

Welcome

“Go Vegan! Go Vegan! Go Vegan! But what the heck is Vegan? Why do we hear it so often and how the heck do I “Go Vegan?” So very often we see and hear those words along with the shocking claims associated with it. But nowhere can we find a school, a course, a class, a book, or film on how to actually Go Vegan. Interestingly, the Go Vegan command phrase can leave one with a sense of being judged, stigmatized, looked down upon, and helpless, so most people throw in the towel before ever even having the towel. Had I had access to a guide from those very same voices earlier in my life, I would have Gone Vegan a long time ago. I myself have watched countless family members, friends, and associates suffer from numerous ailments such as diabetes, cancer, heart disease, fatty liver disease, high blood pressure, clogged arteries, obesity, anemia, anger, depression, skin problems, etc., and wondered Why? Once upon a time, I too was was unwell; and well on my way to those same countless ailments. As a suburban Marylander, I was raised on food full of animal fats, processed sugars, and chemicals, and not to mention absorbing the torture, fear and pain of those animals. I crafted this Vegan Transition Guide for any persons who may need help in navigating the Vegan World. Moreover, I especially dedicate this guide to every person who is seeking positive change in his or her lifestyle. Additionally anyone who is suffering from a lifestyle issue, whether it be mental, physical or spiritual, or to anyone who is witnessing a friend, associate, or loved one suffer from the same, I dedicate my guide to you as well. I share this information with you without judgement and from a place of love and empowerment. Above all, I am wishing you a Vegan Evolution into your best self, so that you too may experience life to the fullest, just as I do now. Ultimately, the most important thing I have discovered on my Vegan Journey; Your Health is truly Your Wealth, and Veganism is a positive step in that direction.”

“What began as one of my many willpower challenges in 2014, quickly evolved into a permanent vegan lifestyle change through education and awareness, which then transformed and improved my mental, spiritual, emotional, and physical states. Not only had I discovered what I consider to be the fountain of youth, but found that my mind and spirit were forever altered. Once I had become aware of the harsh realities of the food production industry, I made a conscious decision to better my health, my future family, advocate for voiceless animals, and positively affect my community, the environment, and mother earth. As a now 40 year old and Vegan of only 6 years, I so often get asked the common question, ‘What is your secret to that youthful skin and glow?’ To that I answer; ‘Vegan life.’ As I am constantly evolving, and no expert (yet), I am ecstatic to share with you what I have learned throughout my Vegan Journey. In Mya’s Vegan Transition Guide, I share the lifestyle tips and information that have helped me combat lies, depression, anxiety, fluctuating weight, stress, fatigue, skin breakouts, mental fog, and even self doubt. In short, Veganism has truly improved my overall health, well being, spirituality, creativity, and connection to all life. Ultimately, I have been able to see the bigger picture and align myself with compassion, the divine, the natural way, the Vegan Way.”

~Mya

Table of Contents

1. How To Transition
2. What Do Vegans Eat?
3. What Vegans Do Not Eat, Use or Do
4. Additional Things Vegans Do Not Purchase, Wear, Support or Do
5. Why Go Vegan?
 - a. Health & Empowerment
 - b. Nature & Biology vs. The Industrial Revolution
 - c. The Voiceless
 - d. Environmental Impact
 - e. Human Life
5. Frequently Asked Questions
6. Benefits
7. Eliminations for Optimal Health
8. Replacements/Substitutes
9. Vegan Beef, Pork, Poultry & Seafood Brands
10. Vegan Milk Brands
11. Vegan Cheese Brands
12. Vegan Egg Replacer Brands
13. Vegan Pancake Mix
14. Vegan Ice Cream & Whipped Cream Brands
15. Vegan Mayo Brands
16. Vegan Salad Dressing Brands
17. Vegan Gum & Candies
18. Vegan Wines
19. Purchases & Investments
20. Tips
21. Eco-Friendly Suggestions
22. Vegan, Cruelty-Free Beauty & Wellness Brands
 - a. Shampoos
 - b. Conditioners
 - c. Hair Oils
 - d. Hair Dyes
 - e. Deodorants
 - f. Make-Up
 - g. Fragrance
 - h. Toothpaste
 - i. Vitamins
23. Restaurants
24. Apps
25. Online Films
26. Books
27. Quick, Easy, Affordable Recipes
28. Community
29. Quarterly Challenge Winners
30. Closing Words
31. Disclaimer

How To Transition

Below I've included the many different stages one may reach i/her eliminations and highest levels of ethics & health.

STAGE 1- FLEXITARIAN

Flexitarian is used to describe a diet or a person who eats a mostly vegetarian diet, occasionally including meat. There is no standard agreement or definition of what this means; whether flexitarians eat meat once a day, once a week or just occasionally is up to the individual person.

STAGE 2 - PESCATARIAN

One who has eliminated the consumption of the flesh of all land & sky animals as food, but still consumes seafood. Pescatarianism or pescatarianism is the practice of adhering to a diet that incorporates seafood as the only source of meat in an otherwise vegetarian diet. Most pescatarians are however ovo-lacto vegetarians who eat seafood along with dairy products (milk, ,cheese, ice cream) and eggs.

STAGE 3 - WHOLE FOOD PLANT BASED

Plant-based is reference to just a diet consisting mostly or entirely of foods derived from plants, including vegetables, unrefined grains, nuts, seeds, legumes and fruits, cutting out unhealthy items like added sugars and refined grains. also avoiding oils, animal based foods and highly processed foods like white flour. One who practices plant based diet, attempts to avoid animal ingredients such as meat, milk, eggs, or honey, but may still choose to include in diet, wear/use/exploit animals in beauty, fashion, activities, etc. In other words, followers eat mostly plants, but animal products aren't off limits. While one person following a WFPB diet may eat no animal products, another may eat small amounts of eggs, poultry, seafood, meat or dairy.

STAGE 4 - VEGETARIAN

According to the Vegetarian Society, a vegetarian is someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter. Basically who eliminates the consumption of all living animals but still eat eggs (ovo), dairy (lacto) or both (ovo-lacto) and products that contain animal by-products (cheese, icecreams, pizza, Worcestershire sauce, gelatin based foods, creamy salad dressings).

STAGE 5 - VEGANISM

Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose. One who does not consume animals and animal by-products for food nor supports any activities, establishments, materials, products (whether fashion, beauty, furniture, zoos, etc). that involve animal cruelty or animal testing is considered a vegan.

*Vegans consume a wide array of foods from processed to unhealthy, junk foods, to more natural, organic, unprocessed, whole foods, either cooked and/or raw.

STAGE 6 - ORGANIC VEGAN

A vegan who consumes only organic, unrefined foods, Non-GMO & chemical free juices & products. No added sugars. Natural fresh pressed juices, fresh produce, beans, legumes, seeds, vegetables, fruits.

STAGE 7 - ELECTRIC/ALKALINE VEGAN

One who consumes organic, electric, alkaline or alkalizing foods both cooked and raw and natural juices from fruits and/or vegetables. Electric, alkaline foods consist of a moderate to high PH level. Acids are basically aqueous solutions that have a pH level of less than 7.0 whereas alkalis have a pH level of more than 7.0, water being the neutral component with a pH of 7.0. In simpler terms, acids are sour in taste and corrosive in nature, whereas alkalis are elements that neutralise acids. During the **process of digestion**, our stomach secretes gastric acids, which help in breaking down food. The stomach has a pH balance which ranges from 2.0 to 3.5, which is highly acidic but necessary for the process of **digestion**. However, sometimes, due to unhealthy lifestyle and food habits, the acidic level in the body goes haywire, leading to acidity, acid refluxes and other **gastric ailments**.

For a brief example of just a few of the foods, herbs, spices, oils in this category, view Dr. Sebi's chart based on his research within his geographical nutrition studies at <http://www.myamya.com/lifestyle> Alkaline Vegan Recipes by Atum Dre also available in the lifestyle section.

STAGE 8 - RAW VEGANISM

Raw Veganism is a diet that combines the concepts of veganism and raw foodism. It excludes all food and products of animal origin, any food that is processed or altered from its natural state, and food cooked at high temperatures. Incorporating plant-based raw proteins from nuts, hemp, greens and other sources are also critical to the raw food lifestyle. A cornerstone of the raw food diet is that heating food above 115-118 degrees Fahrenheit can destroy enzymes in food that assist in the digestion and absorption of food for optimal health. Consuming foods in their purest, raw state allows the maximum absorption of enzymes and nutrients, otherwise mostly destroyed when cooking foods at high temperatures. View the benefits: <https://www.evolveingwellness.com/post/benefits-of-a-raw-vegan-diet>

STAGE 9 - PROPER FOOD COMBINING

Studies have shown that humans have a tendency to overeat when we are offered a wide variety of foods during a meal. The concept of food combining is based on the premise that fruits, vegetables, proteins and starches digest at different times. Improper food combining can cause gas, indigestion, bloating, weight gain and eventually speed the process of aging. Eat fruits and fresh juices alone on an empty stomach. Never mix starches or proteins as they will stick and are difficult to digest when combined. Don't overdo the oils or cooked fats. Eat light to heavy for example, having a raw salad before every cooked meal.

Neutral (Can Pair With Anything): All leafy greens, celery, cucumber, garlic, onions, broccoli, carrots, parsnip, spaghetti squash, tomatoes, eggplant, cauliflower, beets, zucchini, yellow squash, peppers, oils.

Starches (Can Pair with Neutral Veggies and Other Starches, Not Proteins or Nuts): Sweet potatoes, yams, white potatoes, avocado, butternut squash, kabocha squash, quinoa, rice, wheat, pasta, kasha, amaranth, millet.

Proteins (Can Pair with Neutral Veggies and Other Proteins, Not Starches or Nuts)

Both (Not ideal food but okay to combine with both): All legumes, chickpeas, lentils, beans, sweet peas

Nuts/Dried Fruit (Only combine with each other or neutral vegetables) : Raw almonds, cashews, peanuts, sunflower seeds, raisins, currants, dried apricots, dried mango, etc.

More on this topic from Dr. Laila O. Afrika

<https://www.youtube.com/watch?v=EtLtCKjRWVc>

STAGE 10 - JUICING

Consuming natural, non-processed juices.

