
TRYING VEGAN:
A 30-DAY
COURSEBOOK
FOR THE CURIOUS



GETTING STARTED

Hello! Welcome to the guided coursebook for "Trying Vegan: A 30-day Course for the Curious". You are in for a journey filled with exploration and transformation whether you decide to go vegan for a month or the rest of your life. This coursebook is designed to accompany you over the next 30 days as you learn more about plant-based diets and discover your personalized plan for transitioning to eating vegan.

HOW TO USE THIS COURSEBOOK

Each week you will find an overview of activities for you to complete as well as downloads to reference that complement the course's weekly videos. Although there is a suggested flow of activities, do not feel restricted by this. Feel free to engage with activities as you feel called to and please share them with loved ones and other people you may be living with!

Don't forget to check the box after completing an activity to help you keep on track.

In addition to this coursebook, you may benefit from using a notebook or notes app on your smartphone for your food log or to record anything additional you are learning along your journey.

This coursebook is designed for you to come back to it as many times as you need for a refresher course.

Have fun!



Please choose at least 5 of the following activities during week one. Check the box corresponding to each activity once you complete it.

WEEK ONE OVERVIEW

- As we start our journey, don't change a thing about how you eat!** Begin a 7-day food log to build awareness around your current relationship with eating. Simply **write down** what you eat each day and anything else you may notice about how you feel- your energy level, emotions, stress level, as well as any aches or pains that you notice. **Notice:** This activity is designed to build awareness, not cause any feelings of shame or guilt. If tracking food may trigger these feelings for you, skip the food journaling and simply track how you feel each day.
- Reflect** on a major change that you have intentionally made in your life thus far. What did it require of you to bring this to fruition?
- Make a list** of any potential challenges you anticipate and/or fears you have about beginning a vegan diet. We will revisit this reflection in a later activity.
- Reflect** on what prompted you to want to eat vegan? **Write down** your reasons for becoming vegan or eating more plant-based. Some common examples of why people become vegan include health reasons, a love for animals and their welfare, the environmental impacts, and many more. What about you?
- Complete Activity 1.A - How Many Plants?** Look back over your food log entries for this week- count how many different fruits and vegetables you ate in one day.
- Reflect** on what comes to mind when you hear the word “vegan”?
- What are your current “go-to” recipes? **Reflect on and write down** 10 of the dishes you (or a loved one) often cook at home. Try to include at least one “potluck” or holiday favorite. **Note:** Quick meals and snacks count for people that don't do much cooking.



WEEK ONE ACTIVITY: 7-DAY FOOD LOG

Begin a 7-day food log to build awareness around your current relationship with eating. Feel free to print and make copies of this log or use the same format for your own notebook or notes app.

Date _____

What I ate today

What I noticed today

Please include how you feel today- your energy level, emotions, stress level, bathroom breaks, and/ or any bodily sensations you notice.



WEEK ONE ACTIVITY: MAKE A LIST

What are your current “go-to” recipes? **Reflect on and write down** 10 of the dishes you (or a loved one) often cook at home. Try to include at least one “potluck” or holiday favorite. We will refer back to this list in a later session. **Note:** Quick meals and snacks count for people that don’t do much cooking.

1.  _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Please choose at least 5 of the following activities during week two. Check the box corresponding to each activity once you complete it.

WEEK TWO OVERVIEW

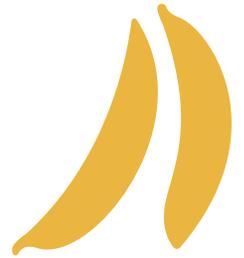
- Reflect on** last weeks food log **and write down** what you notice about your personal eating “style”. How many times per day do you eat on average? Do you snack and eat smaller meals or stick to larger meals throughout the day? Did you notice anything about how various foods affect you? If you have children, reflect on each of these questions with them as well.
- Complete Activity 2.A** - *List of Benefits*. Check the boxes on each potential benefit of going vegan that you feel connected to or inspired by.
- Complete Activity 2.B** - *Pick Your Plants O_X*. There are TONS of plants to eat. Circle the names of fruits and vegetables that you already love and eat regularly. Underline the names of those that you are unfamiliar with and are open to trying. Cross out the names of those that you have tried and don't like or are not interested in trying.
- Make a list** of any food allergies that you have or food sensitivities that you suspect. This will be helpful in creating your shopping list and recipe catalog. Reflect on your food log from last week- do you notice anything important? Are there any foods that you have identified have negative impacts on you? Consider foods that you have cravings for as well.
- Complete Activity 2.C** *More or Less*. When reflecting on foods that are not considered vegan, which do you think will be the most difficult foods to not eat? The easiest? Which do you eat the most frequently?
- Reference** *Eat Your Vitamins* worksheet.



