

VEGAN DIET



A COMPLETE GUIDE TO A CRUELTY FREE DIET

Vegan Diet - Cheat Sheet

What is a Vegan Lifestyle and Why Does it Matter?

- Diet excluding animals and animal byproducts
- Helping to eliminate the needless suffering of animals
- Advocating more ethical business practices

What is the Difference Between Veganism and Vegetarianism?

- Lacto-ovo vegetarians eat dairy and eggs, but exclude animals
- Lacto vegetarians eat dairy but exclude animals
- Veganism excludes all animals and animal byproducts

Staying Healthy While Living Vegan

- Plant proteins
- B vitamins
- Omega-3 fatty acids
- Iron
- Foods fortified with these things for easier absorption

Protein, Protein, Protein

- Tempeh
- Soy/tofu
- Seitan
- Leafy greens
- Bananas
- Peas
- Beans and lentils

Old Habits Die Hard, Here's How

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- Accountability
- Taking things in moderation
- Baby steps
- Journaling progress
- Forgiving relapses

Identifying Your Values and Sticking to Them

- What do you believe in?
- What do you support?
- What are you willing to do to show support for the things you value most?

Living Vegan Beyond the Food You Eat

- Seeking products that do not utilize or harm animals
- Avoiding products that do animal testing
- Avoiding things like leather or other conveniences using animals
- Doing research to avoid greenwashing and support companies with ethical business practices

Meal Planning and Preparation

- Use a planner or calendar to begin
- Utilize foods you already have so they don't go bad
- Prepare ingredients ahead of time to cut down time
- Slowly integrate new meals
- Use meals you already love and moderate them to fit the vegan lifestyle
- Look into local and in-season fruits and vegetables

Completing the Vegan Lifestyle with Exercise and Proper Hydration

- Exercise daily
- Eat protein snacks after exercising
- Drink water after exercising
- Drink plenty of water throughout the day

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- Confidence makes everything easier