Juicing is a process that extracts the juices from whole fruits and vegetables, containing most of the vitamins, minerals, and phytonutrients in fruits and vegetables. There are many methods of juicing, from squeezing fruit by hand to wide-scale extraction with industrial equipment. Juicing is generally the preferred method of consuming large amounts of produce quickly and is often completed with a household appliance called a **juicer**, which may be as simple as a cone upon which fruit is mashed or as sophisticated as a variable-speed, motor-driven device. It may also refer to the act of extracting and then drinking juice or those who extract the juice. Juicing is different from buying juice in the supermarket because it focuses on fresh pressed fruits and vegetables. Residential juicing is often practiced for dietary reasons or as a form of alternative medicine. People who juice say it gives their digestive systems a break while allowing them to better absorb a great deal of nutrients. Others swear by juicing as a way to boost the immune system, remove toxins from the body, lose weight.

- **Masticating** (also referred to as cold pressed^[5]) – utilizes a single gear driven by a motor; slower operation; kneads and grinds items placed in a chute
- **Centrifugal** – (also referred to as high-speed juicing) – utilizes a spinning blade that resembles a grated basket; faster operation; quickly grinds items and discards pulp in a receptacle
- **Triturating** – utilizes twin gears; slower operation; often has multiple uses

STAGE 11 - FASTING

- a. Fasting is the willful refraining from eating for a period of time. In a physiological context, fasting may refer to the metabolic status of a person who has not eaten overnight, or to the metabolic state achieved after complete digestion and absorption of a meal. Several metabolic adjustments occur during fasting. It is a practice that has been associated with a wide array of potential health **benefits**, including weight loss, as well as improved blood sugar control, heart health, brain function and cancer prevention. More info at <https://www.healthline.com/nutrition/fasting-benefits>

- b. Intermittent Fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern. More info at <https://www.healthline.com/nutrition/intermittent-fasting-guide>
Intermittent Fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern. More info at <https://www.healthline.com/nutrition/intermittent-fasting-guide>

STAGE 12 - MASTER CLEANSING

The Master Cleanse is a modified juice fast that permits no food, substituting tea and lemonade made with water, maple syrup and cayenne pepper. The diet was developed by Stanley Burroughs, who initially marketed it in the 1940s, and revived it in his 1976 book *The Master Cleanser*. Often used for quick weight loss in a short period of time. The claim: Drop 20 pounds in 10 days and cleanse your body of toxins. More info at <https://www.healthline.com/health/master-cleanser-diet#1>

Though I do not consider the following practice to be part of reaching optimal health for several reasons, I am only including to provide information to direct people to research themselves because I am often asked for my opinion on it.

STAGE 13 - INEDIA OR BREATHETARIANISM

Inedia or breatharianism is the belief that it is possible for a person to live without consuming food, and in some cases just water. Altogether, Breathetarians believe altogether that one can live purely off prana, which they also call "living on light" or "living on air." Foremost Breatharian, Jasmuheen, formerly Ellen Greve, is credited with starting today's Breatharian movement. Her Prana Program advises followers to convert to Breatharianism gradually: Become a vegetarian; become a vegan; move to raw foods, then fruits, then liquids and finally prana. You replace physical food with air and light as well as metaphysical nourishment. It is considered a deadly pseudoscience by scientists and medical professionals, and several adherents of these practices have died from starvation or dehydration. More info at <https://science.howstuffworks.com/innovation/edible-innovations/breatharian.htm>

What Do Vegans Eat?

For every non-vegan thing we are accustomed to eating, exists a vegan version made from plants, beans, vegetables, nuts, seeds, grains, etc:

Pancakes, waffles, french toast, eggs, pizza, pastas, burgers, hotdogs, sandwiches, sushi rolls, desserts, etc.

- Fruits
- Figs
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Grains
- Superfoods
- Herbs
- Spices
- Tempeh
- Seitan
- Nut milks (almond, cashew, walnut, hemp, rice, soy)
- Nut butters (peanut, almond, cashew)
- Plant based oils (avocado, vegetable, canola, sesame seed, black seed oil, oregano oil, etc.)
- Pastas, Lasagnas, Pizza
- Chik'n, Meatless
- Veggie and bean 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, french toast, donuts, cheesecakes, chocolate cakes, cookies, etc.

*There are vegan beef, pork, chicken, seafood, and dairy free cheese, milk, butter & ice cream alternative products available in local grocery stores, specialty grocers and online websites. You can even create all of these items from scratch. More details in "Often Asked Questions."

What Vegans Do Not Eat, Use, or Do

VEGANS DO NOT USE OR SUPPORT ANY OF THE FOLLOWING

- Land mammals: (cow, lamb, goat, pig, dog, deer, cat, horse, rabbit, etc.)
- Poultry (chicken, turkey, duck, eagle)
- Seafood (all marine life including caviar/fish eggs)
- Amphibians or reptiles (lizards, salamanders, frogs, chameleons, alligators, crocodiles, snakes, etc.)
- Eggs
- Dairy (milk, cheese, butter, ice cream, milk based dressings, milk chocolate, yogurts, pasta shells made with eggs or honey)
- Beeswax or products with beeswax
- Processed orange juices with “omega- 3’s” which come from Fish Oil & “vitamin D” which comes from Sheep’s wool.
- Refried beans in restaurants often contain lard (pork fat). Be sure to ask.
- Worcestershire sauce- contain anchovies.
- Pesto sauce contains parmesan cheese which contains rennet derived from calf stomachs (A calf is baby cow or bull).
- French Fries from fast food restaurants are cooked in beef fat. (Be sure to ask)
- Whey protein powders
- Products, foods with eggs, milk, or products with glycerin, gelatin, collagen, (an animal product derived from animals bones, skin, tendons, bones) - Gummy candies & vitamins, many supplements are also coated with Gelatin. Jello, marshmallows, wine, Smores, Rice Krispy Treats, Lucky Charms and more contain gelatin as well.
- Most wines are filtered with the membrane, guts & bladders of mammals but mostly fish. Organic, vegan, non GMO, sulfite free wine available at myamya.com/shop
- Honey, worcestershire sauce (made with anchovies), honey BBQ sauce, etc.
- Refined white sugar (contains animal bones / bone char or natural carbon both fancy terms for cattle bones, plus bleach to achieve it’s white color)

Additional Things Vegans Do Not Purchase, Wear, Support or Do

- Ivory (Ivory comes from the tusks of elephants)
- Animal skins or hairs: leather (cow or dog), suede (cow), fur (fox, chinchilla, rabbit, mink, etc.), horse hair (horse), feathers, down and goose (birds), silk (silkworm), wool (sheep), cashmere (goat), exotic animal skins (i.e. crocodile, alligator, ostrich, snake, etc.), bearskin rugs, deer head ornaments, mink lashes, rabbit hair, rabbit foot keychains.
- Clothing, shoes, hats, sunglasses, backpacks, handbags, wallets, bedding (down, feathers), furniture, phone cases, lashes, animal hair makeup brushes, etc. made from the materials mentioned above.
- Purchase, support or use products that contain glycerin, gelatin, collagen or are tested on animals (beauty, health or household i.e. shampoos, conditioners, lotions, cleansers, make up, makeup brushes, fragrance, capsules, etc.
- Attend, participate in or support circuses, zoos, rodeos, sea shows, dog fights, bull fighting, animal fights of any sort, polo matches or horse racing or derby events and similar establishments
- Partake in tourist like activities that involve captive animals (horseback & elephant back riding, horse and carriage, posing for pictures with wild, often exotic animals who are often drugged & tortured daily for “manageable” docile nature for of course human profit.)
- Hunting and fishing, for food or sport

Why Go Vegan?

A. HEALTH & EMPOWERMENT

- The USA leads in cancer, diabetes, heart disease and several other diseases based on the standard American meat, starch, high fructose corn syrup, chemical, processed food diet.
- Animal food produced in the U.S. for human consumption contains antibiotics, steroids, hormones, pesticides and other chemicals for rapid growth and 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 causes of cancers in the world, with the U/S at the top of list, most recently announced and validated by the FDA in 2017.
- Animal fats clog arteries, sit in the intestines and colon causing several illnesses, conditions, allergies and diseases.
- \$104,000,000,000.00 US Dollars is annually spent marketing unhealthy foods just to children alone. ~SUSTAINABLE the film
- Not only do animal products carry bacteria, disease, etc, the flesh of animals also carry the energy of extreme torture, from captivity, to confinement, slavery, rape separation of mothers & babies, and the emotions of fear, depression, death from murder which humans intake. Wonder why our world is in such havoc? Think about what the majority of the world are consuming, absorbing and releasing. There is also no such thing as humane torture or murder.
- The pharmaceutical business is a trillion dollar industry that keeps patients sick and medicated, not cured. Nature however prevents, reverses ailments, and cures diseases.
- A healthy, balanced vegan lifestyle is cheaper both short term and long term.
- Healthy vegan food improves brain functionality, motor skills, creativity, and clarity as the pineal gland is decalcified and activated.
- Chakra alignment, mental and spiritual health occurs when the physical body purges and detoxifies itself from calcifying foods, toxic energies, habits, beings, products, and environments.
- What is normal is not always considered right or even acceptable.
- Challenge a system that never has and never will give a damn about people, but prioritize money at the expense of human, animal and planetary well being and health.

B. NATURE & BIOLOGY VS. THE INDUSTRIAL REVOLUTION

- Humans do not need to eat animals to survive.
- Two of the strongest land mammals (Elephants & Gorillas) in the world are vegan. Where do they get their protein? Plants... as all animals do!
- 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 dead or alive. Weapons and technology made by man have influenced man's diet. In the natural world, without weapons, we would be incapable of catching animals based on lack of strength and/or speed in comparison to them. The world of advertising has altered the way man thinks for himself and dictates what he/she consumes.

- Humans are naturally herbivores and fruitarians. Human alkaline saliva is not meant to break down animal flesh. Carnivores have acid saliva designed for the task.
- Humans are the only species of animal that drink the milk of another species.
- Humans are the only species of animal that cooks their food.
- The industrial and technological era we live in today is also ironically the era of the most unhealthy food in abundance, the era of most diseases and cancers, the era of the most medicine prescribed, the era of the most addictions, and last but not least the era of deaths caused by both diseases and pharmaceutical overdoses.

C. THE VOICELESS

Veganism is not just about personal health benefits, but also a moral compass in which to live your life. A life of compassion, respect for all living beings. A global mindset that consciously makes decisions in daily life that affects everyone from people, land & sea animals to planet earth as a whole. Why? Billions of animals are tortured for their entire lifetime, confined to small, unsanitary, diseased cages, skinned alive, slaughtered alive for their furs, skins, tusks, tails, organs, body parts, flesh, etc., all for decoration, entertainment, accessory, not necessity. Overfishing is now contributing to the destruction of our ecosystem and by 2048 we could see fishless oceans. It is unfortunate that the product of murder & torture is considered luxurious, sporty, tourist-like or traditional. The most dangerous quote is "We have always done it this way". The earth however has never always suffered this way. The ways of man are the problem and his intent is now one thing only... PROFIT. You have the choice to make a difference and contribute to suffering or repair of the planet for not just yourselves but your children & children's children.