ACTIVITY 2.A: BENEFITS

Check the boxes on each potential benefit of going vegan that you feel connected to or inspired by. Incorporating more plants can be beneficial for anyone regardless of if they go vegan for one week or the rest of their lives. Note that overall benefits here are cited from studies where people typically ate vegan for longer than one week, however.

BENEFITS OF GOING VEGAN



Benefits noted after just one week:

- Better digestion
- Healthier skin
- More regular stools
- More energy
- Better mood
- Reduced inflammation
- Lower blood sugar
- Better sleep

Overall health benefits of plant-based diets

- Lower risk of heart disease
- Weight loss & lower risk of obesity
- Lower cancer risk
- Lower risk of type 2 diabetes
- Lower risk of hypertension
- Lower risk of stroke

Other reported health benefits:

Less body odor, better breath, fewer PMS symptoms, elimination of migraines, reduced symptoms of allergies, and more!

Environmental benefits:

- Saving land
- Saving water
- Saving forests
- Lowering the global CO2 emissions
- Saving the lives of animals



ACTIVITY 2.B? "PLANT PARTY"



Circle the names of fruits, vegetables, grains, nuts, and seeds that you love and eat regularly. Underline the names of those that you are unfamiliar with and are open to trying. Cross out the names of those that you have tried and don't like or are not interested in trying. Feel free to do a web search for information on plants that you are unfamiliar with.

Artichoke

Arugula

Asparagus

Bean sprouts

Beans

Beets

Bell pepper

Bitter melon

Black beans

Black-eyed peas

Bok choy

Broccoli

Brussels sprouts

Cabbage

Carrot

Cauliflower

Celeriac

Celery

Chard

Chili pepper

Collard greens

Corms

Corn

Cucumber

Diakon

Endive

Fennel

Fresh herbs

Frisee

Garbanzos beans

Garlic

Ginger

Green onion

Greens

Horseradish

Hot peppers

Jicama

Kale

Kohlrabi

Konjac

Leek

Lentils

Lettuce

Mushrooms

Mustard greens

Okra

Onions

Parsnip

Peanuts

Peas

Potato

Radicchio

Radish

Red cabbage

Rhubarb

Rutabaga

Shallot

Snap peas

Soy beans

Spinach

Squash

Sweet potato/yam

Taro

Tatsoi

Tomato

Turnip

Wasabi

Water chestnut

Watercress

Zucchini



ACTIVITY 2.B? "PLANT PARTY"

Açaí	Dragonfruit	Lime	Prune (dried plum)
Ackee	Durian	Loganberry	Quince
Apple	Elderberry	Longan	Raisin
Apricot	Feijoa	Loquat	Rambutan
Avocado	Fig	Lychee	Raspberry
Banana	Fingered citron	Mandarine	Redcurrant
Bilberry	Galia melon	Mango	Salak
Black sapote	Goji berry	Mangosteen	Salmonberry
Blackberry	Gooseberry	Marionberry	Satsuma
Blackcurrant	Grape	Melon	Soursop
Blood orange	Grapefruit	Miracle fruit	Star apple
Blueberry	Guava	Mulberry	Star fruit
Boysenberry	Hala Fruit	Nance	Strawberry
Breadfruit	Honeyberry	Nectarine	Surinam cherry
Cactus pear	Honeydew	Orange	Tamarillo
Cantaloupe	Horned melon	Papaya	Tamarind
Cherimoya	Huckleberry	Passionfruit	Tangelo
Cherry	Jaboticaba	Peach	Tangerine
Chico fruit	Jackfruit	Pear	Tayberry
Clementine	Jambul	Persimmon	Ugli fruit
Cloudberry	Japanese plum	Pineapple	Watermelon
Coconut	Jostaberry	Pineberry	White currant
Crab apple	Jujube	Plantain	White sapote
Cranberry	Juniper berry	Plum	Yuzu
Currant	Kiwifruit	Pluot	_____
Damson	Kumquat	Pomegranate	_____
Date	Lemon	Pomelo	_____



ACTIVITY 2.B? "PLANT PARTY"

Amaranth

Barley

Buckwheat

Bulgur (Cracked Wheat)

Corn/maize

Farro / Emmer

Flaxseed

Millet

Oats

Quinoa

Rice (brown/white)

Rye

Sorghum

Spelt

Teff

Wheat Berries

Whole Grain Barley

Whole Rye

Whole Wheat

Whole Wheat Couscous

Wild Rice



Almond (varieties)

Almonds

Australian Nut

Beech

Brazil Nut

Butternut

Candlenut

Cashew

Chestnuts (vr.)

