



VEGAN



STARTER KIT





EAT PLANTS • PLANT TREES
plantbasedtreaty.org



The information in this kit is intended as a helpful overview but cannot cover all vegan nutrition topics. To make sure that your diet is meeting all the nutrients that your body and mind need, please consult a nutrition professional with expertise in vegan diets.



Fight the
climate crisis
with your fork



Live longer
Live healthier
Live kinder



Live your values:
save animals
with every bite

A VEGAN DIET IS SAFE FOR ALL STAGES OF LIFE



PREGNANCY



LACTATION



CHILDHOOD



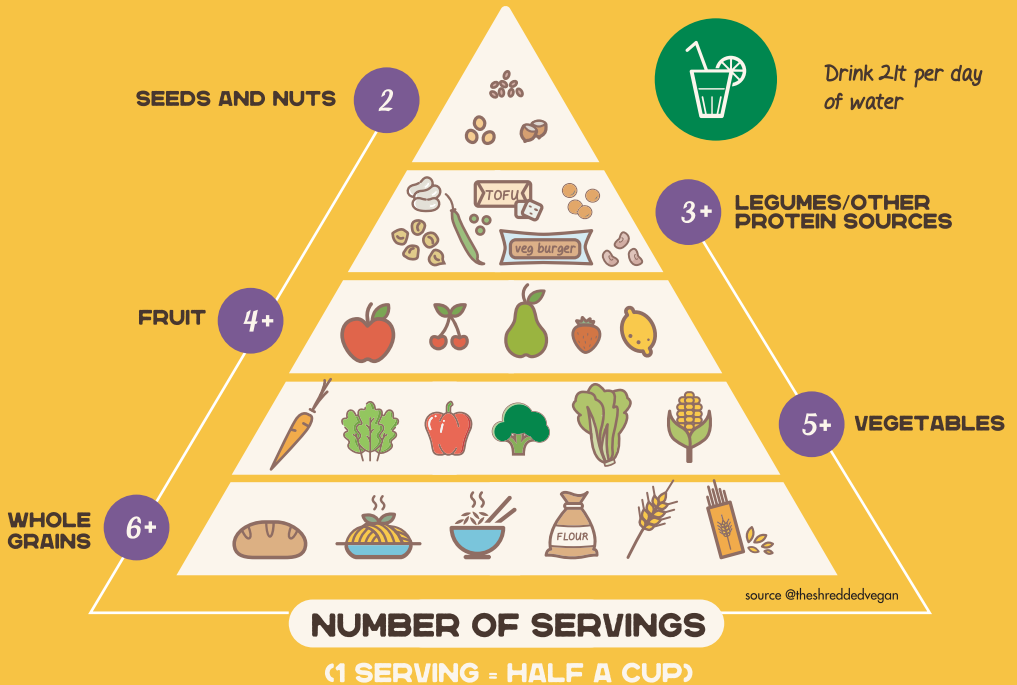
ADOLESCENCE



FOR ATHLETES

It is assured by the: (AND) Academy of Nutrition and Dietetics; (PCRM) Physicians Committee for Responsible Medicine; (CDA) Canadian Dietitians Association; (AEDN) Spanish Association of Nutritionist Dietitians; (UN) United Nations Organization; (NSNZ) New Zealand Dietetic Association; (WHO) World Health Organization; (AICR) American Institute for Cancer Research; (AAP) American Academy of Pediatrics; (BDA) British Dietetic Association, (SAN) Argentine Society of Nutrition and many more.

LEARN THE FOODS AND DAILY QUANTITIES



THERE ARE MANY REASONS TO BE VEGAN

- Animals feel fear and pain
- Animals would like to be free, and not exploited
- If it's wrong to eat a dog, it is wrong to eat a chicken
- Heart disease (our number one killer) is preventable on a plant-based diet
- Cancer (our number two killer) risk is reduced
- Vegans live healthier and longer
- Drinking milk means drinking pus
- Eating meat means eating poop
- Meat is worse for global warming than cars
- Farmed animals use more than 70% of the water consumed
- The grain used to feed farmed animals could feed the world's hungry



PLAN YOUR WEEK

SEASON YOUR FOOD
WITH HERBS AND
PLENTY OF GREEN
LEAFY VEGETABLES!