- 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. The grinding of male chicks is produced for your nuggets in your children's Meals etc.
- Animal rape, torture, abuse, extremely unhealthy and inhumane living conditions for animals and murder exist in the dairy, meat, poultry, egg production industries. Female cows are forcibly inseminated with sperm and impregnated over and over to produce a baby calf in order to produce milk, confined to tight space in which they can not turn. Many live and sleep in their own feces causing disease.
- Baby calves are torn away from their mothers at birth or days later and if male, they are sent to slaughter to produce what we know as "veal" generally more expensive than the beef from older cattle. A mother cow cries physical tears for days to weeks when her baby is stolen. 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 and fully conscious.
- Animals are not objects. Animals are sentient beings with emotions and possess the five major senses just like humans - taste, touch, smell, sight, sound. Animals feel physical pain. Like humans they bond with each other, have hierarchies, communication, possess love, affection, the need to feel loved and the desire to live.
- Plants are not sentient beings with nervous systems, brains, organs or feelings, though they do respond to energy as everything in the universe possesses a vibration and frequency. And to add for those that complain that "plants have feelings," well here's a hard plant based pill to swallow... More plants are destroyed to feed the trillions of livestock we unnecessarily breed for "human consumption" of meat every year. Football fields of the Amazon are destroyed every day on earth due to meat production & consumption. Deforestation & ocean dead zones are also a consequence, also affecting marine life including sea vegetables & sea plants which eventually affect all life that actually have feelings in addition to planet earth resulting in mass extinction of species, ocean dead zone and climate change. More on this topic in section D.
ENVIRONMENTAL IMPACT below.

D. ENVIRONMENTAL IMPACT

- Animal Agriculture is the leading cause of global warming, climate change, deforestation, shortage of water, world hunger, ocean dead zones, water pollution, species extinction, habitat destruction, 91% of Amazon destruction.
- Every 6 seconds one football field of the tropical rainforest is destroyed to produce the equivalent of 257 hamburgers.
- Deforestation caused by the beef industry is due to the large amount of land needed for grazing and feed crop production.
- 110 animal species are lost every day from deforestation.
- In the United States alone, cows produce more greenhouse gas than 22 million cars per year.
- Factory Farms in the U.S. generate 13 times as much sewage as the human population does.
- 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, saves 3,432 trees 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.
- Globally, cows produce 150 billion gallons of methane per day. Methane has a global warming potential 86 times that of CO2 on a 20 year time frame.
- Over 300,000 whales, dolphins and other marine mammals are killed by the commercial fishing industry every year as bycatch. According to the World Wildlife Fund, 90% of the ocean's large fish have already been fished out. Scientists predict that there may be no fish in the ocean by 2048 (30 years from now). Overfishing and annual bycatch is affecting the ecosystem in our oceans, which directly affect the planet and as well as all life on the planet.
- Human activity primarily food choices leads to the largest mass extinction in 65 million years, soon leading to an uninhabitable earth. The current rate of extinction of all species is estimated at 100 to 1,000 times higher than natural background rates.
- If humans killed humans at the rate they killed animals, humans would be extinct in 17 days.
- Bees are dying globally at alarming rates due to humans, honey production, cross breeding, shipping, and the disrupting of hives. The bee is essential for pollination which directly impacts food growth. When the bee dies, mankind will become extinct four years later. We are all connected
- *High end car companies are beginning to produce vegan leather interior alternatives
- Tesla is the first to convert to all vegan interiors, prompted by PETA. The world is changing and hopefully other companies will follow suit.

E. HUMAN LIFE

Many non-vegans argue that vegans care more about animals than they do people and care more about animal rights than human life, in particular black life.

I first must acknowledge that yes, the world has its issues and layers of issues within each issue.

My arguments however stand on the basis of the following facts.

1. Melanated people's health issues rank at the top of the statistical chart. And most of the ailments are related to unhealthy food choices. Some will argue on the basis of economic or lack of access to healthy food, but every corner store, bodega, grocery store, has a fresh produce section. So while we can't always control the actions of racists, murderers, we can however change and control our own actions and behaviors to prolong and enhance our very own lives in addition to those around us by making wiser food choices.
2. The leading cause of world hunger is caused by a combination of 2 things - corrupt systems of power along with the demand of grains that go toward feeding livestock specifically bred for human food consumption instead of those grains feeding humans. And the cycle of breeding (creating life to murder that same life) continues, when unnecessary for survival and also against human biological make up.
3. Lastly, being that black & brown people are globally affected the most by starvation in numbers that exceed by the millions the number of lives taken by police officers or crime itself, wouldn't it make sense to discontinue supporting an industry that contributes to global starvation? Do you see the bigger picture here?

Frequently Asked Questions

Q: Where will 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.

ALL PROTEIN comes from plants so a plant based or vegan diet will provide you with more than enough protein. Animals also get their protein from eating plants. Eating plants as the first source without the middle man (animals), you will greatly increase your protein intake. When you eat animal products for protein, etc. you begin forming plaque in the coronary arteries, limiting the function of the arteries, blocking proper blood flow, causing heart problems. When the protein found in animal foods is cooked, preserved and digested, highly inflammatory compounds are found that corrode our cardiovascular system. Just one animal based meal causes an increase in inflammation by 70% resulting in more soreness and delay in muscle recovery for athletes or anyone who exercises, causing the blood to be cloudy in impairing proper blood flow & your ability to perform at your best whereas plants have the opposite affect improving *endothelial* function and increasing blood flow.

Definition of *endothelium*: the tissue which forms a single layer of cells lining various organs and cavities of the body, especially the blood vessels, heart, and lymphatic vessels. It is formed from the embryonic mesoderm.

Sources of vegan protein:

- Dark leafy green veggies & lettuce
- Mushrooms
- Plant and nut based milks
- Nut butters
- Plant based meats
- Cabbage & broccoli
- Asparagus, artichoke
- Jackfruit
- Apples & apricots
- Blackberries & blueberries
- Tahini (sesame seed paste)
- Nutritional yeast
- Parsley, radish, celery, beets
- Pumpkin, potatoes, yams
- Beans, seeds, legumes & peas
- Tempeh, seitan, tofu
- Quinoa & amaranth
- Cucumbers, avocado
- Banana & cherries
- Spirulina
- Hemp seeds

Q: I could never go vegan. How & where will I get my VITAMIN B12?

A: B12 is not made by animals. It's made by bacteria found only in soil and water. Once upon a time humans were able to get B12 in a more natural environment by drinking water from rivers and streams or directly from the dirt on plants and fallen fruits. Now due to pesticides, chemicals, that kill B12, farm animals also have to be given a B12 supplement. Everyone including meat eaters are low in B12 for these reasons and should take a supplement.

Sources of Vitamin B12:

- Sunlight
- Mushrooms
- Plant and nut based milks
- Plant based meats
- Fortified cereals
- Chlorella
- Nori/dried purple laver
- Nutritional yeast
- Tempeh
- Vegan mayonnaise
- Vitamin B12 supplement, spray or injections if ever low on energy (same applies to meat eaters)
- Veggie burgers & sausages

Q: I hear vegans use a lot of soy in their plant based meats or tofu, which is so bad for you because it increases estrogen.

A: There is a big misconception about soy. Many people have been told that soy is loaded with estrogen associated with feminine traits like man boobs, becoming gay, or even increasing your chance of developing cancer, breast cancer especially. Soy actually contains phytoestrogens, compounds that look like estrogens and have the opposite effect by blocking some of our bodies' estrogen receptors and preventing real dietary sources of estrogen from dominating. Foods that actually contain harmful estrogens are animal foods - poultry, dairy, eggs affecting human hormone levels significantly causing excessive growth, premature adolescent stages and puberty in children. Simply drinking cow's milk can increase a man's estrogen levels by 26 % in just one hour and dropping testosterone levels by 18%. Another chemical linked to reduced muscle mass and increased body fat, is cortisol a stress hormone which drops by a minimum of 27% when consuming a plant based diet.

Q: Where will I get my CALCIUM?

A: Sources of calcium:

- Watercress
- Parsley
- Leafy greens
- Nuts & seeds
- Beans, peas & lentils
- Supplement
- Tahini
- Raw figs
- Black berries & raspberries
- Black strap molasses
- Seeds and figs
- Broccoli
- Collard & turnip greens, kale
- Amaranth
- Tofu (if you are not opposed to soy)
- Grains
- Seaweed
- Black currants
- Orange juice

* My osteopenia (early signs of osteoporosis) completely reversed when I stopped consuming milk and dairy products. I have not had one fracture since going vegan.

Q: Where will 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

* **My anemia reversed completely once I went vegan because I naturally began consuming more iron rich foods.**

Q: Where will 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: 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, rice, soy meats with lack of non-processed foods like fresh vegetables, fruits, nuts, seeds in their diets or undereating with very little nutritious balance in their daily meals. Vegan athletes and vegan body builders also exist and perform at their all time high, breaking and setting new record). Healthy, thick, or thin vegans exist. Veganism is however not about weight or size, as every body composition is different. Veganism is about being our best selves from a place of compassion for all animal life, making the connection to our actions and the entire web of life in addition to Mother Earth itself.

Q: Where can I SHOP?

A: Every grocery store is full of natural, raw, and vegan foods in the produce section where fruits and vegetables reside. You can expand from there by purchasing beans (preferably not canned but by the bag or in bulk), vegan cheeses, spreads, dressings, sauces, hummus, nuts, seeds, nice creams (dairy free ice cream), vegan pizzas, cacao nibs, dark chocolates, vegan meat and seafood alternatives, etc. Grocery stores that have larger vegan product selections are Whole Foods, Sprouts, Gelson's, Trader Joe's, Mom's, Phoenician Foods, etc. You can also find a wide range of vegan food and products on VeganEssentials.com. Thrivemarket.com is also a great online shop that allows you to purchase organic foods for a much lower price than store bought organic foods!

Q: What is the difference between PES CETARIAN, VEGETARIAN, VEGAN, RAW VEGAN, ALKALINE VEGAN?

