

Go Vegan!

Carol J. Adams, Patti Breitman, Virginia Messina

How To Go Vegan Veganuary Trading Limited, 2017-12-28 GOING VEGAN IS EASY! Whether you're already a full-time vegan, considering making the switch to help fight climate change or know someone who is, this book will give you all the tools you need to make the change towards a healthier, happier and more ethical lifestyle. How to Go Vegan includes... Why try vegan? Animal welfare, the environment and global warming, health benefits, spirituality, religion and your personal adventure. Vegan at home Surprisingly vegan foods, reading labels, vegan ingredient essentials, easy replacements, how to be the only vegan in the family, vegan kids and what to do about cheese! Vegan out in the world Eating out, eating at friends' houses, answering questions from loved ones, travelling vegan. Living the vegan lifestyle Meal plans, tips and tricks, what to do if you're struggling, how to celebrate being a vegan, sports, fitness and allergies. How to go vegan. It's easier than you think.

72 Reasons to Be Vegan Gene Stone, Kathy Freston, 2021-03-30 From two bestselling authors and activists in the vegan community, a readable guide to the WHY of going vegan (rather than the how). Here are 72 fact-based, easy-to-read short essays for the vegan-curious address the reasons to go vegan, including some that may surprise you: reduce inflammation in your body, affect where your tax money goes (a vast amount of government money goes to meat subsidies), even improve your sex life (a vegan diet benefits blood flow!).

Never Too Late to Go Vegan Carol J. Adams, Patti Breitman, Virginia Messina, 2014-01-28 If you're 50 or over and thinking (or already committed to!) a vegan diet and lifestyle that will benefit your health, animals, and the planet, look no further than this essential all-in-one resource. Authors Carol J. Adams, Patti Breitman, and Virginia Messina bring 75 years of vegan experience to this book to address the unique concerns of those coming to veganism later in life, with guidance on: • The nutritional needs that change with aging • How your diet choices can reduce your odds of developing heart disease, diabetes, cancer, and other conditions • Easy steps for going vegan, including how to veganize your favorite recipes and navigate restaurant menus, travel, and more • How to discuss your decision to go vegan with friends and family • The challenges of caring for aging or ailing relatives who are not vegan • And many other topics of particular interest to those over 50. Warmly written, down-to-earth, and filled with practical advice, plus insights from dozens of seasoned over-50 vegans, *Never Too Late to Go Vegan* makes it easier than ever to reap the full rewards of a whole-foods, plant-rich diet.

How To Go Vegan Veganuary Trading Limited, 2017-12-28 GOING VEGAN IS EASY! Whether you're already a full-time vegan, considering making the switch to help fight climate change or know someone who is, this book will give you all the tools you need to make the change towards a healthier, happier and more ethical lifestyle. How to Go Vegan includes... Why try vegan? Animal welfare, the environment and global warming, health benefits, spirituality, religion and your personal adventure. Vegan at home Surprisingly vegan foods, reading labels, vegan ingredient essentials, easy replacements, how to be the only vegan in the family, vegan kids and what to do about cheese! Vegan out in the world Eating out, eating at friends' houses, answering questions from loved ones, travelling vegan. Living the vegan lifestyle Meal plans, tips and tricks, what to do if you're struggling, how to celebrate being a vegan, sports, fitness and allergies. How to go vegan. It's easier than you think.

Going Vegan Joni Marie Newman, Gerrie L. Adams, 2014-07 A practical and easy-to-understand guidebook to fearlessly (and deliciously) transition to a plant-based way of life!

Go Vegan Or Go Home Plant Powered Mama Bear, Ashley Ruttenberg, 2018-08-05 4 weeks of meal plans, shopping lists, kid-tested recipes, hacks, and money saving tips for families on-the-go wanting to go vegan. Features 148 beautiful color pages and recipes for cost-effective breakfasts, lunches, and dinners. Written by a mom to help solve the struggles of modern parents wanting to feed their family healthy meals!