BREAKFAST

LUNCH

SNACKS

DINNER

MONDAY

Whole wheat toast + hummus and cherry tomatoes

Turkish lentil and pumpkin soup + toasted sunflower seeds

Soya yogurt with berries and seeds

Vegan pizza

TUESDAY

Bowl of chopped fruits + chopped peanut and almond butter

Lentils medallions + baked potato and pumpkin

Sliced apple with spreaded nut butter

Falafel: with hummus, pita, and cucumber & tomato salad

WEDNESDAY

Porridge cooked with vegetable milk + fruits and nuts

Salad bowls: green leaf + one type of grain + one protein source + three vegetables + seed or nut dressing

Clementines/ tangerines or oranges

Noodle pot with tofu cubes

THURSDAY

Oatmeal and cocoa pancakes + peanut butter and strawberries

Tofu breaded + potato salad and beans

2 Rice cakes or oat with 1/2 avocado

Tomato and lentil curry with rice

FRIDAY

Dates, almond and coconut truffles + apples

Baked zucchini stuffed with quinoa and lentils

1 banana

Couscous, roast vegetables and chickpeas, served with soy sauce and tahini sauce

SATURDAY

Oatmeal cookies, black beans and cocoa + peaches

Vegan sausage roll with mixed leaf salad, three bean salad and hummus

Handful of nuts

Millet and eggplant croquettes + tomato, beet, and lentil salad

SUNDAY

Smoothie of tofu, vegetable milk and strawberries + handful of dried fruits

Seitan steak with sweet potato fries

Dates stuffed with nuts or nut butter

Sauteed noodles with vegetables and textured soy

VEGAN GROCERY LIST

VEGETABLES

Baby Spinach
Kale
Bell Peppers
Cremini Mushrooms
Asparagus
Red Onion
Yellow Onion

Tomatoes
Broccoli
Cauliflower
Peas
Corn
Green Beans
Carrots

PROTEIN/LEGUMES

Chickpeas
Lentils
Kidney Beans
Tofu

Tempeh
Protein Powder
Mock meats
Pumpkin Seeds

WHOLE GRAINS

Brown Rice
Whole Wheat Pasta
Sprouted Grain Bread
Quinoa

Oatmeal
Tortillas
Rice Cakes
Wheat Flour

LIQUIDS/SAUCES

Oat/Almond/Soy Milk
Hummus
Hot Sauce

Vegetable Broth
Vinegar/Soy Sauce
Nutritional Yeast

FRUIT

Strawberries
Bananas
Blueberries
Raspberries
Apples
Oranges
Jackfruit
Lemons
Mango
Pineapple

FATS

Avocado
Coconut Milk
Almonds
Cashews
Peanut Butter
Hemp Seeds
Tahini
Olives

9 MISTAKES TO AVOID WHEN TRANSITIONING



Assuming that vegan products are automatically healthier



Eating too few calories



Not eating enough whole foods



Eating too many refined carbs



Not eating enough calcium rich foods



Forgetting about iron and not drinking enough water



Not getting enough omega-3 fatty acids

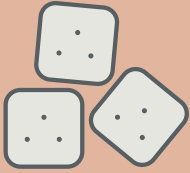


Not eating enough protein-rich foods

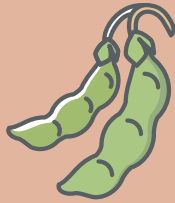


Underestimating the importance of meal planning

WHERE WILL I GET MY PROTEIN?



TOFU



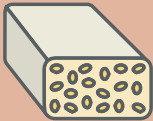
SOY BEANS



OATS



LIMA BEANS



TEMPEH



CANNELINI BEANS



LENTILS



KIDNEY BEANS



GREEN PEAS



SEITAN



BLACK BEANS



CHICKPEAS



Source: theconsciousplantkitchen.com

Replacing animal protein with plant-based protein lowers the risk of death from cancer and heart disease. They also provide long-term health benefits, including improvements in weight, blood pressure, insulin resistance and muscle strength.

