

**Mýa's**

**Vegan  
Transition  
Guide**

# What Vegans Eat

- Fruits
- Figs
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Grain
- Superfoods
- Herbs
- Spices
- Tempeh
- Seitan
- Nut milks (almond, cashew, walnut, hemp, rice, soy)
- Nut butters (peanut, almond, cashew)
- Plant based oils (avocado, vegetable, canola, avocado, sesame seed, black seed oil, oregano oil, etc)
- Veggie burgers
- Nut based or soy cheeses
- Nutritional yeast
- Breads made with no eggs or yeast
- Vegan wine
- Non-dairy dark chocolate
- Nicecreams (made with coconut or nut based milks)
- Superfoods (chia seeds, hemp seeds, goji berries, acai berries, cacao, wheatgrass, spirulina, maca powder)
- Plant based protein powders, non glycerin vitamins or supplements
- Kombucha (raw, fermented, probiotic drink)
- Fresh pressed or fresh squeezed juices
- Dairy & Egg Free Pancakes, Waffles, Frenchtoast, Donuts

\*There are Vegan beef, pork, chicken, seafood, and dairy free cheese, milk, butter & ice cream alternative products available in local grocery stores or Whole Foods.

## What Vegans Do Not Eat or Use

- Beef
- Poultry
- Pork
- Seafood
- Eggs
- Dairy (milk, cheese, butter, ice cream, milk based dressings, milk chocolate, pasta shells made with eggs)
- Whey protein powders
- Desserts with eggs, milk, products with glycerin (animal fat - Gummy Bears, Jello, yeast, wine, etc.)
- Most wines are filtered with membranes or guts of mammals or fish.

## What Vegans Do Not Purchase or Wear

- Leather
- Fur
- Suede
- Animal skins
- Silk
- Wool
- Clothing, shoes, handbags, wallets, bedding, furniture, phone cases, etc. made from the materials mentioned above
- Products that contain glycerin, yeast, or are tested on animals (beauty, fragrance or household)

\*High end car companies are beginning to produce vegan leather interior alternatives

# Why?

- The USA leads in cancer, diabetes, heart disease based on the standard American meat, starch, corn syrup and processed food diet.
- Animal food produced in the U.S. for human consumption contains antibiotics, steroids, hormones, pesticides & other chemicals for rapid growth & disease treatments.
- Dairy contains animal pus, blood, feces producing the root of all human disease - mucus. ~Dr. Sebi
- Processed meats are often infected with harmful bacterias, diseases and scientifically proven to be one of the leading cause of cancers in the U.S. most recently announced & validated by the FDA.
- Animal fats clog arteries, sit in the intestines and colon causing several illnesses, conditions, allergies & diseases.
- Male chicks are murdered by the billions and sent to a grinder as the egg industry finds no use for them being that they are unable to produce eggs.
- Animal Agriculture is the leading cause of global warming, climate change, deforestation, shortage of water, world hunger, ocean dead zones, water pollution, species extinction, 91% of Amazon destruction.
- It takes 2500 gallons of water to produce 1 pound of beef. It takes 32 showers to produce 1 hamburger.
- It takes 25 lbs of grain to produce 1 lb of beef or 3 lbs of pork.
- 1 vegan saves over 200 animals per year, saves 4200 liter of water each day and decreases their carbon footprint by 50%.
- 1.5 acres of land can produce 17 tons of plant based food OR only 170 kgs of meat.
- Humans are herbivores. Human alkaline saliva is not meant to break down animal flesh. Carnivores have acid saliva designed for the task.
- Over 300,000 whales, dolphins & other marine mammals are killed by the commercial fishing industry every year as by-catch. According to the World Wildlife Fund, 90% of the ocean's large fish already been fished out. Scientists predict that there may no fish in the ocean by 2048 (31 years from now). Overfishing & annual by catch is affecting the ecosystem in our oceans which directly affect the planet & all life on the planet. We are all connected.

