



# VEGAN



**ACTION**

# STARTER KIT





**EAT PLANTS • PLANT TREES**  
[plantbasedtreaty.org](http://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**

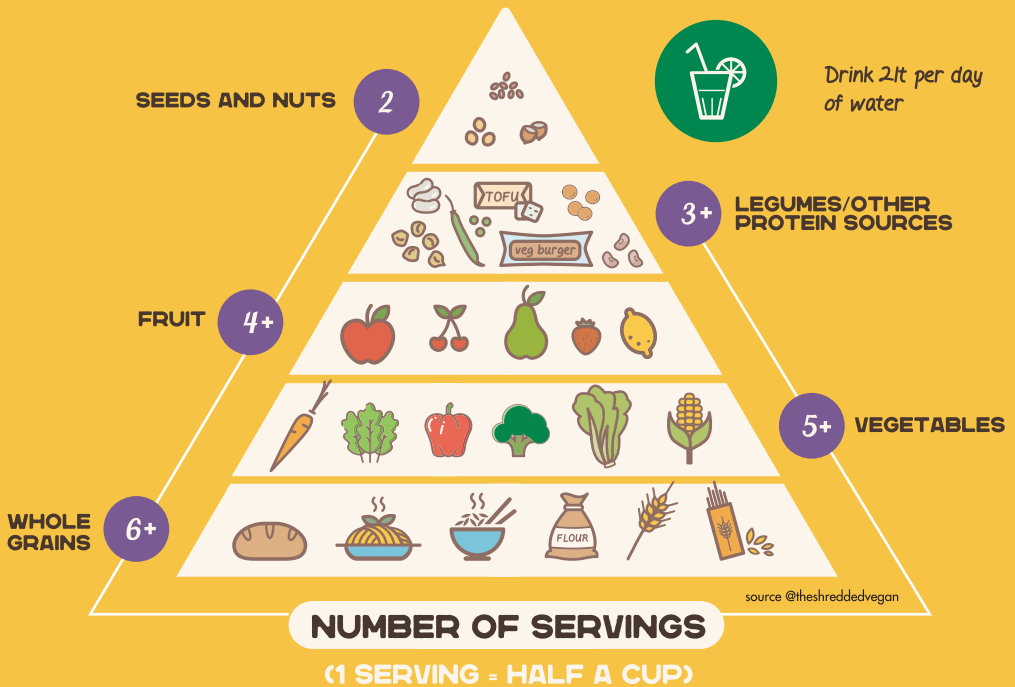


**FOR ATHLETES**

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



1

Assuming that vegan products are automatically healthier



2

Eating too few calories



3

Not eating enough whole foods



4

Eating too many refined carbs



5

Not eating enough calcium rich foods



6

Forgetting about iron and not drinking enough water



7

Not getting enough omega-3 fatty acids



8

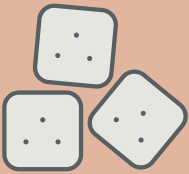
Not eating enough protein-rich foods



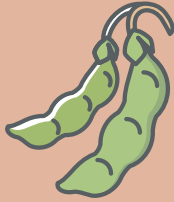
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Underestimating the importance of meal planning

# WHERE WILL I GET MY PROTEIN?



**TOFU**



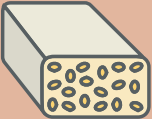
**SOY BEANS**



**OATS**



**LIMA BEANS**



**TEMPEH**



**CANNELINI BEANS**



**LENTILS**



**KIDNEY BEANS**



**GREEN PEAS**



**SEITAN**



**BLACK BEANS**



**CHICKPEAS**



Source: [theconsciousplantkitchen.com](http://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

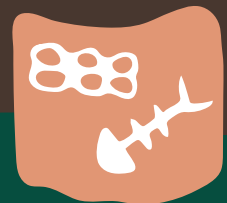


ORANGE



BELL PEPPER

Source: [ifocushealth.com](http://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](http://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

<b>GROUND FLAX SEED</b>	 1 TBSP GROUND FLAX (blend until mixture is thick, creamy & egg-like)	+	 3 TBSP WATER	=	 1 EGG
<b>CHIA SEED</b>	 1 TBSP CHIA SEED (mix and let sit for 15 mins)	+	 1/3 CUP WATER	=	 1 EGG
<b>SOY PROTEIN</b>	 1 TBSP SOY PROTEIN POWDER	+	 3 TBSP WATER	=	 1 EGG
<b>AGAR AGAR</b>	 1 TBSP AGAR AGAR	+	 1 TBSP WATER	=	 1 EGG

<b>RIPE BANANA</b>	<b>APPLESAUCE</b>	<b>PEANUT BUTTER</b>
 1/2 MASHED BANANA	 1/4 CUP UNSWEETENED APPLESAUCE	 3 TBSP PEANUT BUTTER
=	=	=
 1 EGG	 1 EGG	 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