WHERE WILL I GET MY CALCIUM



BRAZIL NUTS



ALMONDS



AVOCADO



SPINACH



CABBAGE



SESAME SEEDS



BOK CHOI



KALE



GREEN BEANS



BROCCOLI



PUMPKIN SEEDS



CHIA SEEDS

While dairy products contain calcium, it is accompanied by animal proteins, which tends to leach calcium from the bones. They're also full of animal growth factors, occasional drugs and contaminants, and a substantial amount of saturated fat and cholesterol which contributes to heart disease, type 2 diabetes, and Alzheimer's disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers. The healthiest sources of calcium are plant based: green leafy vegetables and legumes!

WHAT ABOUT IRON?



KALE



FIGS



SPINACH



ALMONDS



GREEN PEAS



PUMPKIN SEEDS



TOMATOES



AVOCADO



BROCCOLI



BANANAS



BOK CHOY



CHIA SEEDS

WAYS TO INCREASE ABSORPTION:

- Activate (soak), germinate, ferment
- Serve the iron rich foods with a source of vitamin C
- Keep infusions 1 or 2 hours away from foods rich in iron (before and after)
- Do not accompany food rich in iron with food rich in calcium



SOURCES OF VITAMIN C



KALE



PINEAPPLE



STRAWBERRY



BROCCOLI



KIWI



LEMON

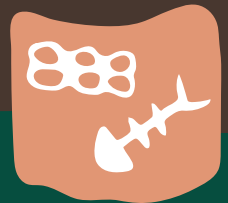


ORANGE



BELL PEPPER

Source: ifocushealth.com



ARE THERE FISH-FREE OMEGA 3 FATTY ACIDS?"

Yes! Flax seeds, flax oil, walnuts, hemp seeds, purslane, and vegan omega-3-DHA are perfect for a healthy heart, brain, skin, and joints!

Source: peta.org

DO I NEED SUPPLEMENTATION?

Yes!

VITAMIN B12

Vitamin B12 is needed for nerve tissue health, brain function, and the production of red blood cells. The consumption of B12 tablets are key in a vegan diet in order to avoid serious consequences. You should consult a specialized health professional to determine the correct dose.

IODINE

Iodine is essential because it's needed to make thyroid hormones, which control the body's metabolism and are also used for proper development of the brain and bones. On a vegan diet the two main sources are iodized salt and seaweed. The most reliable source of iodine on a vegan diet is iodized salt, but some people should limit its intake; in this case, consult a doctor and meet your requirements with a supplement.

VITAMIN D

Those unable to get enough Vitamin D from fortified foods and sunshine should consider taking a daily vegan vitamin D3 supplement. To enhance absorption, it's recommended that you take this supplement with a meal high in fats (avocados, nuts, and seeds).

VITAMIN D CAN BE FOUND IN



IDEAS

TO SUBSTITUTE ANIMAL'S MILK



OAT MILK

Add creaminess to lattes and cappuccinos - or pancake batter!



PEA MILK

A high-protein base for smoothies and shakes



SOY MILK

Substitute for dairy milk when cooking or baking



MACADAMIA NUT MILK

Add nuttiness to lattes, hot cocoa and dessert recipes



CASHEW MILK

Pour over cereal or granola for a hint of sweetness



COCONUT MILK

Add to soups, stews, and curries - or make ice cream!



PECAN MAPLE MILK

Decadent enough to drink by the glass, or splash into coffee



ALMOND COCONUT CREAMER

A rich, velvety substitute for half & half





















ALMOND MILK

Simple and balanced - great for soaking overnight oats

IDEAS

TO SUBSTITUTE EGGS FOR BAKING

| | | | | | |
|-------------------------|---|---|--|---|--|
| GROUND FLAX SEED |  1 TBSP GROUND FLAX | + |  3 TBSP WATER | = |  1 EGG |
| | (blend until mixture is thick, creamy & egg-like) | | | | |
| CHIA SEED |  1 TBSP CHIA SEED | + |  1/3 CUP WATER | = |  1 EGG |
| | (mix and let sit for 15 mins) | | | | |
| SOY PROTEIN |  1 TBSP SOY PROTEIN POWDER | + |  3 TBSP WATER | = |  1 EGG |
| AGAR AGAR |  1 TBSP AGAR AGAR | + |  1 TBSP WATER | = |  1 EGG |
| RIPE BANANA |  1/2 MASHED BANANA | = | | |  1 EGG |
| APPLESAUCE |  1/4 CUP UNSWEETENED APPLESAUCE | = | | |  1 EGG |
| PEANUT BUTTER |  3 TBSP PEANUT BUTTER | = | | |  1 EGG |