A. Pescetarians consume no meat (beef, lamb, goat, pork, chicken, etc.) other than seafood. Whether they consume dairy and eggs is a personal choice. Vegetarians consume no animal but do consume dairy and eggs, honey and other products derived from animals. The ovo-vegetarian consumes eggs. The lacto vegetarian consumes dairy. The ovo-lacto vegetarian consumes both eggs and dairy, but no animals. The vegan consumes no animal or animal products (land animals, tree animals, seafood, insects, dairy, eggs, or products that contain any animal or animal by-products). The raw vegan consumes no animal or animal products, but does consume non-processed and non-cooked vegan foods. Raw vegans can soak their foods in water, and heat up to 118 degrees Fahrenheit. Foods cooked above 118 degrees F lose their nutrients and enzymes needed for optimal health and functionality. Alkaline vegans do not consume acidic or hybridized food (foods fused by man with starch), but are able to

consume both raw and cooked foods of the alkaline list are fine to consume. The alkaline approach prohibits the consumption of GMO, processed & microwaved foods. And absolutely no consumption of honey, alcohol, white or brown sugar, canned or seedless fruits).

Q: Is it safe to go vegan while pregnant?

A: Maintaining a well-balanced healthy, non-processed vegan lifestyle is returning to nature, in other words what the human body was divinely designed to consume and digest. A well rounded vegan diet incorporating more raw foods is actually the safest diet for pregnant mothers to consume for themselves and their unborn babies as it is richest in nutrients, vitamins, minerals, enzymes. Portions are to be determined per individual. Consult with your doctor about additional recommended vitamins and B12 supplements if needed (applicable to carnivores, pescetarians, vegetarians and vegans) and any plans to switch to or adopt a Vegan or other diet while pregnant).

Q: I have a family. How do I get my spouse & children to go vegan if they're already used to eating meat?

A: Tip 1: Do not mention the big V word "Vegan" in the household. The V word is often associated with a stigma of tasteless, boring foods though it's certainly a myth. Secretly veganize the meals you already love by using substitutes for your eggs, milk, cheese, meats, poultry & seafood. Then after you've impressed your family, slowly introduce the V word, begin watching documentaries together to get educated. Dedicate a night or two per week to creating vegan dishes together. Tip 2: Make sure your food is properly seasoned. Always keep in mind that most foods except for fruits, vegetables, nuts, seeds wouldn't taste like much of anything without spices & seasoning which are basically just plants. Tip 3: Presentation is important as people eat with their eyes. Put effort into making your meals look professional and colorful. Try arranging & decorating your plate with an herb on top, dusting with ground seasoning, adding lime on the side, etc. Tip 4: Involvement. Children often like to create, so get them engaged by involving them in the creation process. Make it fun by allowing them the freedom to choose ingredients, look up different foods on the internet to discover their benefits, choose & even name their meals, smoothies, juices, and craft a household menu, etc. I have a 9 year old niece who once hated salads and didn't give fruit the time of day until I introduced her to her first smoothie bowl & she became involved in choosing her ingredients & toppings. It works! Tip 5: Once you know everyone loves the taste and has their favorite dishes, you can then reveal that they're plant based. If they ask why, begin reserving 1 - 2 nights a week watching a film of your choice for everyone to understand the positive changes in health they are making along with great contributions they are making to the animals and mother earth. Recommendations: Earthlings, Cowspiracy, What the Health, Game Changers. Graphic content in the first 2 films mentioned: As a parent, you must decide what your child is ready for, so it's best you view to determine first.

Q: I am not rich and cannot afford to be vegan, hire a chef or eat healthy so what do I do?

A: You do not need to hire a chef. AND, you can actually cut your spending by a third or half when you ditch the candy bars, chips, coffee shops, 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 to NOT eat healthy and NOT go Vegan. There are several websites, books, channels available to guide in which I have included a directory of below to make your transition easier.

Q: Do you struggle dating non-vegans?

A: In a recent interview, I was asked if I had any struggles dating non-vegan men. I understand that the world hasn't yet caught up and there's strong hate & stigma toward vegans & veganism, so of course my full answer was cut short to paint me in a negative light with a click bait title to gain traffic, clicks & comments. To however fully answer the question so many want to know, well here it goes... Dating is not the focal point of my life. I believe dating represents a search for partnership in regards to who you'd like to build a life with - one of compatibility of course. Secondly, I am not in search of or seeking anyone to complete me, as I am focused on self love and becoming my best self. I believe being your best self

attracts the best version of another person and I prefer that process though I am very happy and already complete in my solo life. I am not dating. I am however not closed to the idea of the right one to compliment my life. Moving along... In 2017, on a friendly "outing" which is completely different from a date, with a non-vegan male friend of 10 years, I had an experience that for the first time clarified the only type of future I wanted to build. This experience spoke volumes because I'd changed and grown so much since my last relationship, that what was once an option no longer became an option in the equation of my life. At the end of this particular outing, this male friend made it known he had a thing for me by attempting to kiss me, and instantly the lightbulb switch turned on. The kiss never happened as the connection that was already made with what I allowed on my plate, had also been made as it pertained to the type of life partner and future I could accept, when I smelled "death on his breath" before he attempted to kiss me. The odor of what smelled like dead animals' rotting flesh, decaying in his gut and making his way into the universe as he spoke, spoke louder volumes. It did not represent bad breath, halitosis or lack of dental care to me. What it represented was the type of lifestyle, mindset, decisions, dollars and moral compass that supported cruelty, confinement, slavery, abuse, rape, torture, and murder in addition to a series of potential health issues which my mind & soul, present and future did not align with. The smell of "death on his breath" was also a trigger for every documentary and piece of footage my eyes have seen of female cows being forcibly impregnated (rape), baby calves, just days old being torn away from their mothers (kidnapping & PTSD), animals living in feces unable to turn around in cages (abuse & cruelty), throats & abdomens being slit while fully conscious, baby pigs being castrated and male chicks being grinded alive (torture and murder), etc, etc, etc. Whether he was eating and living consciously or unaware on his part, there was no personal judgement on my end as most of us including myself were traditionally raised on meat, poultry, eggs dairy with no clue of the devastating health, cruelty, environmental impacts and issues attached. But it was certain in this very moment that it all became clear that I could only **build** a life for a lifetime with someone who did not believe in or support cruelty, murder, etc., through the consumption of meat, wearing of furs, animal skins or products & activities involving animal cruelty, etc. Furthermore, in this interview, I also mentioned that I could date a non-vegan man if he were not condescending about veganism and were willing to learn and try which I'd be happy to assist with. But unfortunately, that was not included because I'm sure it struck a nerve with the editor who was triggered by the harsh truth having to check his/her moral compass. Besides, the compassionate truth was too heavy and not controversial enough to produce click bait and comments. But to answer your question, if and when I choose the route of marriage, I am now clear and adamant about merging my entire being and lifetime with a conscious being of awareness and compassion leading a vegan, whole foods plant based, cruelty and murder-free, lifestyle with respect for his temple, sentient beings and the planet as a whole. I am also clear and adamant about raising conscious, vegan children if I choose to be a mother. Once again, being vegan is not about being better than anyone, but it's certainly about doing better for everyone. The mindset of a vegan is becoming considerate and inferior not superior to all forms of life. Whether bottom feeder blogs and publications cut off my statement to create a distorted view about me, vegans, and veganism, the fact of the matter is I gave a complete statement and spoke my truth, which is not everyone's truth nor do I expect it to be. But I certainly would not be investing my time spreading awareness through a personally crafted starter guide free of charge or monthly challenges awarding winners to free merchandise, accommodations and outings funded by myself if I didn't believe in growth or care about people, animals or the planet. As you begin your journey, or while you're in the midst of advancement, yes, you will receive some admiration, praise but even more discouragement, negative energies and hate as it makes insecure beings quite uncomfortable with themselves and the current lives they lead. I encourage you all to stay on the path of education, enlightenment, love and compassion and never shy away from how you feel, what you feel is right or what you want and/or do not want in your life. This journey has only created a more solid human being of me and the ignorance from can not shake me or discourage me from what I know is right for me and everyone as whole in any way.

Benefits

- Clearer conscience
- Reversed aging
- Clearer skin
- Potential weight loss
- Mental clarity and health
- Spiritual alignment
- Reverse diabetes
- Reverse cancer
- Cavity prevention
- Reverse obesity
- Live a longer, healthier life
- Impact others' lives & health positively
- Clear yourself of fear consumption
- Positive contribution to earth, environment, humanity and all living beings
- The intake of living foods causes you to feel alive, combat depression, reduce inflammation, eliminate constipation, sleep better, think better, feel better, look better, smell better, taste better, do better, survive better, live better, thrive better
- Meeting beautiful, conscious people that give a damn about the future and the human footprint

Eliminations for Optimal Health

1. Land animals, Sky animals, Sea Animals (Meat, poultry, seafood, amphibians, insects,
2. All dairy products (animal milks, cheeses, ice cream, milk chocolate, milk and dairy & cheese based salad dressings, yogurts, creams, pestos)
3. Eliminate eggs (also high in cholesterol) - Eggs are basically the period of a hen and an unborn baby
4. Butter, palm oil, lard or oil (high in fat)
5. White rice, starch, bread, tortillas, pastas, macaroni, fries, potatoes, chips
6. Sodas, juices, energy drinks, coffee w/milk, alcohol, wine
7. Processed syrup, white sugar, honey
8. Fried foods (artery clogging, contributes to obesity)
9. Animal based broths
10. Junk food (chips, cookies, candy bars)
11. Chicken, pork or beef broths and stocks
12. White rice
13. Gum

Replacements/Substitutes for the above

1. Vegan meats, seafoods, seitan, tempeh, mushroom, beans, jackfruit
2. Vegan Nut based milks (Almond, Cashew, Coconut, Walnut, Hemp milk)
Vegan cheeses, (Leaf Cuisine, Kite Hill, Vegan Gourmet, Daiya, Tofutti to name a few)
25 brands here:
<http://www.onegreenplanet.org/vegan-recipe/10-vegan-cheeses-that-will-knock-your-socks-off/>
Sour creams, whipped creams, mayonnaise, dips, yogurts, almond or coconut milk ice cream, non-dairy dark chocolate, oil & vinegar salad dressings are also available. (Try “Bitchin’ Dip” available at Whole Foods)
Do it yourself dressings: <https://itdoesnttastelikechicken.com/16-vegan-salad-dressings/>
3. Replace with vegan egg mix, seitan, tempeh or mushrooms
4. Earth balance butter, olive oil, coconut oil, avocado oil, sesame seed oil
5. Wild rice, Quinoa, sweet potatoes, spiralizer vegetable pasta (zucchini, squash).
6. Drink water (add lemon, lime or keylime to alkalize), fresh pressed natural juices, green/matcha tea or coffee with nut based milks, vegan wine, kombucha
7. Raw agave, organic maple syrup, stevia, coconut sugar (low glycemic)
8. Baking or steaming with minimal safe cooking oils is best (grapeseed, avocado, sesame, hempseed)
9. Veggie Sticks, dehydrated fruits, nuts, seeds, trail mixes, veggies w/ hummus, raw vegan cheeses, dips, nut butters
10. Veggie broth or stock
11. Black Rice, Purple Rice, Wild Rice or Quinoa (superfood)