- If humans killed humans at the rate they killed animals, we'd be extinct in 17 days.
- Animal rape, torture, abuse, extremely unhealthy and inhumane living conditions for animals & murder exist in the dairy, meat, poultry, egg production industries. Female cows are forcibly inseminated with sperm and impregnated over & over to produce a baby calf in order to produce milk.
- The baby calf is torn away from it's mother at birth or days later and if male, it is sent to slaughter to produce what we know as "veal." A mother cow physically cries for days to weeks. Once a female cow's legs collapse from the weight or can no longer produce babies for milk for humans to consume, she is sent to slaughter murdered while awake.
- The top 2 strongest mammal animals (Elephant & Gorilla) in the world are vegan.
- Humans do not need to eat animals to survive.
- The human body (teeth, claws, intestines) were not designed to catch animals with their limited strength, nor rip through fur, thick flesh, scales, shells of animals, to even consume much less process them. Humans would most likely not like the taste of raw, uncooked, unseasoned flesh of any animal alive or dead. Weapons & technology made by man has influenced man's diet. In the natural world, without weapons, we would be incapable of catching animals based on lack of strength or speed in comparison to.
- Animals have feelings and feel physical pain. Like humans they bond with each other, have hierarchies, communication, possess the need to feel loved & desire to live.
- Plants do not have nervous systems, brains, organs or feelings, though they do respond to energy.
- Beat the system.
- \$104,000,000,000.00 US Dollars is annually spent marketing unhealthy foods just to children alone. ~SUSTAINABLE the film

## Frequently Asked Questions

**Q:** Where do I get my protein?

**A:** The human body needs more natural fiber (from fruits) than protein.

Leafy green vegetables contain more protein than meats per calorie.

A plant based or vegan diet will provide you with more than enough protein.

A meat based diet produces too much protein for the human body to process.

Sources of vegan protein: dark leafy green veggies, beans, nuts, seeds, legumes, nut milk and nut butters, quinoa, amaranth, peas, broccoli, asparagus, tempeh, tofu, oats, tahini, nutritional yeast

**Q:** Where do I get my iron?

**A:** Sources of iron:

- Dark green leafy vegetables - Spinach, Chard, Kale
- Beans: Chickpeas (Garbanzo beans), Kidney, White, Cannellini, Butter, black, red, lima
- Grains: Quinoa, oatmeal
- Seeds: Pepitas (pumpkin), flax, sunflower, hemp, fennel, sesame, chia, grape, poppy
- Nuts: Almonds, cashews, pistachios, walnuts, peanuts, pecans, macadamia, hazelnuts, filberts, brazil, chestnuts, pine nuts, candlenuts, etc.
- Dried fruit: Raisins, dates, cranberries, apricots, etc.
- Inverted flower: Figs
- Dark chocolate, cocoa powder, cacao nibs
- Blackstrap molasses
- Tempeh, tofu
- Tomato paste

**Q:** Where do I get my magnesium?

**A:** Sources of magnesium:

- Pumpkin seeds
- Avocado
- Bananas
- Nuts
- Seeds
- Whole grain
- Tofu
- Quinoa
- Legumes (beans & peas)
- Leafy green veggies
- Chlorella
- Spirulina
- Dark chocolate
- Figs
- Wild rice
- Flaxseed oil
- Dried coriander
- Instant coffee
- Oatmeal
- Dates

**Q:** Where do I get my Vitamin B12?

**A:** Sources of Vitamin B12:

- Sunlight
- Mushrooms
- Plant and nut based milks
- Plant based meats
- Fortified cereals
- Nutritional yeast
- Tempeh
- Vegan mayonnaise
- Vitamin B12 supplement, spray or injections if ever low on energy (same applies to meat eaters)

