddha Bowl

Jackfruit Chik'n & Wild Rice

Veggie Beef Tacos

Veggie, Pumfu & Quinoa  
Stir-Fry

Lion's Mane Steak, sweet  
potato & veggies

Vegan Nachos Supreme

Lentil Patty, Avocado Kale

Salad & Sweet potato

Maitake Mushroom



**Hydrate**

Drink 10 - 12 oz of  
Spring / Clean water

either  
30 mins before

or

2 hours after  
MEALS

**Breakfast Options**

Smoothie Bowl,

Fresh Juice

Fruit salad

Pancakes & Maple Syrup

Pumfu/Tofu Scramble

Millet Grits & Sausage

Avocado & Tomato

Bruschetta

Oatmeal w/Banana &

Blueberries/ Strawberries

Almond Butter Toast &

Fruit

French Toast



**Snacks & Dessert Options**

Chocolate Banana Ice Cream

Raw Strawberry Coconut Pie

Raw Banana Pudding

Berry Crumble

Lemon Bars

Apple Cinnamon Muffins or

Apple Cinnamon Crumble

# **SECTION FIVE**



## **WEEKS TEN - TWELVE: *CONNECTION*** **COMMUNITY & ADVOCACY**

Getting support when transitioning to a vegan lifestyle means having a network of people who can provide information, guidance, and encouragement. Support can come from various sources, including family, friends, online communities, local vegan groups, and healthcare professionals.

A supportive network is paramount because transitioning to a vegan lifestyle can sometimes be challenging and overwhelming. Having someone to talk to, ask questions, and share experiences with can make the process easier and more enjoyable. Additionally, being part of a supportive community can help individuals feel more motivated, connected, and confident in their decision to live a vegan lifestyle.

There are several ways to find and connect with a local vegan community. Here are some suggestions:

Search online for vegan communities in your area or on social media platforms. Many cities have vegan Meetup groups, Facebook groups, or other online forums where vegans can connect, share information, and support each other.

Attend vegan events such as potlucks, vegan festivals, or cooking classes. This is a great way to meet other vegans and share your passion for plant-based living.

Join a local vegan advocacy group or volunteer for animal rights organizations. This can be a great way to connect with like-minded individuals passionate about animal welfare and veganism.

Consider joining an online vegan community or forum. There are many active vegan communities on platforms such as Reddit, Instagram, and Facebook, where you can share ideas, ask questions, and get support.

Connecting with a supportive vegan community can be important for several reasons. First, it can help you

feel less isolated and give you a sense of belonging. Transitioning to a vegan lifestyle can be challenging, especially if you don't have a supportive network of friends and family. Connecting with other vegans can help you stay motivated and committed to your new lifestyle.

Second, being part of a vegan community can help you learn more about plant-based living, including new recipes, where to find support, cooking techniques, and nutrition information. This can be especially helpful if you're new to veganism and need help figuring out where to start.

Finally, being part of a vegan community can provide you with opportunities to take action on issues related to animal rights and environmental sustainability. By joining a local advocacy group or volunteering for an animal rights organization, you can make a difference in your community and help promote a more compassionate and sustainable world.

### **Advocating for Veganism**

Advocating for veganism means actively promoting and supporting a vegan lifestyle's ethical and sustainable principles. This includes raising awareness

about the negative impacts of animal agriculture on the environment, animal welfare, and human health and promoting the benefits of a plant-based diet.

Advocating for compassion towards each other, animals and the planet means advocating for the fair and just treatment of people of all backgrounds and races, animals and working to reduce the negative impact of human activities on the environment. This can involve supporting vegan-friendly organizations, new plant-based businesses, animal welfare initiatives, conservation efforts, and sustainable practices.

Here are some tips for advocating for veganism and promoting compassion toward animals:

**Educate yourself:** Before advocating for veganism, educating yourself about the issues related to animal agriculture and the benefits of a vegan lifestyle is essential. This will help you to answer questions and address concerns that others may have.