IDEAS

TO SUBSTITUTE ANIMAL CHEESE

CASHEW CREAM CHEESE

Soak 2 cups of cashews overnight in a bowl of water

Add the cashews to a blender along with:

4 tbsp nutritional yeast

4 tsp lemon juice

½ tsp garlic powder

½ cup of water

Salt and pepper to taste

Whizz until creamy and delicious. Eat it with anything! Experiment with herbs and spices to create a taste sensation!



**ALMONDS AND MACADAMIA
NUTS ALSO MAKE GREAT
VEGAN CHEESES!**

Look online for vegan cultures to make the vegan cheese of your choice, here are some ideas!



9 FOODS

YOU SHOULD EAT EVERYDAY



KALE

High in iron



SPINACH

Anti-inflammatory



GRAPEFRUIT

Boost liver function



CUCUMBER

Hydrate the body



TOMATOES

Rich in vitamin C



AVOCADO

Lower your cholesterol



PEPPERS

Loaded with antioxidants



GARLIC

Anti-bacterial, anti-fungal, anti-viral & anti-septic properties



HEMP SEEDS

Have complete protein

FIGHT BACTERIA

ANTI-INFLAMMATORY & IMMUNE-BOOSTING FOODS



BEETROOT



LEAFY GREENS



BERRIES



COCOA



CHERRIES



TURMERIC



PEPPERS



GARLIC



MUSHROOMS

FIGHT PAIN

NATURAL PAINKILLERS



PINEAPPLE

Stomach bloating, gas



BLUEBERRIES

Bladder/urinary tract infections



TURMERIC

Chronic pain



GINGER

Muscle



PEPPERMINT

Sore muscles



APPLE CIDER VINEGAR

Heartburn



CHERRIES

Joint pain, headaches



CLOVES

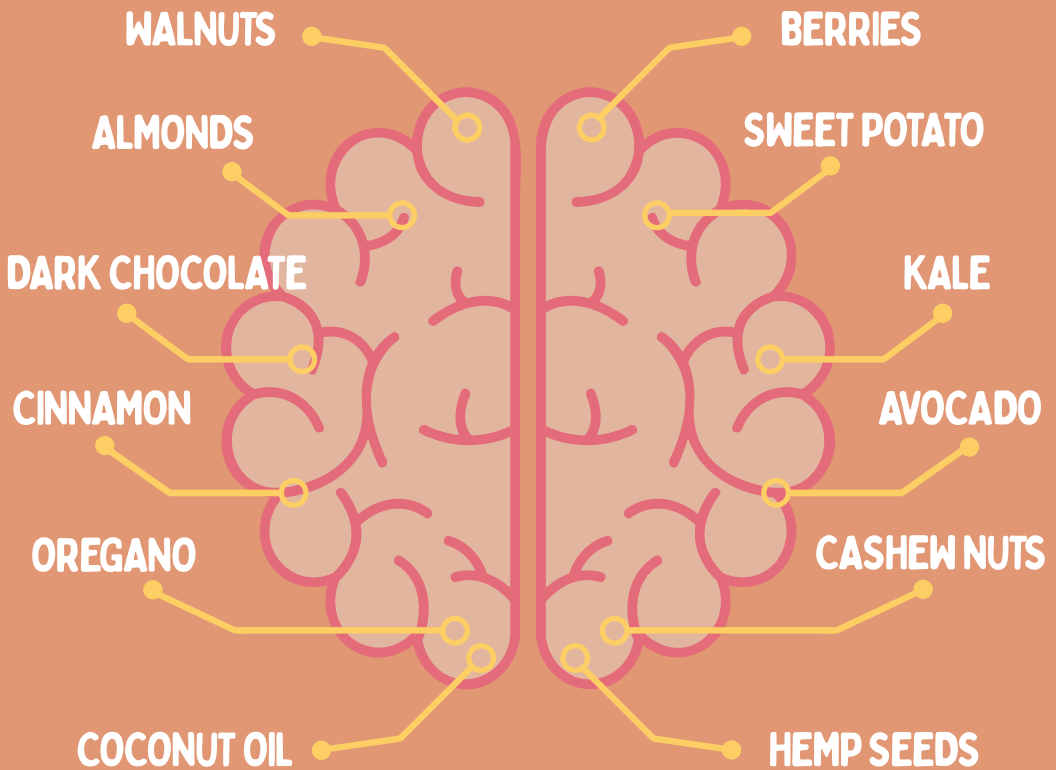
Toothache/gum inflammation



GARLIC

Made into a special oil for earache

SHARPEN YOUR BRAIN



LEARN MORE

COOKING:

Finding Vegan
findingvegan.com

Deliciously Ella
deliciouslyella.com

Post Punk Kitchen
theppk.com

The Full Helping
thefullhelping.com

The Veg Space
thevegspace.co.uk

The Minimalist Baker
minimalistbaker.com
(for gluten-free recipes)

Summer, Winter, Fall, and Back-to-School Recipes:
www.pcrm.org/good-nutrition/plant-based-diets/recipes

BBC Good Food