Chia seeds

Chufa Nut

Cobnut

Colocynth

Country Walnut

Cream Nut

Earth Almond

Earth Nut

Filbert

Flaxseed

Gingko Nut

Hazelnut

Heartnut

Hemp seeds

Hickory Nut

Indian Beech

Indian Nut

Jesuit Nut

Juniper Berry

Kluwak Nuts

Kola Nut

Macadamia

Malabar Chestnut

Maya Nut

Mongongo

Oak Acorns

Ogbono Nut

Para Nut

Paradise Nut

Pecan

Pili Nut

Pine Nut

Pistachio Nut

Poppy seed

Pumpkin seeds

Queensland Nut

Rush Nut

Safflower

Sapucia Nut

Sesame seed

Shagbark Hickory

Sunflower

Tiger Nut

Walnut (varieties)

Water Caltrop

White Nut



ACTIVITY 2.C: MORE OR LESS

When reflecting on foods that are not considered vegan, which do you think will be the most difficult foods to not eat? The easiest? Which do you eat the most frequently? Do this activity for each member of your household. Keep in mind that these ingredients aren't always standalone. They may be ingredients in processed foods you enjoy like ice cream, baked goods, coffee beverages, or used to cook veggies with.

Circle your response to the following questions:

1. Meat (Pork, beef, etc.)

How frequently do you currently eat meat?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat meat?	Very easy	Easy	Neutral	Difficult	Very difficult

2. Poultry (chicken, turkey, etc.)

How frequently do you currently eat poultry?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat poultry?	Very easy	Easy	Neutral	Difficult	Very difficult

3. Seafood (fish, shrimp, crab, etc.)

How frequently do you currently eat seafood?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat seafood?	Very easy	Easy	Neutral	Difficult	Very difficult

4. Dairy (cow's milk, cheese, etc.)

How frequently do you currently eat dairy?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat dairy?	Very easy	Easy	Neutral	Difficult	Very difficult

5. Eggs

How frequently do you currently eat eggs?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat eggs?	Very easy	Easy	Neutral	Difficult	Very difficult

6. Honey

How frequently do you currently eat honey?	Never	Almost never	Sometimes	Almost every day	Every day
How difficult will it be to not eat honey?	Very easy	Easy	Neutral	Difficult	Very difficult



WEEK THREE ACTIVITY: REFERENCE

EAT YOUR VITAMINS

Our bodies are designed to work, renew, and regenerate well when eating a completely balanced vegan diet. It can be easy to get all of the necessary nutrients you need. Here are foods to find them in!



B-12

Available fortified in some soy products, cereals, and margarines. Nutritional yeast also contains B12. If needed, you can take a B12 supplement.



OMEGA-3

This important anti-inflammatory nutrient is found in seeds such as chia, flax, canola, and hemp. It is also found in walnuts, perilla, olive oil, and blackcurrant seed oil.



VITAMIN D

Vitamin D is found most abundantly in sun rays! Beyond this, you can find it in sun grown mushrooms or fortified in some vegan products.



CALCIUM

Calcium is not just found in dairy! Dried fruits, nuts, green leafy vegetables, kidney beans, tofu, and some seeds have calcium as well. Some dairy alternatives are also fortified with calcium.



IODINE

Iodized salt and seaweed are two great sources of iodine.



IRON

Iron can be found in plant sources like nuts, seeds, whole grains, green leafy vegetables, and dried fruit. Eat foods with Vitamin C to help it absorb better.



PROTEIN

You can find protein in green leafy vegetables, seeds, nuts and nut butters, lentils, beans, chickpeas, and tofu. Beyond this, if you are eating vegan meat alternatives most of them have a heaping serving of protein. Believe it or not, this is not an area that many vegans need to worry about!



Please choose at least 5 of the following activities during week three. Check the box corresponding to each activity once you complete it.