Vegan Beef, Pork, Poultry & Seafood Brands

- Beyond Meat (all products vegan)
- Butler Foods (all products vegan)
- Boca
- Cool Foods
- Field Roast (all products vegan)
- Frieda’s
- Gardein (all products vegan)
- Gardenburger
- The Herbivorous Butcher (all products vegan)
- Impossible Foods (all products vegan)
- Loma Linda
- Louisville Vegan Jerky
- Light Life
- Match Meats
- Memphis Meats

- Moving Mountains
- Phoney Baloney's Coconut Bacon
- Primal Spirit Foods
- Sophie's Kitchen
- Sweet Earth
- Turtle Island
- Turtle Mountain
- Tofurky
- The Good Franks
- Upton's Naturals
- Yves Veggie Cuisine

Vegan Milk Brands

- Blue Diamond
- Almond Breeze
- Edensoy, Oatly (Oat drink, chai, latte, and Barista Edition)
- Nutty Bruce
- Pacific Non Dairy Beverages (Soy, Almond, and Coconut Varieties)
- Ripple Dairy-Free (Pea-Based)
- Silk (Soy, Nut, Almond, Oat "Oat Yeah", and Coconut Varieties)
- Trader Joe's
- West Soy
- Whole Foods Market 365

Vegan Cheese Brands

- Blöde Kuh
- Daiya
- Dr. Cow
- Field Roast
- Follow Your Heart
- Miyoko's Kitchen
- Heidi Ho
- Kite Hill
- Punk Raw Labs
- Parmela Creamery Vegan Cheese
- Punk Raw Labs
- Sister River Foods
- So Delicious
- Tofutti
- Treeline
- Vtopian Artisan Cheeses

Vegan Egg Replacer Brands

- Bob's Red Mill Egg Replacer
- Ener-G Egg Replacer
- Follow Your Heart
- Free and Easy
- Just Egg
- Namaste Foods Egg Replacer
- Spero Foods Scramblit
- The Neat Egg
- Terra Vegane
- Vegan Easy Egg by Orgran Foods
- Vegg Egg Replacer

<https://www.peta.org/living/food/vegan-eggs>

Vegan Pancake & Waffle Mix

- Arrowhead Mill
- Aunt Jemima
- Bob's Red Mill
- Coconut Whisk
- Krusteaz
- Leilanis Attic
- Hungry Jack
- Bisquick

Vegan Pet Food

Gather Endless Valley, Halo, KetunPet, Walk About Canine Exotics, Wild Earth, Wysong, V-Dog

Vegan Ice Cream & Whipped Cream Brands

- Almond Dream
- Ben & Jerry's now offers vegan ice cream options.
- Breyers now offers vegan ice cream options
- Ciao Bella
- Coconut Bliss
- Coconut Dream
- Double Rainbow
- Häagen-Dazs now offers vegan ice cream options
- Halo Top
- Nada Moo!
- Rice Dream
- So Delicious
- Soy Dream
- Talenti
- Tofutti
- Trader Joe's
- Van Leeuwen

Vegan Mayo

- 365
- Follow Your Heart Vegenaïse.
- Fratelli
- Hellmann's and Best Foods Vegan Carefully Crafted Dressing
- Nasoya Vegan Nayoïsaïse.
- Sir Kensington's Fabanaïsaïse.
- Earth Balance Mindful Mayo.
- Primal Kitchen
- Sir Kensington's
- Spectrum
- Trader Joe's Vegan Spread & Dressing and Reduced Fat Mayo Dressing.
- Thrive

Vegan Salad Dressing

- Annie's Homegrown Organic Goddess Dressing
- Briann's Rich Poppyseed Dressing
- Walden Farms Creamy Bacon Dressing
- Newman's Own Poppy Seed Dressing
- Daiya Deliciously Dairy-Free Hon'y Mustard Dressing
- Daiya Creamy Caesar
- Drew's Organic Roasted Garlic Peppercorn Dressing & Quick Marinade
- Food's Alive Vegan Ranch Organic Superfood Dressing
- Hillary's East Well Organic Ranch Caesar Dressing
- JUST Caesar Dressing
- Kewpie Creamy Wasabi & Coconut Dressing
- Primal Kitchen Vegan Goddess & Ranch Dressings
- Organicville Vegan Non-Dairy Ranch
- Saucy Lips Pineapple Thai Gourmet Handcrafted Sauce
- Simple Grlr Citrus Ginger Organic Sugar Free Dressing
- Trader Joe's Green Goddess Salad Dressing

Vegan Gum & Candies

- Rogue Gum
- Simply Gum
- Pur Gum
- Spry Gum
- Skittles
- Peanut Butter Dark Chocolate Cups
- Airheads
- Atomic Fireballs
- Big League Chew
- Bottle Caps
- Brach's Lemon Drops
- Brach's Root Beer Barrels
- Charms Blow Pops
- Chick-O-Stick
- Fun Dip
- Hubba Bubba
- Jolly Ranchers
- Mamba
- Mary Jane
- Nerds
- Now & Laters
- Pixie Sticks
- Red Vines
- Smarties
- Sweet Tarts
- Surf Sweet Gummies
- Twizzlers
- Zots

Vegan Wines

- Bellissima Prosecco. ...
- Blossom Hill. ...
- Charles Shaw Red Wine Varieties. ...
- Cooper's Hawk Vineyards. ...
- Cycles Gladiator. ...
- DAOU Vineyards. ...
- Frey Vineyards. ...
- JUSTIN Wines
- Layer Cake Wines
- Lumos Wine Company
- Natura Wine
- Our Daily Wines
- Palmina Wines
- Planet 9 Fine Wine by Mýa
- Red Truck Wines
- Seghesio Family Vineyards
- Sutter Home
- Thumbprint Cellars
- Union Wine Co.
- Wrights Vineyard & Winery

Purchases & Investments

1. Spiralizer (to spiralize your vegetables to make veggie pasta instead of starchy pasta). Zucchini, squash, beetroot, sweet potato, butternut squash are all fabulous!
2. Nutribullet, Ninja or Vitamix appliances for smoothie bowls, nut based flours, nut crusts, etc. (Department stores or online)
3. Pineapple corer, apple corer, mango corer (optional).
4. Juicer for fresh pressed juices (I use a Breville juicer)
5. 2-3 packs of BPA-free to go containers for daily meal prep so you're always prepared
5. Apple corer, mango corer, sharp knives
6. Knife sharpener, fruit peeler
7. Pineapple corer, apple corer, mango corer (optional).
8. Coco Jack tools for fresh coconut cracking & coco meat collecting (cocojack.com)
9. Wooden spoons, spatulas, cutting boards (Plastic is toxic).
10. Replace titanium, aluminum and steel pans with iron pans & skillets (healthier & non-toxic)
11. Reusable grocery bags, glass straws, boxed water. Plastic is destroying our oceans and harming animals.
12. Eco-friendly or BPA-free cutting board & to go containers
13. Alkaline water machine, reverse osmosis

Tips

1. Get educated.
2. Veganize the meals you already love with substitutes.
3. Increase your intake of leafy green vegetables, beans, legumes for protein.
4. Increase your fruit intake for fiber.
5. If attempting to lose weight, avoid heavy meals, oils and fruit (sugars) especially at night. Portion management is important if training for weight loss and physical appearance. The more water you drink, the less hungry you'll be and the more you'll flush your system.
7. Place lime and cucumber slices in your water and/or drink hot green tea at the top of the morning (even throughout your day). Lemon is also a natural alkalizer and diuretic, flushes your system and detoxifies the body. Lemon is however more acidic than lime.
8. Fruit (of your choice) infused water is also great.
9. Be sure to include B12 supplements if ever feeling low on energy
10. Spend time in the sun for your Vitamin D or be sure to take a supplement.
11. Whether Vegan or not, B-12 is essential for all humans and is only produced in soil. Take a supplement.

Being **environmentally friendly** simply means leading a lifestyle that is better for the environment. It's all about taking small steps towards mother **earth** so as to make this planet a better place for our communities and generations to come. A good way would be to start with conserving water, driving less and walking more, consuming less energy, buying recycled products, eating locally grown vegetables, joining environmental groups to combat **air pollution**, creating less waste, planting more trees and many more.

1. Replace plastic bowls with coconut bowls.
2. Replace metal or plastic spoons with wooden spoons
3. Replace plastic straws with stainless steel straws
4. Purchase boxed water vs. plastic bottled water
5. Paper or reusable grocery bags vs. plastic
6. Choose wooden bamboo brushes & toothbrushes over plastic options.
7. Buy recycled products
8. Eat locally grown fruits & vegetables (Eliminates transport costs)
9. Plant more trees and many more.
10. Conserve water. <https://www.conserve-energy-future.com/various-ways-to- conserve-water.php>
11. Drive less and walk or ride a bike more
12. Join environmental groups to combat air pollution, create less waste, etc.
13. Reduce the use of harmful chemicals like paint, ammonia, etc.
14. Composting: an easy process that takes remains of plants & kitchen waste & converts it into rich nutrient food for your plants that helps them grow reducing garbage that goes into landfills.
15. Do not litter.
16. Use less fossil fuel based products. https://www.conserve-energy-future.com/Advantages_FossilFuels.php
17. Support bans on activities that support cruelty like trapping, hunting