But I Could Never Go Vegan! Kristy Turner, 2014-12-02 "Get ready for your taste buds to explode."—Isa Chandra Moskowitz Can't imagine living

without cheese? Convinced that dairy-free baked goods just don't cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE! Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse you've ever heard with 125 bursting-with-flavor vegan recipes for every meal of the day—including dessert! "All those special ingredients are way more expensive." Not when you can make your own Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream. "I could never give up cheese!" You won't miss it at all with Tempeh Bacon Mac 'n' Cheese with Pecan Parmesan, Tofu Chèvre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches. "What about brunch?" Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast are vegan breakfasts of champions! "My friends won't want to come over for dinner." They will when they get a taste of Carrot Cashew Pâté, Portobello Carpaccio, and Gnocchi alla Vodka. "But I scream for ice cream!" Then you'll shriek over Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches. If you're a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. You'll find you can get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and more—without any animal products at all. (Even vegan pros will discover some new tricks!) Colorful photographs throughout will have you salivating over Kristy's inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

Go Vegan - Save Your Life Victoria Simmons, 2019-06-09 Do you care about your own health and well being, that of your family and friends? Are you willing to make changes in your lifestyle but afraid that your family will consider them radical? Or maybe you just want to reduce the meat and dairy you and your family consumes? The thing is that everybody wants to feel great about their diet, the way they look and the way other people perceive of them. Combining all these could be really challenging for vegans or vegan-leaning folks. Like the cheese abstinence isn't tough enough...duh! Becoming vegan and staying on track is a fun and exciting journey of attempting to be better. It is completely normal if sometimes you feel like you lack motivation and information, or simply don't know where to start. But if this holds you back from eating and living in a way that is satisfying and aligned with your deepest values, then you need to learn more about veganism and feed yourself a little more encouragement. The solution is to adopt knowledge, courage and flexibility so you can make the transition at your own pace and way. You need to learn from a friend, a guide or a book which to inspire you to live the vegan life in your own unique way. The more knowledge you possess about the health and ethical aspect of being vegan, the more confident you will be that you are on the right path. Furthermore it is important to acknowledge that going full vegan isn't the easiest thing and to give yourself credit for every accomplishment. To sustain a vegan lifestyle and get to keep your social life, you will need to take specific baby steps and make a gradual transition. And that is exactly what you will learn in GO VEGAN - SAVE YOUR LIFE. The goal of this book is to teach you truths, techniques and actionable steps which will help you do the most good to you and least harm to animals and environment, even if you don't know where to start, or have started and failed multiple times. You will learn: 5 Reasons People Fail a Vegan Diet The Top 11 Veganism Myths Debunked A Simple Strategy To Not Ruining Your Dating Life When Going Vegan Top 8 Unexpected Benefits of Going Vegan The Protein Obsession and Are Vegans Deficient in Protein? Do Vegans Get Cancer? The Importance of Vegan Journaling The 1 Food Most People Have Addiction To and Why 9 Actionable Steps To Gradually Adopt a Vegan Diet GO VEGAN - SAVE YOUR LIFE is a learning curve, teaching you actionable steps that can help you go vegan in your own pace and way. The book will prepare you for friends, relatives and even strangers who think you are eating a weird and maleficent diet, and they will also expect that you come up with smart answers. Would You Like To Know More? Scroll to the top of the page and select the buy now button.

Going Vegan Dana Meachen Rau, 2014-11-01 Vegan food is good for you and for the planet. But if you're thinking of revolutionizing your diet, you need to get the facts first. Learn about the benefits and challenges of a diet that does not include meat or animal products such as eggs and dairy.

Helpful tips, delicious vegan recipes, and how tos will make the switch so much easier. Want to change the world? Now you can, one plate at a time.

Cook. Heal. Go Vegan! Bailey Ruskus,2021-08-31 Finally, a professionally trained chef to lead us on a journey to eat more plants in a most delicious and joyful way. I'm not fully vegan yet, but Chef Bai has really helped me see it is very possible. So buy the book, it will fast become a favorite! - Amazon Customer, 5-Star Review 70 Amazing Recipes to Kick-Start Your Plant-Based Journey With the guidance of professional plant-based chef Bailey Ruskus, adopting a whole-food, plant-based lifestyle is full of fun and flavor. Learn to make easy, nutrient-dense dishes you'll want again and again, while inviting purpose and intention into every meal. Consider this collection a gateway into the colorful and delicious plant kingdom. Each recipe is designed to teach core culinary techniques, so you can become confident and creative in the kitchen. Comforting classics—think pizza, falafel, tacos and curry—get a vibrant vegan makeover, ensuring tasty alternatives for any craving. Savor Spaghetti Alfredo in an indulgent sauce that won't weigh you down; experience better-than-takeout Miso-Mushroom Ramen, low in sodium but big on umami; or dig into a chocolate-studded oatmeal cookie, packed with good-for-you ingredients. Fridge staples are made healthier and cheaper with essentials like Not Your Mama's Salted Butter, Herbed Creamy Feta and Cashew-Hemp Milk. To encourage holistic healing from the inside out, most of Bailey's recipes are gluten-free and all are free of refined sugars. Whether it's a quick garden bowl or slow-simmered chili, these dishes are fuss-free and seriously nourishing. Let Bailey lead the way as you embrace Earth's abundance, cook consciously and feel better than ever. *70 Recipes & 70 Full-Page Photographs*