WEEK THREE OVERVIEW

- Reflect and write down** what you believe will be most challenging to navigate while eating out as vegan?
- Reflect and write down** how supportive (or not) you think your community will be regarding your dietary changes? Brainstorm the questions you think the people closest to you will ask. Formulate how do you intend to respond. Try to understand their perspective as well.
- Complete Activity 3.A** *Vegan staples & Build-Your-Own shopping list*
- Reflect on** what you usually have at the restaurants you frequent most. Check out their menu online or call to ask about vegan options and alternatives for your favorite dishes.
- Check labels** in your kitchen or pantry. Do you have anything that is already vegan? Pick 3 products each with more than 5 ingredients listed. What are the non-vegan ingredients listed? Were there any ingredients you did not recognize that you had to research?
- Reference** *7Ss Guide to asking ?s*
- Reference** *V.E.G.G.I.E. venture* for making the switch
- Reference** *Tips for social events and holiday eating*
- Reference** *Dirty Dozen*



WEEK THREE ACTIVITY: REFLECTION

Reflect on what you usually have at the restaurants you frequent most. Check out their menu online or call to ask about vegan options and alternatives for your favorite dishes.



Check the labels in your kitchen and pantry. Do you have anything that is already vegan? (Ex. Oreos™ are vegan! Ha). Pick 3 products with more than 5 ingredients listed each. What are the non-vegan ingredients? Were there ingredients that you had to research?

Common non-vegan ingredients to look out for include, but aren't limited to:

- Beeswax
- Carmine/Cochineal
- Casein
- Cholesterol
- Confectioner's Glaze
- Fish oil
- Gelatin
- Ghee
- Glycerin
- Isinglass

- L-Cysteine
- Lactose/Lactic Acid
- Lard
- Lipase
- Rennet
- Retinol
- Shellac
- Tallow
- Vitamin D3
- Whey



WEEK THREE ACTIVITY: REFERENCE

Tips for Social Events and Holiday Eating



I know that we don't often want to seem "difficult"; however here are a few tips to help make social events easier:

1. Bring a vegan dish to share with everyone! People are often intrigued by plant-based diets. Giving them an option to try can be a great way to introduce them to plant-based lifestyles.
2. Explain to the host ahead of time, if possible, what you **do and do not** eat. This is about finding out what they have on the menu so that you can see if there will be vegan dishes available.
3. Offer recipe ideas if they do not have vegan options.
4. Offer tips on how they can easily turn some of the dishes on their menu into vegan treats! For instance, mashed or sweet potatoes for the holidays can easily be made vegan- just purchase or ask the cook to use vegan butter instead of dairy. Many people don't know that just by changing one or two ingredients, you can prepare a delicious vegan dish.
5. If all else fails, eat before you go. Or ask if you can bring your own meal.
6. Although your intention is well, there will be times when you eat something believed to be vegan, only to find out that it was not. That is ok! It happens- and until everyone is educated about plant-based eating expect people to make honest mistakes. You live and you learn.



WEEK THREE ACTIVITY: REFERENCE

7S GUIDE FOR ASKING ?'S

When eating in restaurants, there are 7 common ways that animal products show up in food. These become second nature at scoping out with more practice but in the beginning it can save you a lot of time, money, and food returned to the kitchen to ask questions about them.

1 SAUCES

Whether you are ordering pasta or something else covered in “sauce” ask if they were made with creams, milk, or cheese. Even many tomato-based sauces, like vodka or pink sauce, include dairy.

3 STUFFED

If a menu item is “stuffed”, chances are it will contain dairy, eggs, or seafood.

5 SECRET

Some dishes use animal products in the preparation though by the time they reach the table it may be difficult to tell without some secret knowledge. For example, when ordering curries, make sure they remove the fish sauce. Stews, soups, gravies and even at times rice in restaurants may be cooked with chicken or beef stock.

7 SERVER

If all else fails, ask your server. They are your primary way to communicate with the chef. Meat can hide behind various names on the menu like tasso or rennet. If you don't recognize something-ask! Even if you don't think there are options for you, asking the server can be a saving grace as many chefs will happily create you something delicious and vegan that isn't even on the menu!

2 SALADS

Many salads, from basic to extravagant, include cheese, eggs, or meat on it. Make sure you double-check before confirming your order. Some salads may be pre-mixed and in order to make it vegan you may have to order a new one entirely.

4 SAUTÉED WITH

At times food is cooked or sautéed with animal products. For example, Thai dishes may be cooked with eggs or collard greens may be cooked with meat.