Vegan, Cruelty-Free Beauty & Wellness Brands

a. SHAMPOOS

- Beauty Without Cruelty Daily Benefits
- Christina Moss Naturals Organic
- Giovanni Smooth as Silk Vegan Shampoo
- Hempz Triple Moisture-Rich Daily Shampoo
- LUSH Veganese Conditioner
- Pacifica
- Paul Mitchell Tea Tree Special
- Puracy Citrus & Mint Non-toxic
- Sent From Earth Caffeine & Saw Palmetto
- Sweet Baby Natural Hair Care
- Trader Joe's Tea Tree Tingle Shampoo & Conditioner Pack

b. CONDITIONERS

- Avalon Organics Anti-Dandruff Itch & Flake Conditioner
- Acure Deep Root Conditioner
- Carol's Daughter
- Desert Essence Conditioner, Lemon Tea Tree
- Jessicurl AloeBa Daily Conditioner
- Pacifica
- Pureology Hydrate Conditioner
- Pureology Pure Volume Conditioner
- Soap Box
- Shea Moisture

c. HAIR OILS

- Coconut oil
- Black Jamaican and/ or Haitian Castor Oil
- Batana Oil
- Tea Tree Oil
- Olive Oil
- Avocado Oil
- Hemp Oil

d. HAIR DYE

- Lime Crime Unicorn Hair Semi Permanent Hair Dye
- Green Hare Mud 100% Natural Hair Dye
- SPLAT One-Wash Hair Dye
- Arctic Fox Semi-Permanent Hair Dye
- Adore
- Henna Hair Dyes by LUSH
- Classic High Voltage Hair Color by Manic Panic Hair Dye
- Naturtint Permanent Hair Color
- Henna Cream Essential Kit by Surya Basil Beauty
- EcoColors_Non-Toxic Permanent Hair Color ***
- Smart Beauty Temporary Hair Dye
- Liquid Chalk by Brite
- Semi-Permanent Hair Color by Good Dye Young

- Semi-Permanent Hair Color From Lunar Tides
- Herman's Amazing Vegan Semi-Permanent Direct Color Dye
- Iroiro Premium Natural Semi-Permanent Hair Color
- Logona Hair Natural Vegan Plant Based Dye
- Punky Semi-Permanent Conditioning Hair Color
- Henna Hair Color by The Henna Guys
- Henna Cream by Tints Of Nature

e. DEODORANT

- LaVanila "The Healthy Deodorant" (Top Pick!)
- Crystal Deodorant Stick.
- Herban Cowboy.
- North Coast Organics
- Primal Pit Paste
- Schmidt's Organic Deodorant
- Tea Tree Oil
- Certain Dri
- Native

f. MAKE-UP

Bare Minerals, Hourglass, Stila, Smashbox, Kat Von D., Urban Decay, Tarte, Too Faced, Milk MakeUp, Charlotte Tilbury, NYX, Face of Australia, Harlotte, Becca, Anastasia Beverly Hills, Josie Maran, CoverFX, OCC, Thebalm, Pur Cosmetics, Clate, Besame, Perfekt, Blic, Cargo, Duwop, Bare Minerals, Busom, The Body Shop, Lush, Eyeko, Ardency Inn, Edward Bess, Korress, Catrice, Japoneseque, Chantecaille, Ellis Faas, Rouge Bunny Rouge, Elf, Hard Candy, Milani, Physicians Formula, Sonia Kashuk, Jordana, Flower, Jane, Prestige, Pixi, Pacifica, Mineral Fusion, Essence, Barry M, Gosh, Marcelle, Annabelle, W3ll People, RMSS Beauty, Ilia, Kjaer Weis, Vapour, Red Apple Lipstick, Jane Iredale, Sappho, Au Naturale, Alima Pure, Everyday Minerals, Youngblood, Lily Lolo, Inika, Antonym, Bella Pierre, Make Up Geek, Zuii Organic, Colour Pop, Glossier, BH Cosmetics, Zoeva, Natasha Denona, Rituel De Fille, Aromi, Sugarpill, Gabriel Cosmetics, Melt, Cate McNabb, Fairy Girl, Gerard Cosmetics, LimeCrime, Shiro, Suva Beauty, Concrete Minerals, Suva Beauty, Silk Naturals, Fairy Girl, Girlactik, Cloured Raine, Dose of Colors, Coloured Rain, Cinema Secrets, Aether Beauty, Afterglow Cosmetics, Axiology, Beauty Blender, Black Radiance, Butter London, Chi Chi Cosmetics, Clove & Hallow, Copycat Beauty, CYO Cosmetics, Cover Girl, Ben Nye, Deck of Scarley, Doll 10, Elate, Emani, Fiona Stiles, Grande Cosmetics, HAN, Hynt Beauty, Jeffree Star, Jouer, Juvia's Place, KKW Beauty, Kylie Cosmetics, Kosas, Kryolan, LA Girl, Lilah B., Linda Hallberg, Lit Cosmetics, Lunar Beauty, Mehron, Nabla Cosmetics, Nude by Nature, Palladio, Pupa Milano, Sleek, Stargazer, Thrive Causemetics, Wander Beauty

g. FRAGRANCE

Most perfumes are not vegan. They can contain several animal ingredients. Civet (faecal paste from the anal glands of a civet cat), castoreum (creates a leather smell, it is derived emitted from the genital scent sacs of a castor beaver), ambergris (derived from the digestive tract of sperm whales), and musk (an odor secreted from the sheath gland of musk deer) are all prevalent fragrance ingredients. However, due to protected trade secrets, the consumer won't be seeing an explicitly labeled ingredients list, nor anything that notes the perfumes' animal origin. Nonetheless, perfumes made from plants are abundant and accessible. So, if you are vegan and looking to break stereotypes about smelling "earthy", or just aren't keen to spritz dead animals on yourself and clothing, here are just a few vegan and cruelty-free perfumes.

- Pacifica Perfumes
- Kat Von D Parfums
- Jack Black Parfums

- Aura Cacia Room and Body Mist, Peaceful Patchouli and Sweet Orange
- DefineMe Delphine Hair Fragrance Mist
- Herban Cowboy Love Perfume
- Karma Solid Perfume By Lush Cosmetics
- Ecco Bella Eau de Parfum, Bourbon Vanilla
- Tsi-La – Organic Vegan Fiori D’Arancio Mini Perfume Oil
- Pinrose Scents Perfume 7 Piece Layering Kit Set
- Pour le Monde Empower All Natural Eau de Parfum
- Olivine Atelier – Vegan Perfume Oil (Amongst The Waves)
- Love Myself Organics Natural Organic Vegan Roll-On Perfume
- Patchouli Essential Oil Perfume Solid, Vegan By Melodie Perfumes
- I’m Fabulous Cosmetics Lemonade Fragrance Oil
- Kai Eau De Parfum Spray Fragrance
- The Body Shop Vanilla Eau De Toilette Perfume
- Aromatic Body Mist by Très Spa
- Egyptian Perfume Oil by Nemat Fragrances

h. TOOTHPASTE

I strongly recommend getting fluoride-free as fluoride calcifies the pineal gland located in the brain. The pineal gland produces various hormones and chemicals that keep us healthy and functioning well. One such hormone that the pineal gland produces is called melatonin, which controls our body's sleep and wake patterns. ... This tiny, yet very important gland is often referred to as our “Third Eye.” Calcification can lead to a hormone imbalance, which can affect other systems in your body. For example, sleep patterns are often disrupted if the pineal gland is impaired. This can show up in disorders such as jet lag, insomnia and overall brain fog. Coconut oil pulling & brushing is also a great way to fight cavities, reverse cavity damage, kill bacteria, prevent & fight gum disease.

- Eco-Dent
- Jason Natural Sea Fresh Toothpaste. ...
- Dr Bronner’s Peppermint All-One Toothpaste.
- Nature’s Gate Natural Toothpaste. ...
- Hello Toothpaste. ...
- Himalaya Complete Care Toothpaste.
- Desert Essence Natural Tea Tree Oil Toothpaste.
- Dr. Sharp Natural Oral Care Toothpaste
- Tom’s of Maine Natural Toothpaste
- Davids Premium Natural Toothpaste

i. VITAMINS

- Abundant Earth
- DEVA (Also for Prenatal)
- Future Kind
- Holland & Barrett
- Mykind Organics by Garden of Life
- Ora Organic

Websites

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

www.vegan.com (Everything Vegan)
www.chooseveg.com (Vegetarian & Vegan)
www.onegreenplanet.org (Vegan & Raw Vegan)
www.vegansociety.com (Everything Vegan)
www.veganstreet.com (Everything Vegan)
www.thugkitchen.com (Vegan)
www.veganessentials.com (Everything Vegan)
www.ohsheglows.com (Vegan)
www.thrivemarket.com (Organic shopping)
www.fullyraw.com (Raw Vegan)
www.wholefoodsmarket.com/Vegan (Organic shopping)
www.happycow.net (Vegan restaurant guides)
www.peta.org (Animal activism)
www.mercyforanimals.org (Farmed animal activism)
www.letsbevegan.com (Parasite cleansing)
www.bodyecology.com (Cleansing)
www.thrivemarket.com (Vegan and organic products)
www.eatingourfuture.com (Facts)
Summerveg.com (Events)

Restaurants

@donutfriend	@cafegratitude	@happyfoodandhealth
@bahaveganuk	@sunflowercafe.nyc	@truebistro
@graciasmadresocal	@gypsydubai	@eds_bred
@vstreetfood	@kind.morningside	@wearenutie
@berben_and_wolffs	@sweetmaresas	@theiazzaplantusa
@loveshack_ldn	@tasilisraw	@eliferestaurant
@sagebistro	@razzispizzeria	@nuvegancafe
@eatverdine	@eatbychloe	@sluttyvegan
@lifebistroatl	@pavillioncafe	@peaceofsoulsc
@vivatacoma	@thebuthcersdaughters_official	@organicgrill
@blossom.nyc	@beyondsushinyc	@earthlingscafe