**Lead by example:** Being a positive example of veganism is a powerful way to promote the lifestyle. Share delicious vegan meals with others and practice living a sustainable lifestyle.

**Use social media:** Social media is a great tool for advocacy. Share articles, videos, and images that showcase the benefits of a vegan lifestyle and the plight of animals in the agriculture industry.

**Engage in conversations:** Engage in respectful discussions with friends, family, and colleagues about the benefits of veganism. Avoid being confrontational or judgmental; instead, focus on sharing information and answering questions.

**Volunteer:** Volunteering with plant-based organizations and businesses is a great way to meet like-minded people and make a difference.

**Host events:** Host vegan events such as potlucks, cooking classes, or movie screenings. This can be a great way to introduce people to veganism and help them learn more about the lifestyle.

**Be patient:** Change takes time, and not everyone will be receptive to veganism immediately. Be patient and continue to advocate for compassion and kindness towards each other, animals and the planet.

Advocating for veganism and compassion towards animals and the planet can be done in many ways, such as through social media, community events, and volunteering with organizations that support these principles. It is vital to approach advocacy with empathy and respect for others' beliefs and to engage in constructive and informative dialogue to encourage positive change.

Volunteering and getting involved in animal welfare organizations means actively contributing to the cause of protecting animals and promoting their well-being. Animal welfare organizations work to rescue, shelter, and rehabilitate animals that have been neglected, abused, or abandoned. Volunteering and getting involved with such organizations can involve a variety of tasks, such as:

Direct animal care includes feeding, cleaning, and providing medical attention to animals. Many animal welfare organizations rely on donations to continue their work, and volunteers can help with fundraising events and initiatives.

Volunteers can help raise awareness about food scarcity and food deserts, animal welfare issues and

promote safe and responsible pet ownership. Many organizations require help with tasks such as answering phones, data entry, and managing social media accounts.

Volunteering and getting involved with animal welfare organizations can be a rewarding way to positively impact the lives of animals and promote compassion toward them. It also allows connecting with like-minded individuals passionate about animal welfare.

## Seven Quick & Easy Recipes

**Chickpea and Spinach Curry:** Heat oil in a pan. Add chopped onion, garlic, and ginger. Cook until softened. Add curry powder, garam masala, and turmeric. Stir well and cook for 2 minutes. Add chickpeas and canned tomatoes. Bring to a simmer and cook for 10 minutes. Add fresh spinach leaves and cook until wilted. Serve with rice or naan bread.

**Black Bean Tacos:** Heat some oil in a pan, add chopped onion, garlic, and bell peppers. Cook until softened. Add black beans, cumin, chili powder, and salt. Stir well and cook for 5 minutes. Serve with tortillas, avocado, and salsa.

**Lentil and Vegetable Stew:** Heat some oil in a pot; add chopped onion, garlic, and carrot. Cook until softened. Add dried lentils, canned tomatoes, vegetable broth, and dried herbs. Bring to a boil and simmer for 20 minutes. Add chopped kale and cook until wilted. Serve with bread.

**Vegan Caesar Salad:** Mix vegan mayo, lemon juice, Dijon mustard, minced garlic, and capers in a bowl. Add chopped romaine lettuce, croutons, and vegan



parmesan cheese. Toss well and serve.

**Vegan Pad Thai:** Cook rice noodles according to package instructions. Heat some oil in a pan, add chopped onion, garlic, and vegetables of your choice. Cook until softened. Add cooked noodles, soy sauce, brown sugar, lime juice, and crushed peanuts or almond or hemp seeds. Toss well and serve.

**Quinoa and Roasted Vegetable Bowl:** Cook quinoa according to package instructions. Roast vegetables of your choice in the oven until tender. Serve quinoa in a bowl, topped with roasted vegetables, avocado, and a drizzle of tahini sauce.