6 STUCK TOGETHER (BIND)

Some recipes call for a binding agent to help food “stick together” better. For example, egg is a common binding agent for some veggie burgers. Cooks usually have insight on this but not always.



WEEK THREE ACTIVITY: REFERENCE

V.E.G.G.I.E. VENTURE

Here are my top tips for an easy transition to veganism. Consider this your cheat sheet, if you will.



Vegan options

The easiest step is to begin with foods you already know and love. Switch out animal products with their vegan counterpart. Mushrooms are great at delivering umami flavor, veggies can be a great substitute in classics like tacos or spaghetti- the combinations are unlimited.

Experience foods differently

At the end of the day, vegan nachos or meatballs are not going to taste exactly like your favorite meaty meals, but that doesn't mean they won't be delicious! Instead of seeking a copycat taste that may disappoint, consider each vegan dish an opportunity to experience something new.

Get ahead of the game by prepping

Meal prepping, or making a few days worth of meals, can be a great time-saver and may come in handy when you are hungry and want something fast! When you first change your diet, your metabolism increases as your body enjoys the influx of healthy nutrients. This means having some of your staples on hand and some pre-prepared foods can save the day.

Get familiar with labels and ingredients

As with any change, it requires a learning curve. Making informed decisions about what you put into your body keeps you in control. Reading labels and understanding ingredients in common dishes and processed foods is a helpful skill that will become second nature after a while.

Involve family & friends

Share your experience with folks in your family and household. It can be fun to try different recipes and share kitchen time. Plant-based eating should be fun, not stressful or boring!

Extend yourself compassion

There is no prize for the world's best vegan (at least I don't believe there is!). Even when we set intentions to follow a certain plan- things change. We make mistakes, we forget to ask questions, we eat something that wasn't vegan. Please be compassionate with yourself. You are learning what works best for you. It can take time.

Substitute when needed

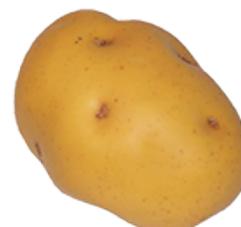
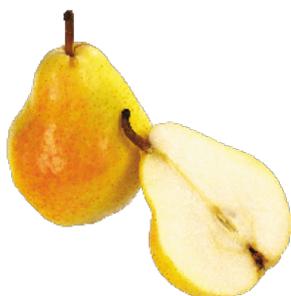
There are TONS of vegan alternatives to meat and dairy products if you are interested.



WEEK THREE ACTIVITY: REFERENCE

DIRTY DOZEN

Every year, the Environmental Working Group (EWG) releases a list of produce with the highest levels of pesticides. What does this mean to you? Organic produce is undoubtedly more expensive. If you are deciding between fruits and vegetables to purchase conventional vs. organic, prioritize purchasing items from this list organic, if possible.



Dirty Dozen List 2020: Strawberries, spinach, kale, nectarine, apples, grapes, peaches, cherries, pears, tomatoes, celery, and potatoes.



Please choose at least 5 of the following activities during week four. Check the box corresponding to each activity once you complete it.

WEEK FOUR OVERVIEW

- Research** vegan recipes that you may be interested in trying. Start with your “go-to” recipes and favorite meals. For example, Google “vegan _____ recipes” and bookmark or print out ones that you'd like to try.
- Add** the ingredients you will need to try one (or more!) of the vegan recipes you researched to your new grocery list. On your next visit to the supermarket, farmer’s market, or food pantry, pick up these items. (**Hint:** pick the simplest recipe or one that you already have some of the ingredients for.)
- Reflect** on how you feel about starting your vegan trial? Is this something you will be sharing with other people or are you keeping this to yourself? Will you refer to yourself as being vegan? Eating plant-based? Changing up your diet? Or something else? Plan language that feels comfortable for you. Don't feel pressured to subscribe to a specific label.
- Reflect** over your vegan recipes and new grocery lists. Pick a date to try the new dish.
- Plan a full day** of eating vegan- breakfast, lunch, and dinner. (For an extra special task, try a week). Meal plan for your day and keep a food log similar to the one you created in week one. Similarly, track any moods, emotions, and other things you notice.
- Reference** *Vegan Substitutions*
- Refer back to your list of your 10 “go-to” recipes. Identify ingredients in each that are not vegan. Brainstorm alternatives based on the **Vegan Substitutions** reference sheet from this weeks activities.