Vegan on the Go Jérôme Eckmeier,Daniela Lais,2017-06-01 Vegan on the Go will rescue your lunchbox and inject some vegan flavour back into your lunchtime, with delicious, nutritious food that you can take anywhere. With a focus on easy and affordable lunches, Vegan on the Go packs over 100 vegan recipes into its pages, with ideas for snacks, soups, salads, sandwiches, sweet treats, and more. Whip up delicious portable lunches including polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi. Vegan on the Go tells you exactly how long you need to prepare and cook each lunchbox recipe, with mouth-watering photographs of every dish to whet your appetite. Discover top tips on which ingredients to stock up on, and how to store and transport your vegan lunches to ensure they taste fresh and delicious every time.

Vegan Go-Go! Sarah Kramer,2010-07-09 Sarah Kramer is a vegan superstar; she was named "the World's Coolest Vegan" by Herbivore magazine, and her first three cookbooks have sold a combined total of over 150,000 copies. Vegan Go-Go! represents a change of pace for Sarah; a cookbook and more for vegan travelers, many of whom are daunted by the idea of going on the road and being able to locate and/or prepare the kind of nutritious animal-free meals they enjoy at home. The new, full-colour book includes 150 recipes, many of them new, and others that have been adapted from her earlier books. All of the recipes are easy to prepare with a minimum of ingredients but guaranteed to deliver energy, nutrition, and great flavour. The rest of the book contains information and advice pertinent to vegan travelers, from how to deconstruct a restaurant menu to what food items are best suited to carry around in your luggage or handbag. There's even a section on "How to Say 'I Am Vegan'" in numerous languages.

The Get Healthy, Go Vegan Cookbook Neal Barnard,Robyn Webb,2010-06-08 In Dr. Neal Barnard's Get Healthy, Go Vegan Cookbook, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes. In fact, it's also beneficial for weight loss, the reversal of heart disease, and the improvement of many other conditions. Dr. Barnard and nutritionist Robyn Webb now offer easy, delicious meals to improve your health. Featuring 125 flavorful recipes, readers will find all-occasion dishes that use familiar ingredients and require minimal effort. All recipes are free of animal products, low in fat, and contain a low-to-moderate glycemic index. Barnard and Webb explain how diet changes can have such dramatic health effects and provide simple ways to get started. With convenient menus, scientifically proven advice, and inspiring stories from real people who have used Barnard's recommendations to turn their health around, there's no better cookbook to help you eat well and feel great.

Becoming Vegan Brenda Davis, Vesanto Melina, 2000 A comprehensive look at vegan diets includes information on how a vegan lifestyle protects against chronic disease; what the best sources for protein and calcium really are; why good fats are vital to health; balanced diets for infants, children and seniors; pregnancy and breast-feeding tips for mothers; tips for teens turning vegan; considerations for maintaining and reaching a healthy weight; and achieving peak performance as a vegan athlete. Includes a vegan food guide outlining a daily plan for healthy eating, along with sample menus.