**Q:** Where do I get my calcium?

**A:** Sources of calcium:

- Watercress
- Parsley
- Spinach
- Nuts
- Beans
- Seeds and figs
- Kale
- Collard Greens
- Amaranth
- Tofu (if you are not opposed to soy)

**Q:** Will I lose weight or wither away?

**A:** You will not wither away. Depending on your metabolism, intake, portions and diet, you can either gain or lose weight. Unhealthy, overweight and underweight vegans do exist (often overeating pastas, breads, rices, soy meats with lack of vegetables and fruits in their diets.) Healthy, thick or thin vegans exist. Veganism is however not about weight as every body composition is different. This is about being healthy and being your best self. Vegan athletes & vegan body builders also exist performing at their all time high, breaking & setting new records.

**Q:** What if I cannot afford to be vegan or eat healthy?

**A:** You actually cut your spending by a third or half when you ditch the candy bars, chips, Starbucks, sugars, flours, butters, meats, seafoods, milks, eggs, donuts, coffee creams, excess snacks, sodas, medicines, medical bills, surgeries, etc. In other words, you can not afford not to invest in your health especially in the world of lies, marketing, advertising & propaganda for money we are living in. Knowledge is power and health is wealth. To take back your power & health is to take back your life.

## Benefits

- Reversed aging
- Clearer skin
- Potential weight loss
- Mental clarity
- Spiritual alignment
- Reverse diabetes
- Reverse cancer
- Reverse obesity
- Live a longer, healthier life
- Positive contribution to earth, environment, humanity & all living beings
- Intaking living foods causes you to feel alive, combat depression, reduce inflammation, eliminate constipation, sleep better, look better, feel better, smell better and do better



## Eliminations for Optimal Health

1. All dairy products (milk, cheese, ice cream, milk chocolate, milky salad dressings)
2. Eliminate eggs (also high in cholesterol).
3. Butter, Crisco lard or oil (high in fat).
4. White rice, starch, bread, tortillas, pastas, macaroni, fries, potatoes, chips.
5. Sodas, juices, energy drinks (ie. Red Bull), Starbucks, alcohol, wine (too much sugar, etc.)
6. Processed syrup, honey, white sugar
7. Fried foods
8. Meats, poultry, seafood
9. Junk food
10. Chicken, pork or beef broths

## Replacements/Substitutes for the above

1. Vegan Nut based milks (Almond, Cashew, Coconut, Walnut, Hemp milk) vegan cheeses, (Daiya, Tofutti, Kite Hill are some brands of vegan cheeses), sour creams, whipped creams, yogurts almond or coconut milk ice cream, non-dairy dark chocolate, oil & vinegar salad dressings.
2. Replace with tofu, vegan eggs, seitan, tempeh or mushrooms.
3. Earth balance butter, olive oil, coconut oil, avocado oil, sesame seed oil
4. Wild rice, Quinoa, sweet potatoes, spiralizer vegetable pasta (zucchini, squash).
5. Drink water (add lime to alkalize), fresh pressed natural juices, green/matcha tea, kombucha
6. Replace with raw agave, organic maple syrup, stevia, coconut sugar (low glycemic
7. Grill or bake your fish, poultry, meats, seafood instead if you don't want to go completely vegan.
8. If you want to go vegan, purchase veggie burgers, vegan crab cakes, BBQ chick'n, chick'n patties in frozen food section or substitute meats with mushrooms, beans, tempeh, seitan, tofu
9. Snack on raw nuts or vegetables like carrots, cucumber, celery & dip in hummus. Celery with raw peanut butter tastes good too.
10. Vegetable broths

## Purchases & Investments

1. Spiralizer (to spiralize your vegetables to make veggie pasta instead of starch pasta)
2. Nutribullet for smoothies (store or online)
3. Juicer by Breville (amazon.com)
4. 2-3 packs of to go containers for daily meal prep so you're always prepared
5. Apple corer, sharp knife, cutting board.

