



# GO VEGAN.

*starter kit*

Crunchy Vegan



This booklet is dedicated to my mother and her sisters. You have each shown me what it means to love one another, to love myself, and to love the life I've been given.

Thank you for inspiring me to be a better person.



A woman with dark hair tied back, wearing sunglasses, a dark jacket, and fingerless gloves, is crouching in a forest. She is looking down at a small, light-colored chicken that is standing on the ground covered in leaves and twigs. The background shows a tree trunk and more foliage. The entire image has a teal tint and is framed by a thin yellow border.

# "I COULD NEVER GO VEGAN."

Come on. We've all said it.

16 years ago, I was just as unsuspecting. Of course, one day it all just made sense: I find animals incredibly fascinating and brilliant creatures, and I want no part of causing them any harm.

For me, the transition to veganism was slow and arduous at times. I wish I could have started out with the tools, support, and know-how that I've since acquired. Now, because I struggled to find my footing doesn't mean you must also struggle! I'm here to help you in your journey to veganism, so you'll be equipped with all the tools, and none of the excuses.

Now's your time. Sit back; it's gonna be a smooth ride.



# AND THEN WE WENT VEGAN.



## **Crunchy Vegan**

This Vegan Starter Kit is a free gift to you from the Crunchy Vegan family.

Crunchy Vegan was created to be a resource for veganism—sharing knowledge of the vegan lifestyle, helping others make choices according to their own values, and encouraging ourselves to be healthier, more compassionate, and more mindful.

**Together, we can realize a more compassionate and humane world.**



# CONTENTS

Introduction	////////// 6
Motivations	////////// 9
Eats	//////////14
Resources	//////////44





# Introduction



## So You Want to Go Vegan...

To that I say, "welcome!" Welcome to the most incredible community you're likely to find!

Seriously, choosing veganism is a significant decision. It's one of the best decisions (probably **the** best decision) I've ever made.

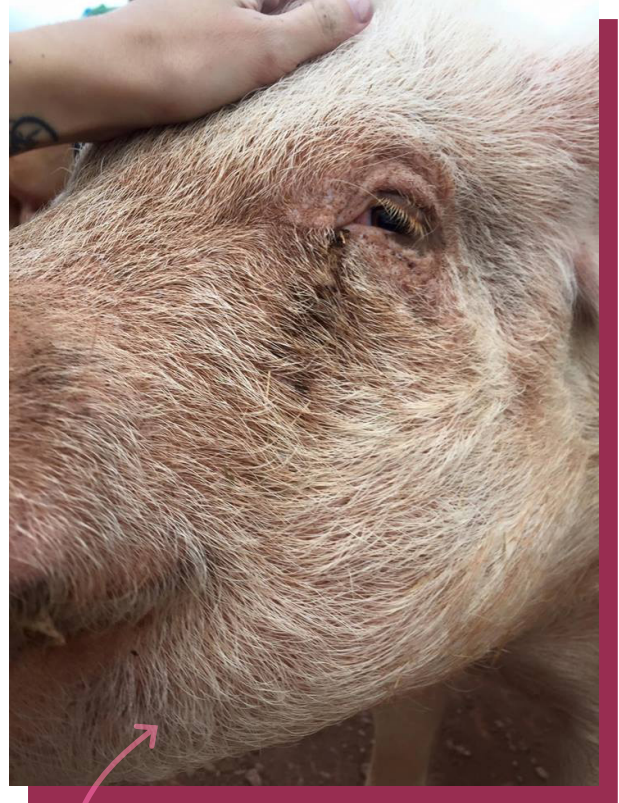
There's great food, the feel-good element, and improved quality-of-life; but most of all, you'll meet some truly amazing people. You're part of something bigger now—and it's powerful.

I'd love to tell you that going vegan is a piece of vegan cake, but it isn't always. Luckily, you're not alone in your journey. You need only ask and you'll find heaps of support.

“

**PROGRESS IS IMPOSSIBLE WITHOUT CHANGE,** and those who cannot change their minds cannot change anything.

-George Bernard Shaw



cuteness  
overload,  
amiright!?



# Veganism 101

Let's backup for a second. **What exactly is veganism?**

Veganism is not to be confused with a diet; it's a lifestyle choice that permeates far beyond what we eat. Here is a good way to think of it:

**Veganism is living compassionately** and free from systems of cruelty and exploitation.

As vegans, we remove ourselves from the exploitation of human and non-human animals for the purposes of food, clothing, entertainment, or other ends.