Apps

a. VEGAN

21 Day Vegan Kickstart, Air Vegan, Animal Free, Black Vegan Tube, Bunny Free, Clean Eating Vegan Recipes, Cruelty Free, Cruelty Cutter, Code Check, Dr. Greger's Daily Dozen, Food Monster, Forks Over Knives, Four Eyed Plant Eateo, Garden Plate, GoNutss, Happy Cow, Is It Vegan, Meet Up, Peta2, Vanilla Bean, Oh She Glows, Thrive Market, Vegan Amino, Vegan Bowls, Vegan Diet Meal Plan & Recipes, Veg Emoji, Vegaholic, Vegan Health & Fitness Mag, Vegan Maps, Vegan Meal Plan, Vegan Pocket, Vegan Recipe Browser, Vegan Scanner, Veggies Alternatives, Vegourmet, Veg World Magazine, V Nutrition

b. RAW VEGAN

Do Eat Raw, From Seed to Spoon Gardening, Frutolo, Fully Raw by Kristina, My Raw Soups, Raw Cakes, Raw Food Cleanse, Raw Food Diet, Raw Food Diet Guide, Rawtarian, Rawvana's Raw Recipes, The Raw Advantage Recipes, Raw Food Cleanse - 28 Day Healthy Detox Diet, Raw Food Recipes Book

c. SMOOTHIES

Daily Blends Recipes, Green Smoothies by Young & Raw, Nutribullet Recipes, Smoothie Recipes Pro, Healthy Smoothie Recipes

d. JUICING

101 Juicing Recipes, Get Juiced, Healthy Juicing Magazine, Healthy Fruit Juices, Smoothie Recipes, Healthy Smoothie Recipes & Fresh Juice Recipes, Jason Vale's 7-Day Juice Diet, Juice & Smoothies Recipes, Juice: Cleanse, Heal, Revitalise, Juicing for Dummies: 101 Health Juices Recipes, Juicing with Jai Juice App Cold Press AI, Juicing Recipes Guide, Juicify, Mealthy: Easy Healthy Recipes Tasty Juice Recipes, More Juice!, Reboot with Joe Juice Diet App, Raw Detox Juice Cleanse

Online Films

DEADLY DAIRY, THE GAME CHANGERS, ROTTEN, COWSPIRACY, MEAT THE TRUTH, EARTHLINGS, PEACEABLE KINGDOM, EATING YOU ALIVE, VEGUCATED, WHAT THE HEALTH, FOOD, INC., FOOD CHOICES, FOOD MATTERS, IN DEFENSE OF FOOD, HUNGRY FOR JUSTICE, MEATHOOKED AND END OF WATER, 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, DOMINION, AKASHINGA: THE BRAVE ONES, A PLASTIC OCEAN, PLANET OF THE HUMANS, PLANEAT, TEST SUBJECTS, SIMPLY RAW, PLANT PURE NATION, MEET YOUR MEAT, FARM TO FRIDGE, UNITY, THE HUMAN EXPERIMENT, BEFORE THE FLOOD, BLACKFISH, OKJA, FOR THE BIRDS, MAXIMUM TOLERATED DOSE, CALLED TO RESCUE, THE GHOSTS IN OUR MACHINE, THE COVE, TO VEGAN OR NOT TO VEGAN, VEGAN EVERY DAY STORIES, THE RISE OF VEGAN, THE AGE OF STUPID, EATING OUR WAY TO EXTINCTION, EATING ANIMALS, A FALL FROM FREEDOM, SUSTAINABLE THE TRUTH ABOUT ALCOHOL, THE MAGIC PILL, HISTORY 101 (EP. 1), THE INVISIBLE VEGAN, PRAYER FOR COMPASSION, 73 COWS. RUNNING FOR GOOD, H.O.P.E.: WHAT YOU EAT MATTERS, THE END OF MEAT, DIET FICTION, THE BIG FAT LIE, SLICE OF LIFE, RACING EXTINCTION, THE ANIMALS FILM, SLED DOGS, HOW TO CHANGE THE WORLD, CHASING ICE, MINIMALISM, LAND OF HOPE AND GLORY, CARNAGE, THE HERD, VEGAN 2017 THE FILM, SUSTAINABLE HUMAN, FROM THE GROUND UP, TAPPED, THE TRUE COST, TRASHED, GASLAND, MISSION BLUE, NO IMPACT MAN, THE 11TH HOUR, HOW TO CHANGE THE WORLD, ADDICTED TO PLASTIC, CRUDE IMPACT, A RIVER OF WASTE, WATSON

Books

- Nutricide by Dr. Laila o Africa
- African Holistic Health by Dr. Lalila o Africa
- Vegucation Over Medication by Dr. Bobby Price
- African Holistic Health by Laila Afrika
- Life Changing Foods by Medical Medium Anthony William
- Afro-Vegan by Bryant Terry
- Alkaline Vegan for Newbies by Mr. Nigel Robinson
- Vegan Soul Kitchen by Bryant Terry
- 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
- Alkaline Plant Based Diet by Aqiyl Aniyis
- Vegan Under Pressure by Jill Nussinow
- Vegan For Everybody by America's Test Kitchen
- Quick & Easy Vegan Comfort Food by Alicia C. Simpson
- The Raw Deal Cookbook by Emily Monaco
- Alkaline Juicing by Marta Tuchowska
- Vegans Save the World by Alice Alvarez and Pamela Wasabi
- The Fully Raw Diet by Kristina Carrillo-Bucuram
- Sistah Vegan by A. Breeze Harper
- Ageless Vegan by Tracye McQuirter
- Vegan Lady Soul by Nicole Williams
- Caribbean Vegan by Taymer Mason
- Modern Vegan Baking by Gretchen Price
- Salud! Vegan Mexican Cookbook by Eddie Garza
- Mercy For Animals by Nathan Runkle
- The Falsification of Afrikan Consciousness by Amos N. Wilson
- The Light Shall Set You Free by Dr. Shirley McCune & Dr. Norma Milanovich

Quick, Affordable, Easy Recipes

~Italian~

a. Spaghetti & Meatballs

Ingredients

- Water
- Grape seed oil & olive oil
- Chickpea, spelt, wheat or gluten free pasta noodles
- Fresh onion, bell peppers, garlic, basil, cilantro
- Italian seasoning
- Sea salt, black pepper
- Date sugar or 1- 2 tsp agave
- Meatless meatballs by Gardein (optional)

Directions:

Pasta: Use grapeseed or avocado oil and water to boil noodles, cool down & sift

Meatballs: Defrost & heat in frying pan covered with lid. No oil needed.

Red Sauce: Store bought marinara, add diced tomatoes, onion, oregano, basil, garlic, sea salt agave or date sugar & heat. Add meatballs or top over ragu.

Complimentary sides: Italian chopped salad (Spring salad mix, romaine lettuce, red onion, tomato, chickpeas, black pepper)

Dressing: Homemade Italian (oil, vinegar, herbs, Italian seasoning, sea salt, water, ground melon seeds for parmesan substitute) Shake & serve OR Balsamic vinegar



b. Fettuccine Alfredo

Ingredients

- Water
- Grape seed oil & olive oil
- Chickpea, spelt or wheat pasta noodles
- Sea salt, black pepper
- Cashew cheese

Directions

Pasta: Use grapeseed or avocado oil and water to boil noodles, cool down & sift

Cashew cheese (soak your cashews in water in a cup, or a nutribullet cup for 4-6 hrs or overnight. Drain some water, blend in blender, Ninja or Nutribullet, add more water for a creamier texture is desired. Add herbs & spices of choice, sea salt, black pepper. Mix into noodles. Add olive oil, sea salt, black cracked pepper & fresh basil or cilantro on top.



c. Raw Fettuccine Alfredo

Use zucchini or squash and spiralize into noodles. Add your cashew cheese.

Olives and a squeeze of fresh lemon give a nice zest.

Add olive oil, sea salt, black cracked pepper & fresh basil or cilantro on top.

Cheap hand held spiralizers can be found in Whole Foods or Bed, Bath & Beyond

~Caribbean~

a. Veggie Curry

Ingredients

- Water
- 1 tsp grape seed oil
- Vegetables of your choice (okra, zucchini, squash, butternut squash, pumpkin, peas, potato, carrots, mushrooms, bell peppers, etc.),
- Rice of your choice (rice (wild, coconut or brown)
- Protein of your choice (Vegan chik'n strips, meatless pork tips or meatballs, seitan, tofu, tempeh)
- 30 oz canned or precooked beans of your choice (approx. 2 cans) also a great source of protein
- 1 medium onion
- 4 cloves chopped garlic
- A small piece of deseeded scotch bonnet or habanero pepper or sub with jalapeño
- 2 medium potatoes (cut into a 1/2-inch dice)
- Pink Himalayan sea salt
- 2 tsp turmeric
- 2 tsp of Jamaican curry seasoning or regular yellow curry and add all spice
- 2 tsp dry thyme or oregano, or a mix of both (or use 2 tbsp fresh thyme or oregano, chopped)
- 1.5 tsp ground cumin
- 1 tsp ground coriander
- 1/2 teaspoon cayenne pepper or 1 whole scotch bonnet pepper
- 1/4 teaspoon allspice
- 1 tsp black peppercorn (use more or less per your preference)
- 5 cloves
- Fresh ginger slices (optional)
- 1 sliced tomato
- Fresh basil or cilantro
- Chickpea, spelt or wheat pasta noodles



Directions

1. Cook your rice of choice by boiling in water or using a rice cooker.
2. Create your sauce in a large pan with grape-seed or avocado oil, Earth balance vegan butter is also fine. Then add water & coconut milk followed by curry seasoning, turmeric, all spice, cayenne pepper, sea salt, black peppercorn, cumin, thyme, coriander, etc. Stir & mix.
3. Add your vegetables, until soft.
4. Then add your meat substitute of choice mushrooms, pre-cooked beans, or plant based meat then sauté.
5. Add your ginger, green onions, onions & stir. Cover pan and let boil to desired texture.

* Rice can be mixed in for a softer texture or eaten separately.

Best when left to marinate for a few hours.

Complimentary Sides: Rice & peas, ackee, plantains, steamed or boiled cabbage, callaloo, boiled green banana

b. Jerk Veggies

Ingredients

Same ingredients and recipe as above.

Directions

1. Replace turmeric and curry with jerk sauce and jerk seasoning.
2. I've added cashew cream on top in this photo/
3. Remove coconut milk.



c. Jerk Chick'n Salad

Ingredients

Gardein plant based chick'n, jerk sauce, Jamaican jerk seasoning
Scotch Bonnet pepper sauce, onion, bell peppers, etc., if you wish.

Directions

Sauté the chick'n in grapeseed oil, add your jerk seasoning & sauce
Until your desired texture is achieved.
Choose your leafy greens of choice, add your plant based chick'n on top of the
bed of greens.
Drizzle remaining sauce in pan over bed of leafy greens for more flavor.
Add Scotch Bonnet pepper sauce for a spicy kick.



d. Ackee & Sweet Plantains

Ingredients

Grape-seed oil
Fresh or canned ackee (Canned option often available at international markets in US)
Bell peppers, onion, 2 sprigs of thyme, onion powder, sea salt, black pepper, scotch
bonnet pepper, tomato

Directions

Clean & wash fresh ackee, Cover then boil until moderately soft
Drain, cover, and put aside or open sauté your canned ackee
Sauté diced onions & peppers
Warning: Unripe ackee fruit contains a poison called hypoglycin, so be careful to wait
until the fruit's protective pods turn red & open naturally. Once open, the
only edible portion is the yellow arilli, which surround always-toxic black
seeds.