bbcgoodfood.com/recipes/collection/vegan-recipes

Jamie Oliver
jamieoliver.com/recipes/category/special-diets/vegan

VEGAN COOKERY BOOKS:

15 Minute Vegan
by Katy Beskow

Dirty Vegan
by Matt Pritchard

BOSH!
by Henry Firth and Ian Theasby

Plants-only Kitchen
by Gaz Oakley

Vegan One Pound Meals
by Miguel Barclay

Vegan Mock Meat Revolution
by Jackie Kearney

Eat and Run
by Scott Jurek

No Meat Athlete
by Matt Frazier

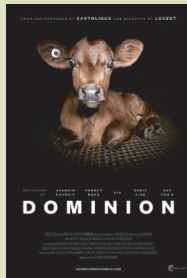
**Ms Cupcake – The Naughtiest
Vegan Cakes in Town!**
by Mellissa Morgan

DOCS TO WATCH

ANIMAL RIGHTS DOCUMENTARIES

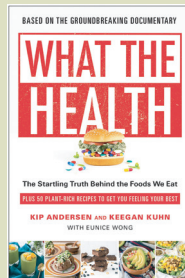


Earthlings



Dominion

HEALTH DOCUMENTARIES



What the Health



The Game Changers

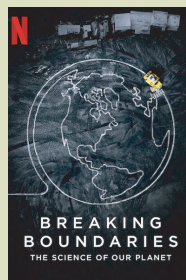
ENVIRONMENTAL DOCUMENTARIES



Cowspiracy



Seaspiracy



Breaking Boundaries



Meat the Truth



Eating our Way to Extinction

READING

VEGAN HEALTH BOOKS:

The ultimate vegan guide: Compassionate living without sacrifice, Erik Marcus, 2008.

How Not To Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, Michael Greger MD, 2015.

Plant Based Nutrition and Health, Stephen Walsh PhD, The Vegan Society, 2003.

Vegan for Life, Jack Norris RD and Virginia Messina RD, 2020

Becoming Vegan, Brenda Davis and Vesanto Melina, 2014.

Vegan Savvy: The Expert's Guide to Nutrition on a Plant-based Diet, Azmina Govindji R.D, 2020.

The Plant Power Doctor: A simple prescription for a healthier you, Gemma Newman M.D, 2021

The Plant-Based Diet Revolution: 28 days to a happier gut and a healthier you, Alan Desmond M.D. and Bob Andrew, January 2021.

GUIDES FOR PARENTS:

Nutrition for our Children- a free practical guide from Health Save Movement, 2021. You can download here:

Feeding Your Vegan Child – a practical guide to plant-based nutrition, Sandra Hood R.D, 2021.

Your Complete Vegan Pregnancy, Reed Mangels R.D., 2019.