We do this as best as we can, keeping in mind that nobody is perfect. There will be times when you slip-up ... **and that is okay!**

It's your *intention* that's important; along with the commitment you've made to live a life of kindness and compassion.

**Fear not,  
the "vegan police"  
don't exist!**

**Every day, we grow.** As you navigate the world of veganism, it's okay to remind yourself, "*I'm still learning.*"





# Motivations

## Why Vegan?

People become vegan for many reasons. Regardless of what first prompted you to try veganism, you'll surely find that there are a wealth of benefits to keep you motivated.

**A****Vegan for the Animals.****B****Vegan for the Planet.****C****Vegan for the People.****D****All of the above.**



*go vegan for...*



**ANIMALS**



**EARTH**



**HEALTH**



**RAINFOREST**



**COMPASSION**



**WILDLIFE**



**HUNGER**



**PEACE**

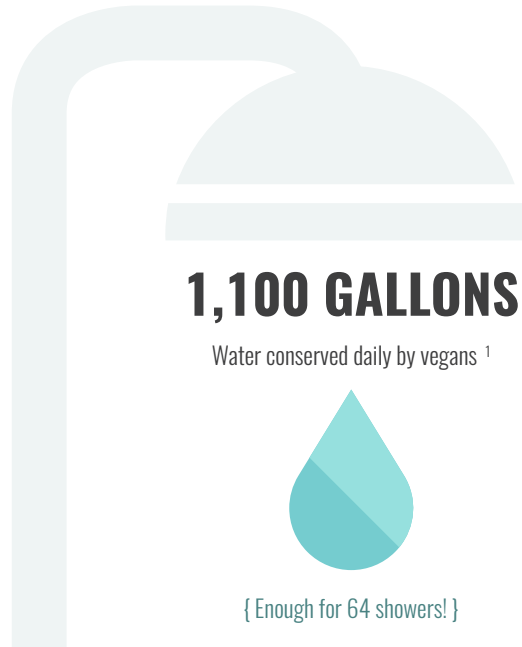


**WATER**

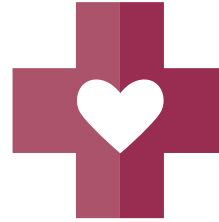


## 150 BILLION

The estimated number of animals killed annually by Meat, Fish, Dairy, & Egg Industries<sup>1</sup>



Vegans have a **LOWER RISK** of



Obesity  
Coronary Heart Disease  
High Blood Pressure  
Diabetes  
Some Cancers <sup>2</sup>

## 40 POUNDS OF GRAIN

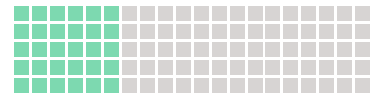
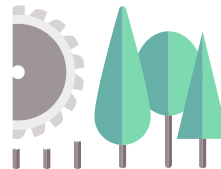
Conserved each day <sup>1</sup>

{ 50% of global grain production is used to feed livestock. Whereas 82% of starving children live in countries where food is fed to animals, and the animals are eaten by western countries <sup>3</sup> }



## 30 SQUARE FEET

of deforestation avoided each day <sup>1</sup>



1. The Vegan Calculator | <http://thevegancalculator.com/>

2. American Heart Associations | [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Vegetarian-Diets\\_UCM\\_306032\\_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Vegetarian-Diets_UCM_306032_Article.jsp)

3. Cowspiracy | <http://www.cowspiracy.com/facts/>







**GO VEGAN.**  
*starter kit*



**THE EATS EDITION.**





**Eats**



## What Do Vegans Eat!?

I'm happy you asked! While veganism is not just about the food we eat, the fact that everyone typically makes three choices a day about what food to consume makes diet a critical pillar of veganism.

And here's the best part: **you've already been eating vegan food your entire life!**

You know these foods well, you eat them daily—probably (hopefully!!) in every meal.



### Vegan vs. Plant-Based

If you're navigating veg circles, you may hear some people use the phrase "plant-based."

As explained, veganism is not a diet. Someone who is vegan follows a plant-based diet, but not all plant-based dieters are vegan. Make sense?

More than just what we eat, veganism is about how we live our lives as a whole. We'll touch on materiality and other lifestyle elements of veganism in later editions of the Starter Kit.