Complimentary Sides: Fried plantain, boiled green banana, roasted or fried breadfruit



~Asian~

Ingredients

Nori Sheets (Dehydrated Seaweed Sheets)
Carrot, celery, asparagus, onion, avocado brown or wild rice or vegetables of choice.
Vegan cream cheese (optional).

Directions

Layout nori sheet on large plate or cutting board.
Add room temp rice first then your veggies.
Wasabi & low sodium soy sauce (optional).



~Healthy Breakfast~

a. Sweet & tangy

Ingredients

Firm but ripe mango

lemon pepper, chili pepper, cayenne pepper or sea salt & key lime

Directions

Slice & add seasoning of choice with a squeeze of 1 key lime over fruit



b. Strawberry Smoothie Bowl:

Ingredients

Burro or baby banana, strawberry, coconut milk or water, ice

sea-moss powder or gel, Garden of Life organic vanilla protein powder

Directions

(Blend in blender or NutriBullet)

Topping ideas

Berries, banana, cacao nibs, walnuts or cashew, hemp seeds, pepitas



c. Lavender Cream Smoothie

Ingredients

Coconut milk, ice, burro or baby banana (suggested), blueberries,

sea-moss powder or gel (not mandatory), Garden of Life organic vanilla protein powder

Directions

Blend in blender or Nutribullet

Topping Ideas

Berries, banana, cacao nibs, walnuts or cashew, hemp seeds, pepitas



~Flavorful Snacks~

- Celery sticks with peanut butter or vegan cream cheese
- Seaweed or Nori sheets with hummus (add cucumber)
- Harvest Snaps Black Bean Snack Crisps (9 flavors), dip in hummus
- Dehydrated fruit (banana or plantain chips)

Community

Follow my vegan community on Instagram!

@peta
@mfa_latino
@wthfilm
@forksoverknives
@unclerush
@fullrawkristina
@domzthompson
@veganrapper
@worldofvegan
@vega_team
@livevegansmart
@happycowguide
@alkaline_vegan_news
@visionsprouts
@veganoutreach
@vintage_vegan
@veganoutreach
@activistvegan
@letscookvegan
@veganmemesofficial
@alkalinegourmet
@vegansfacts
@cookingwithsuperno
@freeleethebananagirl
@veganstreetfair
@veganbros
@sugrbox
@veganclub
@vegqueenan
@juicebychuck

@mercyforanimals
@mfa_bra
@cowspiracy
@holisticali
@nathanrunkle
@chakabars
@ricanvegana
@chefkylehendricks
@veganstrongwarrior
@vegancommunity
@veganbowls
@veganfoodspot
@thugkitchen
@veganbodybuilding
@vegansidekick
@veganvultures
@veganlo
@bionic_vegan
@thevegansclub
@bevegan__
@angelamonicameans
@veganreset
@veganmakeupshar
@veganrecipescom
@joesveganfoodgram
@alkaline_vegan_news
@bionic_vegan
@eatdrinkvegan
@iamtabithabrown

@mfa_india
@peta kids
@earthlingsfilm
@jonnythejuicer
@jonnaryncalabrese
@badassvegan
@insatiablevegan
@veganrecipxzone
@vegan_universe
@veganfleanstreet
@veganfitness
@vegan_universe
@vegan
@bestofvegab
@milliondollarvegan
@vegancuts
@mayagoddessnyc
@fat_hippie_vegan
@vegan.place
@veganstyles
@plantbasednews
@livevegansmart
@go_vegan_or_fuck_off
@weareveganuary
@vegantreat
@veganfoodspace
@becomevegan
@worldofveg
@karyncalabrese

Quarterly Challenge & Winners

Mya's Quarterly Vegan, Raw Vegan, Alkaline Vegan or Juicing challenges:

<https://myamya.com/lifestyle>

Mya's Vegan Retreat: <https://www.youtube.com/watch?v=nVWnrNFmnUk&t=203s>

Check out the current challenge winners below.

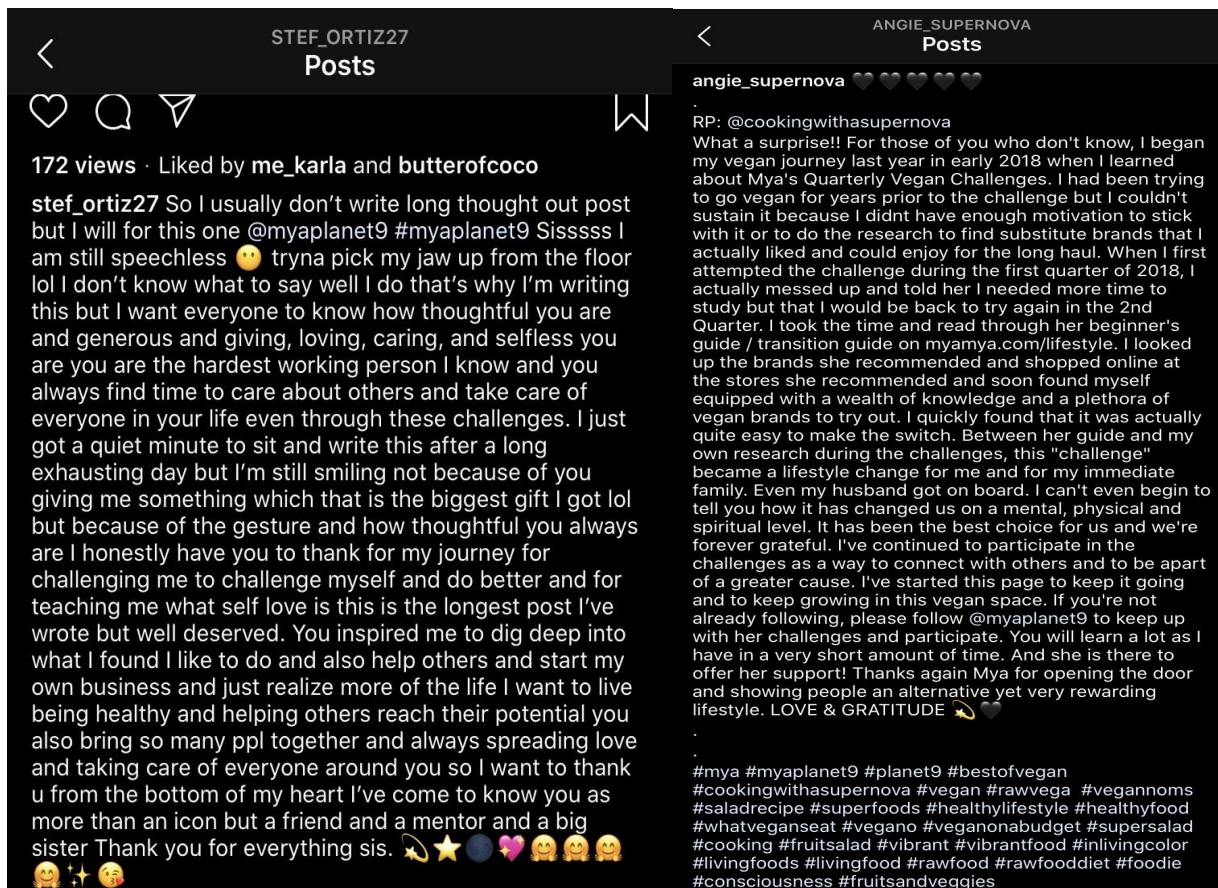
2017 1st Quarter 7 days/mo Vegetarian Challenge Winner: @starseed_priestess
2017 2nd Quarter 14 days/mo Vegan Challenge Winner: @mints1b
2017 3rd Quarter 21 days/mo Vegan Challenge Winner: @vtruth
2017 4th Quarter 28 days/mo Raw Vegan Challenge Winner: @ootizmagic

2018 1st Quarter 7 days/mo Raw Vegan Challenge Winner: @yulia.goes.raw
2018 2nd Quarter 14 days/mo Vegan Challenge Winner: @angie_supernova
2018 3rd Quarter 21 days/mo Challenge Winner: @holisticplantlife
2018 4th Quarter 28 days/mo Challenge Winner: @jassie4rest

2019 July Winner: @heather_lj1 (vegan)
2019 August Winner: @stefanielyniece (raw vegan)
2019 September Winner: @dosesofdee (juicing)
2019 October Winner: @powerofwellness (vegan)
2019 November Winner: @thereallareema (vegan)
2019 December Winner: @1989kellys (raw vegan & juicing)

2019 Honorable mentions

@cookingwithsupernova @stef_ortiz @peepgamet @mannyhempstead



“Leading a vegan lifestyle has changed my life in every capacity. My spiritual, mental, emotional and physical states of being have dramatically improved, are aligning and 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. YOU are needed. This journey is not about perfection. It is about discovery of truth, self realization, and activating your power. If you do anything in life, please invest in your health and education outside of the systems of profit. We are living in a world in which marketing, advertising, lies, and propaganda for money, is more valuable than human health, animal well being, the environment, and mother earth herself. Knowledge is power and health is wealth. To take control of your power and health, is to take control of your life. Be the change you wish to see. Change and create a world in which you wish to live. Much success and fulfillment ahead! The Vegan community is here for you. You are not alone. Highest of vibrations to you.”

~Mya

DISCLAIMER

All content is based on opinion, personal experience, and or facts obtained through third party sources. Opinionated content does not necessarily reflect the opinion of any organization mentioned within or any with organization that I may be affiliated. Content contained here within is for informational, inspirational and educational purposes only and is not in any way a promise or guarantee of any results or outcomes as described here within. No promises or guarantees of success or results are made in conjunction with the content in this guide and should not be substituted for medical advice from a doctor or healthcare provider. No claims to be a professional are made in any of the related vegan, health, medical, psychological, lifestyle, political, and any other genre or businesses implied or contained here within, and this information should not be taken as professional advice. Readers should consult with holistic healers, medical, and or other professionals before taking any action in relation to the content and or advice here within, as readers rely on this guide at his/her own risk. Content is not a substitute for professional medical advice, diagnosis, or treatment from a qualified healthcare provider. No paid endorsements have been received or contracted in relation to any of the products, companies, or sources noted here within. All information included within, is accurate and true to the best of my knowledge, but there may be omissions, errors and or mistakes. Rights are reserved to make changes, including opinions, content, etc., at any time, for any reason.

Mya's Vegan Transition Guide is consistently being updated.
Free downloads are available on myamya.com/lifestyle