

Vegan News

Bob Torres,Jenna Torres

Vegan Freak Bob Torres,Jenna Torres,2010-01-01 Going vegan is easy, and even easier if you have the tools at hand to make it work right. In the second edition of this informative and practical guide, two seasoned vegans help you learn to love your inner vegan freak. Loaded with tips, advice, and stories, this book is the key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world that doesn't always get what you're about. In this sometimes funny, sometimes irreverent, and sometimes serious guide that's not afraid to tell it like it is, you will: find out how to go vegan in three weeks or less with our "cold tofu method" discover and understand the arguments for ethical, abolitionist veganism learn how to convince family, friends, and others that you haven't joined a vegetable cult by going vegan get some advice on dealing with people in your life without creating havoc or hurt feelings learn to survive restaurants, grocery stores, and meals with omnivores find advice on how to respond when people ask you if you "like, live on apples and twigs." In a revised and rewritten second edition, Vegan Freak: Being Vegan in a Non-Vegan World is your guide to embracing vegan freakdom. Come on, get your freak on!

Rachel Ama's Vegan Eats Rachel Ama,2019-06-20 'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy - and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure - whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg - Rachel's genius cookbook is for you.

The Korean Vegan Cookbook Joanne Lee Molinaro,2021-10-12 THE INSTANT NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST NEW COOKBOOKS OF THE YEAR BY Epicurious • EATER • Stained Page • Infatuation • Spruce Eats • Publisher's Weekly • Food52 • Toronto Star The dazzling debut cookbook from Joanne Lee Molinaro, the home cook and spellbinding storyteller behind the online sensation @thekoreanvegan Joanne Lee Molinaro has captivated millions of fans with her powerfully moving personal tales of love, family, and food. In her debut cookbook, she shares a collection of her favorite Korean dishes, some traditional and some reimaged, as well as poignant narrative snapshots that have shaped her family history. As Joanne reveals, she's often asked, "How can you be vegan and Korean?" Korean cooking is, after all, synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out bapsangs on Joanne's table growing up—doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more—are fully plant-based, unbelievably flavorful, and totally Korean. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake

is an ode to the two foods that saved her mother's life after she fled North Korea. The Korean Vegan Cookbook is a rich portrait of the immigrant experience with life lessons that are universal. It celebrates how deeply food and the ones we love shape our identity.

How to Create a Vegan World Tobias Leenaert, 2017 In this thought-provoking book, Tobias Leenaert leaves well-trodden animal advocacy paths and takes a fresh look at the strategies, objectives, and communication of the vegan and animal rights movement. He argues that, given our present situation, with entire societies dependent on using animals, we need a very pragmatic approach. How to Create a Vegan World contains many valuable ideas and insights for both budding advocates for animals and seasoned activists, organizational leaders, and even entrepreneurs.

Authentic Veganism - On Critical Positions Against Veganism 2 Authentic Vegan Consulting, 2016-10-08 Authentic Veganism: The Journal for Macrobiotic Vegan Topics and Issues Relevant for Human Life publishes articles on macrobiotic veganism with an aim of providing conclusive and comprehensive discussions on selected topics of relevance from the perspective of authentic macrobiotic veganism, a form of vegan dieting endowed with a dietary vision capable of defining and identifying those plant-origin nourishment items with an existential purpose of human nourishment provision. This first volume's second issue contains an article titled On Critical Positions against Veganism 2: News, Science and Conclusions, which is the second part of a series of articles motivated by the German Nutritional Society's critical viewpoint towards veganism's capacity to provide adequate nutrient supply. This article series published consecutively in this journal argues that disapproving positions towards veganism are misguided relying on erroneous interpretations of scientific findings, for the actual existential purpose of nutritional science as a field of science is to reveal to humanity that only selected plants have been created and intended as human nourishment.

Simple Happy Kitchen Miki Mottes, 2019-02-27 Simple Happy Kitchen is this first illustrated guide for a plant-based vegan lifestyle. It is packed with humorous and engaging illustrations designed to help you and your family learn more about plant-based nutrition. The book takes the reader through simple steps needed to live a healthy, nutrient-filled, compassionate life. The guide introduces a new way to learn about nutrition - with positivity, humor and fun. It breaks down complicated nutritional information, helping families learn the basics and many benefits of this lifestyle. This is not a diet or cooking book - It is the first book of its kind, meant to help guide readers and improve the diets of children and families all over the world. Instead of charts, numbers and warnings, the book uses a visual language everyone can understand. What's inside? Why go plant-based? - Why is it good for you? - How to understand the nutrition facts label? - Building a healthy shopping list - Guides for spices, oils, leafy greens, legumes and grains - Benefits of soaking and sprouting - Substitutes and plant-based milks - Planning your meals - Cooking and storing hacks - Guide for protein, iron, calcium, vitamins and minerals - Simple ways to increase minerals absorption - Making food fun for kids - Vegan lifestyle with kids - Cruelty-free shopping guide - Fun facts about animals - Checklists for going vegan - Easy to make meals - And much more! The book was written together with a clinical dietitian, making sure it is not just fun but also factual.