**HAVE YOU EVER  
EATEN AN APPLE?**

**You've had vegan  
food.**



## Bring On the Awkward Conversations

Get ready for the questions, because family gatherings and work functions will never be the same. You can almost count on hearing these questions ... 6 years into veganism and I still get them!

### WHAT DO YOU EVEN EAT, GRASS!?

People who are unfamiliar with veganism might assume a plant-based diet is limiting, but it actually broadens the culinary horizon. I know that I found myself eating so many new foods, so my list is never short when answering this question.

### WHERE DO YOU GET YOUR PROTEIN!?

You decide to go vegan, and suddenly everyone's a nutritionist. I've included a list of 10 plant-based protein sources in the resources section, but feel free to list off a few everyday foods that are high in protein, like lentils, peanut butter, peas, or spinach.

(If I'm feeling extra snarky, I might respond, "Don't ask me about my protein and I won't ask you about your cholesterol.")

### WHAT'S WRONG WITH MILK?

Some people have trouble understanding what about milk, eggs, or honey makes those ingredients non-vegan. You can offer a simple reminder that veganism is about choosing to remove ourselves from any form of animal exploitation.

### WHY DO VEGANS LIKE "FAKE" MEAT?

First, not every vegan does. But for those of us who do (I love it!), plant-based meats help in the transition to veganism by providing an element of familiarity. Plus, they make veganizing some of our favorite dishes easier.

One note, however: I avoid calling them "fake," which makes it sound like we're eating rubber chickens...it's still food.

### BUT PLANTS HAVE FEELINGS, TOO!

Rarely said with sincerity, so it's always okay to choose to not engage. But also, it takes far more plants to feed farmed animals than if we ate the plants directly. So there's that.



## Eating Out

Eating out as a vegan is easier than you might imagine. In fact, some of my favorite meals have even been side dishes at steak houses!

Just a little know-how will certainly help make your dining experience hassle-free:

- » **FIND VEG-FRIENDLY ESTABLISHMENTS.** Definitely check out [Happy Cow](#) or [Veg Dining](#) to find the many veg-friendly restaurants throughout the world!
- » **BEFOREHAND, CALL AHEAD.** If the menu looks iffy, call ahead and ask about accommodating vegans.
- » **WHEN YOU ARRIVE, SPEAK WITH THE SERVER.** As I'm seated at a new restaurant, I'll pull the waiter aside and quietly ask, "I'm a vegan, what might you recommend?" They could have some ideas, or they might ask you to hold on while they speak with the team in the kitchen.
- » **GET FAMILIAR WITH GLOBAL CUISINES.** Outside of the Standard American Diet (SAD), most cultures don't consume as much meat or dairy. It's relatively easy, therefore, to enjoy various cuisines. If you don't know the ingredients to have held (for instance, at an Indian restaurant, you should ask your server to hold the ghee or cream), just tell the server you're vegan and request their help when ordering.

## Nutrition

I think we've been seriously misled by nutrition education. Protein and calcium are thought to be huge concerns with veganism, but a fully plant-based diet can be much healthier than the Standard American Diet (SAD).

While it's entirely possible to get all your vital nutrients on a vegan diet without really thinking twice, here are some vitamins, minerals, essential fats, and dietary compounds to be sure you're including in your diet.

- » **PROTEIN.** There are plenty of plant-based protein sources. Check the resources section at the end for a list of suggestions.
- » **OMEGA-3S.** Fish-free sources of Omega-3s include flaxseed, walnuts, and algae.
- » **B-VITAMINS.** B12 deficiency is not exclusive to those on a plant-based diet. A multi-vitamin can help ensure you're getting adequate B12.
- » **CALCIUM.** Studies have shown that calcium absorption from dairy is lower than from some vegetable sources.
- » **IRON.** There are plenty of iron-rich plant-based foods, such as beans, lentils, chickpeas, dried fruits, nuts, etc.



what's  
**COOKIN'**  
good  
**LOOKIN'**



Okay, okay, you're ready to start chowing down on some delicious vegan food. I get it! Well, I am very pleased to share 12 delicious recipes crafted by vegans from all walks of life—including both long-time vegans and the recently converted.

Many of the recipes will be familiar dishes that stick to recognizable ingredients, most

are a cakewalk for even the most novice chef, and they're **all** delicious.

Hopefully, once you try some of these taste-tested vegan recipes, you'll feel comfortable enough veganizing some of your old favorites and trying new recipes of your own.