LEARN MORE

SPEECHES TO LISTEN TO:

Dairy is Scary!

Explained in 5 mins

- Erin Janus

Available on YouTube

What is the Plant Based Treaty?

- Plant Based Treaty

Available on YouTube

Best Speech you will ever hear

- Gary Yourofsky

Available on YouTube

101 reasons to go vegan

- James Wildman

Available on YouTube

Uprooting the Leading Causes of Death

- Dr Michael Greger

Available on YouTube

A 10-year old's vision for healing the planet

- Genesis Butler- TedxSulb

Available on YouTube



*Scan this code with your smartphone camera
to watch the recommended speeches*

TAKE ACTION



ANIMAL VIGILS

BEAR WITNESS, COME CLOSE AND TRY TO HELP.

People in Animal Save Movement chapters around the world gather at the gates of slaughterhouses to meet the animals face to face. It's a moral duty and it's transformative to see the innocent animals with fear in their eyes moments before they are brutally murdered, hoping that someone will save them. If everyone bore witness, we would have a vegan world very soon.

"When the suffering of another creature causes you to feel pain, do not submit to the initial desire to flee from the suffering one, but on the contrary, come closer, as close as you can to she who suffers, and try to help."

- Leo Tolstoy, A Calendar of Wisdom.

#BearWitness

**ANIMAL
SAVE
MOVEMENT**



VOLUNTEER

AT AN ANIMAL SANCTUARY

Visit and support farm animal sanctuaries where animals are free to be the individuals and social beings they are. It's a joy to form bonds with animals in a safe space, and witness how these precious beings, who were rescued from a life of exploitation and a violent death, are now thriving in a safe and loving forever home.



NOURISH AND HELP OTHERS AT OUR NEXT VEGAN FOOD GIVEAWAY!

With your help we can distribute vegan meals to people in need, developing community gardens, and public cooking demonstrations. A fair and accessible vegan food system empowers people, helping them to have control over their own health, well-being, and daily economy. Plant Based Treaty, principle 3 calls for a "shift of some land ownership into community hands so the land can be repurposed for reforestation, green space and community food gardens and allotments."



BE THE CHANGE

JOIN THE CHANGE MAKERS FIGHTING FOR THE PLANET!

Animal agriculture is fueling the climate, ocean, biodiversity and animal crisis and you can help stop it. Take a Plant Based Treaty banner or sign up for a global student strike or climate march. Conduct outreach or write to your politicians and ask them to endorse the **#PlantBasedTreaty**.
#DietChangeNotClimateChange

CLIMATE
SAVE
MOVEMENT

READY FOR CLIMATE ACTION?

Join Youth Climate Save Movement:

a youth-led movement on a mission to phase out fossil fuels, end animal agriculture and reforest and rewild the Earth! Through public education, protests, art and social media, youth activists worldwide demand individual diet change and a vegan food system change. Become a youth ambassador for the **#PlantBasedTreaty** and lobby your city representatives to endorse the Plant Based Treaty.
#DietChangeNotClimateChange

YOUTH
CLIMATE
SAVE





TAKE ACTION

FOR THE PLANT BASED TREATY

- 1** Sign the treaty at www.plantbasedtreaty.org where you can endorse as an individual, group, business or city.
- 2** Ask your friends, family and coworkers to sign the Plant Based Treaty.
- 3** Reach out to local businesses, groups, city councillors and members of parliament and ask them to endorse the Plant Based Treaty. Check out our website for all the latest email actions you can take part in.
- 4** Visit our campaign hub for guides and resources to help you campaign for a Plant Based Treaty. Reach out to your local schools, hospitals, care facilities and public offices and ask them to add plant-based options to the menu.
- 5** Start a climate action group to campaign for the Plant Based Treaty in your city. Write to hello@plantbasedtreaty.org



*Scan this code
with your smartphone
camera to endorse the
Plant Based Treaty*

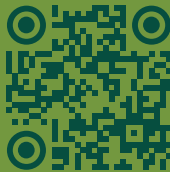


ENDORSE

THE

PLANT
BASED
TREATY

EAT PLANTS



PLANT TREES

plantbasedtreaty.org