Breaking Vegan Jordan Younger, 2015-11-01 Finding balance in life is a goal many of us strive to achieve. Whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. But what happens when all that focus starts to dominate our lives? When our desire for perfect health trumps everything else, perhaps without us even realizing it? What happens when our solution starts becoming the problem? These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't

working in favor of her health anymore--and questions that you may be facing too. In *Breaking Vegan*, Jordan reveals how obsessive healthy dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In candid detail, Jordan shares what it was like to leave veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an anti-diet, whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives. *Breaking Vegan* is about tolerance and forgiveness. And ultimately, forging one's own path toward happiness.

The Vegan Shopping List Lantern Books, Veg News, 2004-05-01 As more and more natural and cruelty-free products become available, in stores and on the Internet, shoppers have more options than ever before. But with so many brands of soymilk and veggie burgers on the market, how can conscientious consumers choose the best of the bunch? The editors at Lantern Books and Veg News have put together a handy shopping guide that spotlights the finest vegan goods available online and in stores. From food to beauty products, from cruelty-free clothing to cleaning supplies, *The Vegan Shopping List* rates the many items essential to a vegan lifestyle. If you're looking for leather alternatives, laundry detergent, chocolate truffles, pepperoni, or lip balm, look no further. The first book of its kind, this guide is perfect for compassionate consumers striving to look and feel their best. Whether you are just starting to the vegan life or you simply want to find a delicious new brand of soy ice cream, this book is for you! The bimonthly magazine *Veg News* is the leading publication of the vegetarian movement. Editors Joseph Connelly and Colleen Holland live in San Francisco. Lantern Books publishes books on vegetarianism, animal advocacy, and natural healing. It is based, as are all its employees, in New York City.

The Vegan Starter Kit Neal D Barnard, MD, 2018-12-24 Leading medical authority Neal Barnard, MD, FACC, shows you how to put the power of a vegan diet to work with an easy, step-by-step approach. Many are looking to adopt a more healthful diet but may have questions, like: How do I plan a vegan meal? Is protein an issue? How do I make it work if I don't cook? Which are the best choices at restaurants? In *The Vegan Starter Kit* Dr. Neal Barnard, perhaps the world's most respected authority on vegan diets, answers your questions and gives you everything you need to put vegan power to work. You'll learn how to ensure complete nutrition, and get quick-reference charts for calcium sources, tips for modifying your favorite recipes, and examples of quick and easy meals. Everything you need for permanent weight control and dramatically better health is presented. *The Vegan Starter Kit* also includes information on healthy eating in childhood, pregnancy, and other stages of life, and a complete set of basic meals, holiday feasts, snacks, among many other features.

Fuss-Free Vegan Sam Turnbull, 2017-10-17 Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even crême brûlée? Well, it can. In *Fuss-Free Vegan*, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching

endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and Fuss-Free Vegan are your ultimate guides in the new vegan kitchen.

The Joyful Vegan Colleen Patrick-Goudreau, 2019-11-12 Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional aspects of being vegan in a non-vegan world? That's the hard part. The Joyful Vegan is here to help. Many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and/or their health. But despite their positive intentions and the personal benefits they experience, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This leads to an unfortunate reality: the majority of vegans (and vegetarians) revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as The Joyful Vegan, has guided countless individuals through the process of becoming vegan. Now, in her seventh book, *The Joyful Vegan*, she shares her insights into why some people stay vegan and others stop. It's not because there's nothing to eat. It's not because there isn't enough protein in plants. And it's not because people lack willpower or moral fortitude. Rather, people stay vegan or not depending on how well they navigate the social, cultural, and emotional aspects of being vegan: constantly being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for managing these challenges and arms readers—both vegan and plant-based—with solutions and strategies for coming out vegan to family, friends, and colleagues; cultivating healthy relationships (with vegans and non-vegans); communicating effectively; sharing enthusiasm without proselytizing; finding like-minded community; and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, readers will find they can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

Jazzy Vegetarian Classics Laura Theodore, 2013-09-03 Classic American meals just became healthier and more delicious with Laura Theodore's vegan twist on traditional family fare. With quick-to-prepare and gourmet-style dishes, *Jazzy Vegetarian Classics* features Laura's original creations, such as vegan shish kebabs and cauliflower steaks with sweet pepper sauce, and other spins on time-honored favorites, such as spaghetti and “wheatballs and decadent chocolate-ganache cake. Filled with easy-to-follow crowd-pleasing recipes, this cookbook will make nutritionally dense and plant-based dishes your new family favorites. Fun and simple to incorporate into anyone's lifestyle, *Jazzy Vegetarian Classics* provides wholesome full-menu plans for everything from weekday meals to special celebrations such as parties and holiday dinners. Laura even includes suggestions on how to present appetizing, plant-based meals in unique and festive ways, with her “Jazzy Music Pick for each menu to help set the mood. Written for everyone—from seasoned vegans looking for innovative new dishes, to casual home cooks interested in adding one or two plant-based meals a week to their repertoire—*Jazzy Vegetarian Classics* includes guides to the basics of vegan cooking coupled with a glossary of common ingredients. Laura also provides simple instructions on how to use a variety of substitutes for “veganizing timeless main dishes,

desserts, soups, salads, and so much more. Put on some good music and embrace a healthy, delicious, and jazzy lifestyle!