**So don't be afraid! Jump in and enjoy the feast!**

## Recipes

Chia Pudding .....	20
Kelly's Pancakes.....	22
Josh's Cranberry Bars.....	24
Paul's Macaroni Salad Hug.....	26
Prize-Winning Nachos.....	28
Cashew Ricotta.....	30
Colleen's Best Pesto.....	32
Kelsey's Kitchen Sink Lasagna .....	34
Maryland Crab-less Soup.....	36
Elena's Filipino Pancit.....	38
Zuke "Crab" Cakes .....	40
'Nana Nice Cream .....	42

### Don't forget the resources at the end!

- ✓ SHOPPING LIST FOR ANY BUDGET
- ✓ MONEY SAVING TIPS
- ✓ MEAL IDEAS
- ✓ VEGGIE COOKING CHART
- ✓ PROTEIN SOURCES
- ✓ CALCIUM SOURCES
- ✓ EGG SUBSTITUTIONS
- ✓ INGREDIENTS LIST



## BREAKFAST



## Chia Pudding

**Creator:** Crunchy Vegan / 🍌crunchyvegangel

**Prep Time:** 5 min. // **Ready In:** 4 hrs.

**Yield:** 5 servings

If you've been in search of the simplest breakfast—a breakfast that is both healthy and delicious—look no further than this recipe!

Chia seeds boast high fiber content and omega-3 fatty acids. They're high in calcium and in antioxidants. Similar to flaxseeds, chia's health benefits increase when they're ground up, so try the blended variation of the recipe for an added boost!

### INGREDIENTS

- » 2 cups of coconut milk
- » 1/2 cup of chia seeds
- » 1 teaspoon vanilla (or less, to taste preference<sup>‡</sup>)
- » 2 tablespoons agave nectar

<sup>‡</sup> Then again, if it were me, I'd even add in some fresh vanilla bean!



## Directions

1. Set the chia seeds aside. Whisk or blend all other ingredients until well-mixed. (For a smooth variation, add all ingredients to a blender and blend on high for 1 to 2 minutes.)
2. Add in the chia seeds and stir.
3. Pour the mixture into a sealed container.
4. Let it chill in the refrigerator for 4+ hours until ready to serve. Stir the pudding about halfway through for an even consistency.



### FLAVOR

As you're making the chia pudding, try adding these ingredients to adjust the flavor:

- Vanilla bean
- Cinnamon
- Cocoa powder
- Fresh fruit or freshly juiced fruits
- Chai
- Matcha
- Protein powder

### MIX-INS

When serving your chia pudding, stir in and garnish with anything you enjoy, such as:

- Frozen blueberries
- Fresh cut fruit
- Coconut chips or shredded coconut
- Hemp seeds
- Chocolate chips
- Cacao
- Hazelnut spread
- Jam
- Granola
- Nuts
- Peanut butter and jelly

The possibilities are endless! So get creative!



## BREAKFAST



## Kelly's Pancakes

**Creator:** Kelly Bitz /  bitzy5916

**Prep Time:** 5 min. // **Total Time:** 30 min.

**Yield:** 8 to 10 pancakes

My friend Kelly is the epitome of integrity and sweetness. There's nothing pretentious about her.

When she told me about her amazing pancake recipe, she wasn't boasting. She was letting me in on a secret. A secret that I am more than excited to share with you all, because it's too simple and delicious to keep to myself!

### INGREDIENTS

- » 1 cup flour
- » 2 tablespoons sugar
- » 2 teaspoons baking powder
- » 1/2 teaspoon salt
- » 1 cup non-dairy milk
- » 2 tablespoons coconut oil
- » 1 ripe banana, mashed (as a substitute for one egg)



## Directions

1. In a medium bowl, combine the dry ingredients.
2. In a separate bowl, whisk together the wet ingredients.
3. Slowly add the wet ingredients to the bowl of dry ingredients and mix well.
4. Heat some coconut oil on a griddle or frying pan over medium heat.
5. Pour or scoop the batter in small dollops (about  $\frac{1}{4}$  cup each). When bubbles start to form near the center of the pancake, flip once.
6. Cook until golden on both sides.



### FLAVOR

For flavor variations, you can add a few shakes of ground cinnamon or about 1 tablespoon of vanilla extract.

You can also play around with toppings. Try adding extra banana slices to the pan, or chocolate chips!