## Tips

1. Increase your intake of green vegetables.
2. Increase your fruit intake.
3. Avoid heavy meals, oils & fruit at night.
4. The more water you drink, the less hungry you'll be and the more you'll flush your system
5. Place lime & cucumber slices in your water OR drink green tea at the top of the morning (even throughout your day). Flushes your system & detoxifies the body.
6. Fruit (of your choice) infused water is also great.
7. Be sure to include B12 rich foods or supplements.

## Websites

Transition tips, grocery lists, meal ideas, meal plans, recipes, cleanses, facts.

[www.vegan.com](http://www.vegan.com) (Everything Vegan)  
[www.chooseveg.com](http://www.chooseveg.com) (Vegetarian & Vegan)  
[www.onegreenplanet.org](http://www.onegreenplanet.org) (Vegan & Raw Vegan)  
[www.vegansociety.com](http://www.vegansociety.com) (Everything Vegan)  
[www.veganstreet.com](http://www.veganstreet.com)  
[www.thugkitchen.com](http://www.thugkitchen.com) (Vegan)  
[www.veganessentials.com](http://www.veganessentials.com) (Everything Vegan)  
[www.ohsheglows.com](http://www.ohsheglows.com) (Vegan)  
[www.fullyraw.com](http://www.fullyraw.com) (Raw Vegan)  
[www.wholefoodsmarket.com/Vegan](http://www.wholefoodsmarket.com/Vegan)  
[www.happycow.net](http://www.happycow.net) (Vegan restaurant guides)  
[www.peta.org](http://www.peta.org) (Animal activism)  
[www.mercyforanimals.org](http://www.mercyforanimals.org) (Farmed animal activism)  
[www.bodyecology.com](http://www.bodyecology.com) (Cleansing)

## Online Films (Youtube & Netflix)

COWSPIRACY, MEAT THE TRUTH, EARTHLINGS, PEACEABLE KINGDOM, EATING YOU ALIVE, VEGUCATED, WHAT THE HEALTH, FOOD, INC., FOOD CHOICES, FOOD MATTERS,, IN DEFENSE OF FOOD, THE ENGINE 2 KITCHEN, FORKS OVER KNIVES, MORE THAN HONEY, FAT SICK & NEARLY DEAD I + II, SEASPIRACY, SUGAR COATED, LUCENT, LIVE AND LET LIVE, SUPERSIZE ME, SPECIESISM, SUPERCHARGE ME, A PLASTIC OCEAN, PLANEAT, SIMPLY RAW, PLANT PURE NATION, SUSTAINABLE, FARM TO FRIDGE, UNITY, THE HUMAN EXPERIMENT, BLACKFISH, OKJA, SLED DOGS

# Books

- Life Changing Foods by Medical Medium Anthony William
- Afro-Vegan by Bryant Terry
- Vegan Soul Kitchen by Bryant Terry
- Vegan Under Pressure by Jill Nussinow
- Vegan For Everybody
- Quick & Easy Vegan Comfort Food by Alicia C. Simpson
- Vegan Table by Mayim Bialik
- Vegan 101 by Heather Bell & Jenny Engel
- Thug Kitchen (Eat Like You Give A Fuck) by Matt Holloway
- But My Family Would Never Eat Vegan by Kristy Turner
- The Oh She Glows CookBook by Angela Liddon
- 21 Days to a Healthy Heart by Alan Watson

Leading a vegan lifestyle has changed my life in every capacity. My spiritual, mental, emotional & physical states of being have dramatically improved, are aligning & flowing at higher vibrations. I feel better, look better and continue to do better with a conscious awareness of the simple truth in what is morally correct regarding all life, our planet and how directly connected we are with each thought, each action and each life. Never forget that you are love, you are light, you are significant, you are worthy, you are power. This journey is not about perfection. It's about discovery, self realization and activating your power. Much success and fulfillment ahead! The community is here for you. You are not alone.

~Mya