WEEK FOUR ACTIVITY: REFLECTION

Reflect on how you feel about starting your vegan trial? Is this something you will be sharing with other people or are you keeping this to yourself? Will you refer to yourself as being vegan? Eating plant-based? Changing up your diet? Or something else? Plan language that feels comfortable for you. Don't feel pressured to subscribe to a specific label.



Reflect over your vegan recipes and new grocery lists. Pick a date to try the new dish.

I will prepare the dish _____ on the following date
_____ for breakfast/lunch/dinner (circle one).



Plan a *full day* of eating vegan- breakfast, lunch, and dinner. (For an extra special task, try a week). Meal plan for your day and keep a food log similar to the one you created in week one. Similarly, track any moods, emotions, and other things you notice.

My full vegan day will take place on _____.



WEEK FOUR ACTIVITY: REFERENCE

VEGAN SUBSTITUTIONS



Here are my top tips for an easy transition to veganism.

Instead of meat or poultry, try:

- Mushroom! Mushroom is one of the plant foods that contains umami flavor- that "mouth-watering" or "meaty" taste that your tastebuds seek out. Other plant-based sources include tomatoes, miso paste, seaweed, and green tea.
- Vegan meat substitutes. There are a PLETHORA of brand names on the market today and many more are being introduced regularly. You can find substitutions for ground meat, burgers, chicken breast, seafood, chicken patties, Italian or breakfast sausage, hot dogs, ribs, chicken nuggets, and more!

Instead of cow's milk, try:

- Substitutions such as soy, oat, almond, rice, or coconut milk offer a great source of nutrients that often exceed cow's milk.

Instead of butter, try:

- Various brands make delicious vegan butter or margarine or you can use one of the many recipes online to make your own.

Instead of cheese, try:

- Nutritional yeast. This is a delicious, savory cheesy staple for vegan pantries.
- Vegan cheese. There are SO MANY brands that range in price, flavor, and gooey-ness! I encourage you to try various brands and flavors, however, be aware that if the ingredients include something called casein then it is not vegan.

Instead of eggs, try:

- Tofu with nutritional yeast (and a bit of flour) for scrambling. You can season it and include peppers, onions, or anything else you might for eggs. For baking or cooking, substitute applesauce, oil, or powdered egg replacer.

SO YOU LIKE TO EAT...

Gumbo? Make your roux, but try vegan chicken, sausage, mushrooms, and tofu in it. **Loaded**

baked potatoes? Add vegan butter, vegan sour cream, and chives to make it a delicious treat!

BBQ? Throw some veggie burgers, veggies, or tofu on the grill! Get the idea?

Chicken enchiladas? Waffles? Mac n Cheese? Burgers? Mashed potatoes? Sweet potato pie? All of these have their vegan equivalents. Playing with recipes is part of the fun being vegan!



WEEK FOUR ACTIVITY: (RE)MAKE A LIST

Refer back to your list of your 10 “go-to” recipes from week one. Identify ingredients in each that are not vegan. Brainstorm alternatives based on the **Vegan Substitutions** reference sheet.

1.  _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



WHAT'S NEXT

Congratulations on completing your 30-day coursebook!

REMINDER

It's ok if veganism doesn't become a lifelong lifestyle for you after this. Maybe you enjoy the week or month and at best have learned ways to incorporate more plants into your diet. Just know that the journey doesn't have to end here. Life comes with many changes that impact our lifestyles and daily habits. Often times after a major life change (moving, entering or ending a relationship, introducing new family members, graduating from school, getting a new job) there is opportunity to reassess how things fit into our lives. Feel free to come back to this 30-day guide as often as you'd like.

RESOURCES

Here are some resources that can be helpful to gain additional perspectives and facts. This is by no means exhaustive- the more you engage people in conversation about veganism and plant-based lifestyles the more resources you will continue learning about. I don't have book or cookbook recommendations here since they vary so widely in content but I encourage you to check out some at your local library.

Websites

- YouTube.com
- pinterest.com
- happycow.net
- chooseveg.com
- byanygreensnecessary.com
- mythrivemag.com
- veganismofcolor.com
- vegansociety.com
- supervegan.com
- localharvest.org/farmers-markets
- findingvegan.com
- ilovevegan.com
- barnivore.com

Movies/Documentaries

- Feel Rich
- The Invisible Vegan
- Forks Over Knives
- What the Health?
- Fat, Sick, & Nearly Dead
- PlantPure Nation
- The Game Changers
- Vegucated