## SNACKS, APPETIZERS , + SIDES

# Josh's Cranberry Bars

**Creator:** Josh Rosen / 📸 jsrosen82

**Prep Time:** 5 min. // **Total Time:** 35 min.

**Yield:** 12 bars

Josh is the type of person who extends an unassuming invitation for movie night, and everyone\* shows up in PJs to discover he's spent days creating a magical experience—complete with a tea lights, cocktails, and 3 commercial-sized drums (I kid you not) of flavored popcorn. It's deluxe, wrapped in sweet modesty.

These cranberry bars are Josh in food form. Don't be fooled by their appearance or name, because oh, are they delicious! Plus, as owner of the vegan chocolate company [Charm School Chocolate](#), Josh knows a thing or two about scrumptious treats!

## INGREDIENTS

- » 12 tablespoons (or 1 1/2 sticks) vegan butter (e.g., Earth Balance brand)
- » 1 1/2 teaspoons vanilla extract
- » 1 1/2 cups oats, quick cooking
- » 1 cup all purpose flour
- » 1 cup brown sugar, dark
- » 1/4 teaspoon salt
- » 1/4 teaspoon cinnamon
- » 1 cup dried cranberries
- » 1/2 cup sliced almonds



\*Okay, fine. Not everyone, just me... I showed up in pajamas...



## Directions

1. Preheat the oven to 350° F. Line a 9" x 9" baking pan with parchment paper.
2. In a large bowl, combine the oats, flour, brown sugar, salt, and cinnamon.
3. Melt the butter and let it cool for about 5 minutes. Once cooled, add the vanilla extract.
4. Add the butter mixture to the large bowl of ingredients and stir well.
5. Mix in the cranberries and almonds.
6. Press the combined mixture into the baking pan and bake for 20 to 30 minutes (ovens will vary, so check often), until the top is golden brown and the edges begin to pull away from the sides of the pan. The mixture will still be somewhat soft.
7. Allow the pan cool for a few minutes before cutting into bars.

### ALTERNATIVE MIX-INS

Instead of the cranberries and almonds, you can play around with the following combinations:


- Cherry + almond
- Cherry + pistachio
- Cranberry + pistachio
- Apricot + almond
- Cranberry + pecan





## SNACKS, APPETIZERS , + SIDES

## Paul's Macaroni Salad Hug

**Creator:** Paul Terrigno /  modifiedlifesaver

**Prep Time:** 20 min. // **Cook Time:** 10 min. //

**Ready In:** 4 1/2 hrs.

**Yield:** 10 servings

Parties fall a little flat without Paul's boisterous character. His personality is like a big hug. He'll tell you a little about himself, and then he wants to know all about you.

When you talk to Paul, he invites you to experience his nuances—every bit of him. He offers his stories as if they were the spices that season his overall narrative.

Now, I love a good macaroni salad. But something about Paul's just made me swoon. It very much reminded me of him. "It has a little kick," he warned, as if I'd expect anything less coming from Paul.

But the kick is subtle—more like a little tap—and the whole dish just warms your soul like a big hug.

A big Paul hug.





## INGREDIENTS

- » 1 lb. elbow pasta
- » salt and olive oil for the pasta
- » 1 cup or more of pasta water, saved from cooking
- » 1 1/4 cup vegan mayonnaise (e.g., Follow Your Heart brand)
- » 1/3 cup raw sugar
- » 1/4 cup distilled white vinegar
- » 2 1/2 tablespoons dijon mustard
- » 2 teaspoons ground black salt
- » 1 to 3 teaspoons red hot chili flakes, to preference
- » one shallot, diced
- » 1/2 yellow onion, diced
- » 1 large carrot, shredded
- » 1 red bell pepper, diced
- » 1 orange bell pepper, diced
- » 6 to 8 sticks of celery, finely chopped

## Directions

1. In a large pot, bring 4 to 6 quarts of water to a boil. Add salt and olive oil to taste.
2. Add the pasta and cook to al dente (about 8 minutes, or as according to the instructions on the package).
3. Drain the pasta while retaining the water. You'll want to set aside at least 1 cup of the pasta water.
4. In a small bowl, combine the sugar and vinegar until the sugar is dissolved.
5. Combine the pasta and all ingredients in a large bowl.
6. Mix well, and slowly add the pasta water until you've created the desired consistency (about 1 cup should suffice).
7. Let the salad chill in the refrigerator for about 4 hours before serving.



