

VEGAN DIET



A COMPLETE GUIDE TO A CRUELTY FREE DIET

Vegan Diet - Resources Report

Going vegan may seem easy for some and difficult for others. We all grow up with different lifestyles and values, especially when it comes to the food we eat. Many of us come from cultures where food is very important and brings families closer together, so it can feel like a tremendous loss to give some of these up. Here are some resources to help strengthen your resolve to go vegan, and help you through the times ahead!

Books

How To Go Vegan: The why, the how, and everything you need to make going vegan easy by Veganuary

This comprehensive book covers the ins and outs of the vegan lifestyle if you should find you still have questions. It gives great advice on meal planning and even provides a few examples for you to draw from.

The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today by Sharon Palmer RDN

This book is a great guide to helping those who are new to the vegan lifestyle to understand the ins and outs of what matters most to our health. It touches on topics that will benefit anyone who is hoping to try a vegan lifestyle long-term so that they have all the bases covered for their health.

Frugal Vegan: Affordable, Easy & Delicious Vegan Cooking by Katie Koteen

Every vegan is going to want to pull from this cookbook. It is full of easy to make recipes that are also not hard on the wallet. Many people complain about how difficult it can be to go vegan financially, and with the prices of meat alternatives that certainly seems to be the case. This book is a great resource for those who are looking for a cheaper and more nutritious way to go vegan.

Tools

Thrive Market

[Click Here to Access The "Vegan Diet" Video Course! \(Insert URL\)](#)

<https://thrivemarket.com/myaisle/>

The Thrive Market provides consumers with goods that are filtered by vegan and cruelty-free standards. They supply a wide variety of organic and non-GMO products that are generally ethically obtained.

E-Meals

<http://www.emeals.com>

E-meals provides consumers with the option of selecting meals that they want to eat, then gives them a shopping list and helps them to create meal plans based on their preferences. For any vegan on the go, this can be utilized as a valuable resource!

The Good Shopping Guide

<https://thegoodshoppingguide.com/>

This website provides a list of great places to get ethical products. Any vegan who is going vegan with a moral stance will benefit from utilizing this website when fact-checking and searching for every-day items that they can use without any guilt.