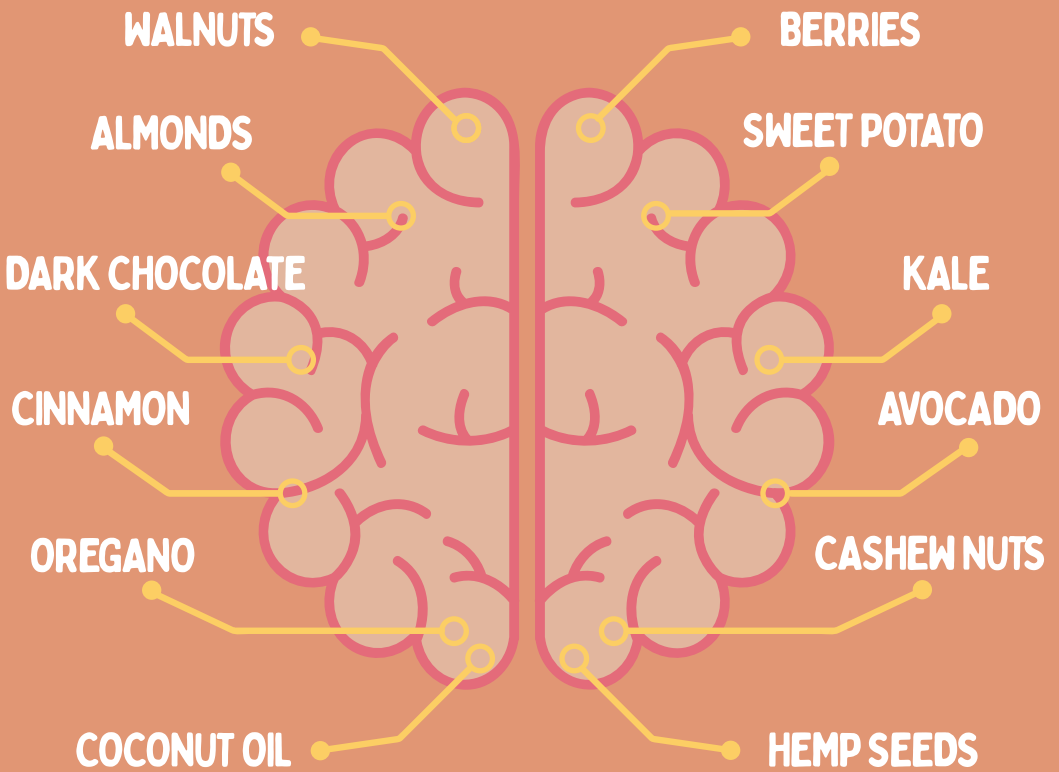
Toothache/gum inflammation



### GARLIC

Made into a special oil for earache

# SHARPEN YOUR BRAIN



# LEARN MORE

## COOKING:

### **Finding Vegan**

[findingvegan.com](http://findingvegan.com)

### **Deliciously Ella**

[deliciouslyella.com](http://deliciouslyella.com)

### **Post Punk Kitchen**

[theppk.com](http://theppk.com)

### **The Full Helping**

[thefullhelping.com](http://thefullhelping.com)

### **The Veg Space**

[thevegspace.co.uk](http://thevegspace.co.uk)

### **The Minimalist Baker**

[minimalistbaker.com](http://minimalistbaker.com)  
(for gluten-free recipes)

### **Summer, Winter, Fall, and Back-to-School Recipes:**

[www.pcrm.org/good-nutrition/plant-based-diets/recipes](http://www.pcrm.org/good-nutrition/plant-based-diets/recipes)

### **BBC Good Food**

[bbcgoodfood.com/recipes/collection/vegan-recipes](http://bbcgoodfood.com/recipes/collection/vegan-recipes)

### **Jamie Oliver**

[jamieoliver.com/recipes/category/special-diets/vegan](http://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!**

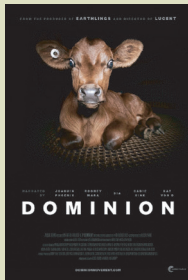
*by Mellissa Morgan*

# DOCS TO WATCH

## ANIMAL RIGHTS DOCUMENTARIES

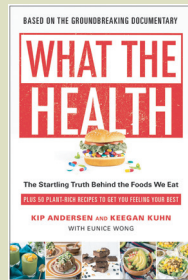


*Earthlings*



*Dominion*

## HEALTH DOCUMENTARIES

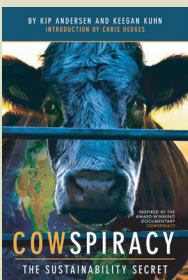


*What the Health*



*The Game Changers*

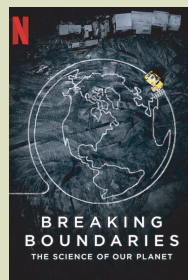
## ENVIRONMENTAL DOCUMENTARIES



*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**







No mires hacia otro lado

YO PUO EL MIERDA BASADO EN CIENCIAS EN CIENCIAS

ANIMALS ARE NOT PROPERTY

# TAKE ACTION

## FOR THE PLANT BASED TREATY

- 1** Sign the treaty at [www.plantbasedtreaty.org](http://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](mailto:hello@plantbasedtreaty.org)



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

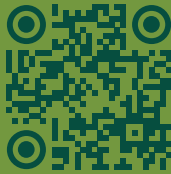


ENDORSE

THE

PLANT  
BASED  
TREATY

EAT PLANTS



PLANT TREES

[plantbasedtreaty.org](http://plantbasedtreaty.org)