## SNACKS, APPETIZERS , + SIDES



## Prize-Winning Nachos

**Author:** Crunchy Vegan /  [crunchyvegangel](#)

**Prep Time:** 10 min. // **Total Time:** 30 min.

**Yield:** 4 servings

In fall 2016, [Field Roast](#) organized a weekly challenge to coincide with football games. Prompted with typical game-day dishes, people were encouraged to use Field Roast ingredients to create their own recipes.

Anyone who knows me even remotely well knows how much I love nachos. Well, I'll let you guess what the first week's recipe was.

That's right. **Nachos.**

I took to my kitchen and got started on whipping together the very best vegan nachos. And let me tell you, I'm not calling them "Prize-Winning Nachos" for nothin'!

Oh yes, indeed, my delicious creation won that week's contest. And of course I'm sharing that recipe!

These nachos are a great crowd-pleaser for game-day ... or, you know, just any day.



## INGREDIENTS

- » 1 package of Field Roast Chao Tomato Cayenne Cheese,  $\frac{1}{3}$  sliced and  $\frac{2}{3}$  cubed
- »  $\frac{1}{2}$  package of Field Roast Chao Original,  $\frac{1}{3}$  sliced and  $\frac{2}{3}$  cubed
- » 2 links of Field Roast Mexican Chipotle Sausage, crumbled
- » almond milk, unsweetened
- »  $\frac{1}{3}$  cup scallions, chopped
- »  $\frac{1}{4}$  cup green bell peppers, chopped
- » 1 to 2 jalapeños, sliced (optional; can be removed for less heat)
- » 1 tomato, chopped
- » tortilla chips

## SIDES

- Salsa
- Vegan Sour Cream
- Guacamole

## Directions

1. Prepare the cheese. Chop about a third of the cheese slices to create a handful of shreds for sprinkling on top of the nachos. Melt the remainder in a pot over low heat, adding almond milk to the desired consistency for a cheese sauce. Stir frequently.
2. Crumble the sausage, breaking the links up by hand. Alternatively, use a food processor or blender to create finer crumbles.
3. Layer your tortilla chips evenly on a cookie sheet. Add  $\frac{1}{2}$  of the toppings (melted nacho cheese, scallions, jalapeños, tomatoes, green peppers, and sausage).
4. Add a second layer of chips and the remainder of the toppings. Add the shredded cheese.
5. Bake at 325°F for 15 to 20 minutes.
6. Serve with sour cream, guacamole, and salsa.



## SAUCES, DIPS, + SPREADS



## Cashew Ricotta

**Creator:** Crunchy Vegan / 🍷crunchyvegangel

**Prep Time:** 5 min. // **Total Time:** 5 min.

**Yield:** 8 servings, or 2 cups

There are some recipes that are so simple and so versatile that you'll make them time and again.

This recipe for a cashew ricotta is perfect for pasta, but can also serve double-duty as a base for yummy party dip. It takes next to no time to prepare and you can probably count on having most of the ingredients in your pantry at any given time, so long as you keep a stash of raw cashews (which is never a bad idea for vegans!).

### INGREDIENTS

- » 1 1/2 cups raw cashews, soaked
- » 1/4 cup water
- » 1/4 cup unsweetened non-dairy milk
- » juice of 1 large lemon, or 1 tablespoon apple cider vinegar
- » 2 tablespoons nutritional yeast, optional
- » 1 garlic clove
- » pinch of onion powder
- » sea salt & cracked pepper, to taste



## Directions

---

1. Cover the cashews in water and soak for at least 2 hours.
2. Drain cashews and combine all remaining ingredients into a blender or food processor.
3. Blend, pausing occasionally to scrape the sides back into the mixture. Stop once you've created nice, textured mixture.
4. Taste the cashew ricotta, and mix in any additional ingredients to your liking at this point.
5. The ricotta is ready to use. To thicken the mixture, store the ricotta in the refrigerator for an hour or more.
6. Store in an air-tight container in your refrigerator for up to one week.

### SHORT ON TIME?

If you don't have 2 hours to soak the cashews, you can boil them for about 10 minutes, or until tender.



## SAUCES, DIPS, + SPREADS



## Colleen's Best Pesto

**Creator:** Colleen Howell / 🌱 GreenColleen  
**Prep Time:** 5 min. // **Total Time:** 10 min.  
**Yield:** 2 cups

I have some amazing vegan friends. But if not for Colleen, I would have half as many.