Student's Go Vegan Cookbook Carole Raymond, 2010-04-28 The choice to follow a vegan lifestyle is simple when you've got a cookbook full of delicious recipes representing the very best of gourmet, ethnic, and basic cuisine—served up vegan style! Even better, these dishes are tailored to fit a student's schedule and budget, making a vegan diet possible for just about anybody. Carole Raymond brings flavor and depth to vegan food with just a few inexpensive ingredients and recipes that are simple enough for even dorm-room cooks to wow their friends. Raymond also includes nutrition information that is vital to a healthy vegan lifestyle, as well as tips on stocking a vegan pantry, innovative substitute ingredients for all the foods you love, and suggestions on how to experiment with vegan dishes and make each mouthwatering recipe your own. Her collection of recipes includes such savory dishes as: • Apple-Pecan French Toast • Hash in a Flash • Thai Spring Rolls with Spicy Peanut Dipping Sauce • Déjà Vu Sloppy Joes • Spanish Tomato Soup • Basic Baked Tofu • Millet Salad with Curry-Ginger Dressing • Pumpkin Scones • Ten-Minute Brownies • Coconut Tapioca And much more! Whether you're a curious but passionate newcomer or already a dedicated pro, the Student's Go Vegan Cookbook has enough variety, simplicity, and strategies for you to make tempting vegan food for every meal—every day of the week!

Should We All Be Vegan? (The Big Idea Series) (The Big Idea Series) Molly Watson, 2019-10-15 An insightful look at the arguments for and against universal adoption of a vegan diet and lifestyle. As concern grows over the environmental costs and ethical implications of intensive factory farming, an increasing number of people are embracing diets and lifestyles free from animal products. *Should We All Be Vegan?* gives a fluid and engaging account of the evolution of veganism. Over the course of four easily digestible chapters, food writer Molly Watson reveals the truth about veganism's impact on our health, the planet, and the global economy. Chapters like "The Evolution of Veganism" and "Why Go Vegan Today?" examine the development of veganism from the earliest meat-free human diets to the rise in mainstream adoption of a plant-based diet and lifestyle today; "The Challenges of Veganism" surveys the nutritional and societal pitfalls of a vegan lifestyle; and, lastly "A Vegan Planet" envisions possible futures for veganism and their impact on the earth. Watson evaluates every angle of the debate on veganism in this primer, reviewing the evidence for its effects on health and assessing the ethics, environmental impact, and feasibility of adopting a vegan lifestyle worldwide.

Sorry Dude...I'm Trying to Go Vegan, So I'm Gonna Have to Eat You Bradley Walton, 2011

How to Be Vegan Elizabeth Castoria, 2014-01-01 Presents a useful introduction to the vegan lifestyle, with tips and tricks to employ in all parts of life, and includes fifty recipes with common ingredients and straightforward instructions for plant-based meals.

YES - Let's Go Vegan Mandy Mandy Hunt, 2021-02-22 There is no better time to change your life than right now, and with this book! Tired of trying to lose weight the old fashioned way? Going to the gym and watching calories might seem like a good idea but it often leaves you demotivated, feeling rundown, and in worse shape than when you began because of the urge to snack or run back to old habits. There are healthy alternatives guaranteed to not only trim you down to size, but leave you feeling energetic and ready to take on the world. One of those ways is by becoming a vegan. YES- Let's Go Vegan: Your Guide to an Awesome Lifestyle, with Delicious Recipes and a 21- Day Meal Plan is everything you need to change your lifestyle and eating habits, help the planet, and get on track to cleansing your body. Losing the detrimental effects of red meat and heavy caloric foods will help you shed pounds and feel great doing so. Unlike those fad diets that come and go, becoming a vegan is an entire lifestyle. Each chapter of this book will help you start the transition process by understanding what veganism is, how it affects your body and state of being, and the best

ways to maintain your choices. Packed with delicious recipes and meal plans for the whole family, YES- Let's Go Vegan is the perfect start point for your new adventure. The vegan diet is great for your body, your mind, and the world. Veganism is linked to numerous health benefits, from helping prevent cancer to increasing kidney function. You only get one shot at life and just the one body to enjoy it in. Why give yourself anything less than the best opportunity to enjoy a long, healthy life? It starts with YES- Let's Go Vegan!

Ready to Go Vegan? Danni McGhee, 2018-10-28 Ready To Go Vegan?: A Guide to Making the Transition to a Plant-Based Diet Simple, Affordable, & DAM Good is a support tool to assist you with your journey to improved health and overall well-being. Transitioning to a vegan diet can be overwhelming because there is so much new information to learn. This book is more of a workbook to guide you through the process of veganizing your lifestyle so you can effortlessly make healthier food choices. This workbook includes a 7-Day Meal Plan, Vegan Grocery List, Tips, Plus a 30-Day Vegan Success Tracker for you to log your daily food, hydration, exercise, and self love activity. There is also space to journal your why, the reason you're embarking on this transition as well as journal prompts to check in with you throughout the 30 days.

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