V for Veg Vance Lehmkuhl, 2016-07 V for Veg is a collection of the vegan food columns that Vance Lehmkuhl has written over the years, mainly for the Philadelphia Daily News. Filled with wit and good information, the book covers many of the events, personalities, restaurants and industries that have grown up in and around Philadelphia in the plant-based community.

Vodka Is Vegan Matt Letten, Phil Letten, 2018-06-05 Meet the bros who are making vegan sexy (and making eating animals weird) Think you could never go vegan? Think again. As this smart, funny and persuasive manifesto makes clear, you're already 90% vegan anyway. That's right--you already love animals and are slowly but surely eating less meat than you used to. With the insider tips and inspiring stories in this book, you'll be ready to go whole hog (see what we did there?) and eat vegan for good. Topics include: * How eating meat hurts your health and the planet (and is pretty close to eating your beloved pet for dinner) * A simple action plan for getting started * Don't Be an A**hole to Your Server, and other secrets for eating out * Who Cares If Honey Is Vegan?: Getting over perfectionism and purity by eating as cruelty-free as you can With a loyal online following that's growing fast, the Bros are the new face of veganism--loud, proud, and fighting for a better world, one plate at a time.

Easy Vegan Home Cooking Laura Theodore, 2022-02-15 Family friendly, plant-based and gluten-free recipes from PBS Celebrity Chef Laura Theodore. Whether you are an accomplished vegan chef or just learning the craft of creating pleasing plant-based meals for your family, it is essential to find recipes that are delicious and easy to prepare. Celebrity chef Laura Theodore shows you how in Easy Vegan Home Cooking. Featuring healthy recipes that require eight ingredients or fewer and focusing on bountiful breakfasts, light lunches, satisfying suppers, and delightful desserts, Easy Vegan Home Cooking is designed to please vegans, vegetarians, and omnivores alike. Easy Vegan Home Cooking takes the guesswork out of eating healthier by sharing shopping lists, pantry "must-haves," quick cooking tips, flavor enhancers, and effective plant-based substitutions.

BOSH! Ian Theasby, Henry David Firth, 2018-05-01 1 MILLION BOSH BOOKS SOLD WORLDWIDE Want to cook ridiculously good plant-based food from scratch but have no idea where to start? With over 100 incredibly easy and outrageously tasty all-plants meals, BOSH! will be your guide. Henry Firth and Ian Theasby, creators of the world's biggest and fastest-growing plant-based platform, BOSH!, are the new faces of the food revolution. Their online channels have well over one million fans and constantly inspire people to cook ultra-tasty and super simple recipes at home. Always ensuring they stick to fresh, supermarket-friendly ingredients, BOSH! truly is plant-based food for everyone. In BOSH!, Ian and Henry share more than 100 of their favorite go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts, and incredible sharing cocktails. The book is jam-packed with fun, unpretentious and mega satisfying recipes, easy enough to be rustled up any night of the week. It's enough to convince the staunchest of carnivores to give plants a whirl. Whether you're already sold on the plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, BOSH! is your plant-based bible.

The Everything Vegan Cookbook Jolinda Hackett, Lorena Novak Bull, 2010-08-18 Each simple guide offers a clear overview of all the information one needs to know about a particular topic, making learning something new easy, accessible, practical and affordable.

The VegNews Guide to Being a Fabulous Vegan Jasmin Singer, VegNews Magazine, 2020-12-15 Go vegan the fabulous way with this helpful guide from an editor of VegNews, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to

start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at VegNews bust all the myths and give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

Vegan Yack Attack on the Go! Jackie Sobon, 2018-07-03 The popular vegan blogger shares quick, easy, and flavorful plant-based recipes designed to fit delicious, healthy foods into your busy life! Jackie Sobon, the plant-based rock star behind the blog *Vegan Yack Attack* is your guide to go-to recipes you can prepare easily, make in advance, or take with you. *Vegan Yack Attack on the Go!* offers beautifully photographed recipes you not only want to eat, but can whip up in any slice of time you can carve out. Following an introduction to vegan cooking that includes pantry necessities, equipment, and tips and tricks, Jackie shares can't-miss recipes such as: Blueberry Zucchini Breakfast Cookies Berry Rhubarb Chia Jam BBQ Tempeh Wrap Sesame Soba Salad Kale Raspberry Grain Salad Summer Stew with Zucchini, Tomatoes & Corn Butternut Mac and Trees Chickpea Tendies & Waffles Hearty Skillet Cornbread Campfire Banana Splits

Dr. Neal Barnard's Program for Reversing Diabetes Neal Barnard, 2018-02-27 Tackle diabetes and its complications for good with this newly updated edition of Dr. Neal Barnard's groundbreaking program. Revised and updated, this latest edition of Dr. Barnard's groundbreaking book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Before Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it—and could anticipate one health issue after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But this simply is not true—Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthful vegan diet with plenty of recipes to get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.

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Vegan News Introduction

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