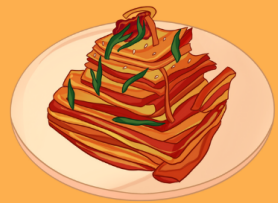
**Vegan Banana Bread:** Mix mashed bananas, raw sugar (or healthy sugar alternative), melted vegan butter, and vanilla extract in a bowl. Add flour, baking soda, and salt. Mix until just combined. Pour batter into a greased loaf pan and bake for 50-60 minutes at 350°F. Let cool before slicing.

These are just a few easy, healthy, and satisfying vegan meals. There are many resources available online for more ideas and inspiration.

## WEEKS TEN - TWELVE TASKS:

- Journal your thoughts and questions
- Plan & Prepare a Celebratory Meal to commemorate the completion of your 90-day Transition to veganism
- Plan and prepare the recipes listed in this section for lunch & dinner.

- Try new vegan food options, restaurants, recipes, & household items.
- Be kind a gentle with yourself
- Enjoy your the new lifestyle you are creating



## TRANSITION SCHEDULE WEEKS TEN - TWELVE

### Upon Rising

#### Mix & Drink:

- 4 oz of warm water
- 1 key lime/lemon,
- A pinch of cayenne
- 1 tbsp Olive oil (optional)



### Early Day

- Drink a cup of tea
- or glass of
- fresh Juice



### Lunch & Dinner Options

- Lentil & Vegetable Stew
- Wild Rice/Black Rice & Buddha Bowl
- Quinoa Tabbouleh
- Veggie Plate
- Veggie, Pumfu & Quinoa Stir-Fry
- Hummus Tartine & Sprouts
- Walnut Alfredo & Gluten-Free Pasta
- Lentil Patty, Avocado Kale Salad & Sweet potato



### Hydrate

- Drink 10 - 12 oz of Spring / Clean water either
- 30 mins before
- or
- 2 hours after MEALS

### Breakfast Options

- Smoothies,
- Fresh Juice
- Fruit salad
- Chia Pudding w/ Fruit
- Overnight oats & Berries
- Avocado & Tomato
- Bruschetta
- Oatmeal w/Banana & Blueberries/ Strawberries
- Almond Butter Toast & Fruit
- French Toast



### Snacks & Dessert Options

- Vegan Ice Cream & Apple or Peach Compote
- Raw Coconut Pie
- Raw Banana Pudding

**LA FIN**

**Please consult with your healthcare provider before making any significant dietary changes.**

Dear Planetary Beings,

Congratulations on completing this 90-day transitional guide towards a healthy vegan lifestyle! I hope that this journey has brought you closer to a healthier, more sustainable, and compassionate way of living.

Throughout this guide, we've explored a wide range of topics, from the importance of a plant-based diet to the benefits of incorporating mindfulness, movement, and meditation practices into our daily routine. We've talked about the role of amino acids, essential nutrients, and the benefits of sprouted rice and seeded fruits.

Keep in mind that transitioning to a vegan lifestyle is not always easy, but it is a powerful and rewarding journey. It takes time, patience, and perseverance, but it's worth it. You may encounter some obstacles along the way, but with a positive mindset and a willingness to learn and grow, you can overcome them.

As you embark on this new journey, remember to be kind to yourself and others. Embrace new foods, try new recipes, and don't be afraid to experiment. Surround yourself with a supportive community, educate yourself on the environmental, ethical and

health benefits of veganism, and above all, trust in the process.

I wish you all the best on your journey towards a vegan lifestyle. Remember, every small step you take towards a more sustainable and compassionate way of living has an impact, not just on your own life, but on the world around you.

With gratitude and well wishes,  
K Butterfly Smith, healing planetary being

## ABOUT THE AUTHOR

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K Butterfly Smith is an award-winning screenwriter, playwright, author, vegan chef and performing arts educator with 25+ years of experience. She utilizes her expertise in storytelling, filmmaking, curriculum design, culinary artistry, & producing to create engaging spaces which initiate, sustainable, equitable social impact.