Colleen is the magnet that drew us all together. She went out of her way to find local vegans and she built a mini village. She's the group mom who arranges play dates—and I say that with the most sincere gratitude! Seriously, the most important people in my life right

now were introduced to me through Colleen. Needless to say, I'm tremendously grateful for her role in the local vegan community.

I'm also grateful for her Instagram account and [blog](#), where she shares drool-worthy photos of the most simple but scrumptious looking meals.

Rest-assured, anything Colleen shares can be enjoyed without the guilt, and without sacrificing quality. And this pesto is loved by many!



## INGREDIENTS

- » 2 cups cashews, soaked
- » 1 cup fresh basil
- » 6 cloves garlic
- » 2 tablespoons lemon juice
- » 2 tablespoons nutritional yeast
- » 1 teaspoon sea salt
- » 1 cup water, or as needed
- » 2 large handfuls of spinach

## Directions

1. Place all ingredients in a food processor and blend until the mixture is a relatively smooth consistency.
2. Spoon the pesto out and into your dish, storage container, or directly into your mouth. Enjoy!

### SANS FOOD PROCESSOR?

If you don't have a food processor, you can use your blender on a mix or similar setting.





## DINNER

# Kelsey's Kitchen Sink Lasagna

**Creator:** Kelsey Johnston /  kelseysjohnston

**Prep Time:** 20 min. // **Total Time:** 1 hour

**Yield:** 12-15 servings

She might be the "youngest" vegan of my crew, but invite her to a potluck, and be prepared for her food to out-shine yours. That is SO Kelsey . . . and we love her for it!

Kelsey calls this the Kitchen Sink Lasagna—a.k.a., the "use what you've got to make an amazing meal" lasagna. It's kinda fool-proof, so don't get hung up on a bit of vagueness. Use what you want and rest easy knowing you can't really go wrong.

## INGREDIENTS

- » 1 package lasagna noodles
- » 2 cups cashew ricotta (recipe within)
- » 2 jars of tomato sauce
- » 1 14-oz. can of diced tomatoes
- » 1 sweet or yellow onion, chopped
- » veggies, chopped/sliced
- » 1 cups of shredded vegan mozzarella cheese
- » sprinkle of Italian seasoning
- » 1 garlic clove, minced
- » 1 to 2 tablespoons olive oil, for sautéing the veggies





## Directions

Prepare the veggies:

1. In a frying pan, warm a little oil. Sauté the onion and garlic clove for 2-5 minutes, or until they start to sweat.
2. Add the veggies of your choosing and sauté until they are al dente (they will continue to cook in the oven, so you don't want them too well done.) Leave the mixture in the pan until you're ready to assemble your lasagna.

Prepare the noodles:

3. Prepare the lasagna noodles according to the package. (Unless you're using no-boil noodles, you'll have to cook the noodles first.)

Assemble the lasagna:

4. In a large baking pan, start with a layer of tomato sauce. Then make your first layer of noodles to cover the sauce.
5. On top of the noodles, add a layer of cashew ricotta and spoon on some diced tomatoes.
6. Add some of the veggie mixture above the ricotta and diced tomatoes.
7. Finally, pour some sauce over the veggies and add another layer of noodles.
8. Continue layering until the pan is full.

9. Pour any additional sauce over the top of the last layer. Sprinkle the almond mozzarella generously over the sauce along with a small amount of Italian seasoning.
10. Bake for 40 to 50 minutes (or as directed on the noodle packaging).

### "WHAT VEGGIES SHOULD I USE?"

The beauty of this recipe is that you use just about any veggies you enjoy or have on hand. Some great veggies include:

- Bell peppers
- Eggplant
- Zucchini
- Mushrooms
- Broccoli

The possibilities are essentially endless!

### MAKE IT HEARTY

You can also add some vegan sausage or ground beef to amplify the heartiness of this lasagna!



## DINNER



## Maryland Crab-less Soup

**Creator:** Crunchy Vegan / [@crunchyvegangel](#)

**Prep Time:** 10 min. // **Total Time:** 55 min.

**Yield:** 4-8 servings

Being a Marylander, people tend to gasp upon learning I'm vegan. "You don't eat seafood!?" They scoff.

Do I tell them I never liked eating seafood in the first place? Somehow, saying that I'm against it, morally, feels easier to explain.

But folks still get hung up on how anyone could skip seafood in Maryland. Which is why I have tried to veganize quite a few seafood-style recipes. For this Maryland Crab-less Soup, you can play around with your crab substitute. Some suggestions include jackfruit, hearts of palm, shiitake mushrooms, and oyster mushrooms.



## INGREDIENTS

- » 3 carrots, peeled and chopped
- » 1 medium boiling potato, peeled and cubed (e.g., Yukon gold)
- » 1 medium yellow onion, peeled and chopped
- » 1 stalk of celery, trimmed and chopped
- » 1/2 lb. green beans, trimmed into 1" pieces (alternatively, substitute 1 can of green beans for fresh)
- » 1 cup fresh corn kernels (about 2 ears)
- » 1 cup fresh or frozen Lima beans
- » 1 cup fresh or frozen peas
- » 4 tablespoons vegan Worcestershire sauce (e.g., Annie's brand)
- » 2 tablespoons Old Bay
- » 1 1/2 teaspoons dry mustard
- » pinches of red pepper flakes
- » 1 (28 oz.) can of whole, peeled plum tomatoes
- » salt and freshly ground black pepper
- » 1 cup of crab substitute (e.g., 1 can of hearts of palm, chopped or blended in a food processor)

## Directions

1. Combine carrots, potatoes, onions, celery, green beans, corn, lima beans, peas, Worcestershire sauce, Old Bay, mustard, red pepper flakes, and 6 cups of water in a large pot.
2. Add tomatoes, crushing them in your hand, and the juice from the can.
3. Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer for 30 minutes.
4. Add "crab" and simmer for 45 minutes, stirring often.
5. Season to taste with salt and pepper.

### FLAVORS OF THE SEA

To give this dish a seafood flavor, you can use sea salt that's be seasoned with kelp dulse.

Other seasonings to consider include:

- Wakame
- (More) Old Bay
- Nori
- Kelp
- Oyster Sauce
- Black Salt



## DINNER

## Elena's Filipino Pancit

**Creator:** Elena Johnson /  elena\_e\_johnson

**Prep Time:** 20 min. // **Total Time:** 1 hour+

**Yield:** 10-12 servings

Chef Elena Johnson is the owner and creative mastermind behind [Nourrie Cuisine](#), a vegan catering company.

I've had the pleasure of enjoying Elena's cooking on more than a few occasions, including my recent 30<sup>TH</sup> birthday party, when the non-vegans in attendance absolutely loved her food!

Beyond her great cooking, Elena is an all-around amazing woman—she's super down-to-earth and passionate about her work.

For the booklet, Elena wanted to share her take on Pancit. Pancit is a traditional dish from the Philippines, Elena's heritage. Her recipe, which she veganized to substitute the chicken for a plant-based alternative, comes from her Filipino grandfather. Instead of chicken, Elena added Lightlife brand Chick'n Strips and Field Roast Mexican Chipotle Sausage for texture and spice, but any vegan protein will suffice. The pancit noodles are available at most Asian markets. If you can't find them, Elena explains that spaghetti or lo mein noodles will do the trick.

And now, here's Elena's spin on a Filipino classic! Hearty, flavorful, bright, and acidic, this recipe for Filipino Pancit will feed a crowd and satisfy everyone's palate.





## INGREDIENTS

- » 2 tablespoons canola oil
- » 1 pkg. (4 links) Field Roast Mexican Chipotle Sausage, cut in ¼ in. thick slices
- » 12 oz. vegan chicken strips
- » 1 lg. onion, chopped
- » 4 lg. cloves garlic, chopped
- » 2 inch piece of ginger, peeled & sliced
- » 3 lg. carrots, sliced
- » 1 head savoy cabbage, chopped
- » 1 bunch scallions, chopped
- » 8 cups vegetarian chicken stock or vegetable stock
- » ⅓ cup Bragg Liquid Aminos, or soy sauce
- » 16 oz. package Pancit Canton
- » 1 lemon, thinly sliced



## Directions

1. Brown the sausage and chicken strips in oil over medium-high heat in a 4 qt. stock pot or large wok. Once browned, remove to a separate dish.
2. Add the onion, garlic, ginger, and carrots to the same pot. Cook until onions become translucent. Add cabbage and scallions. Cook and stir until vegetables are crisp-tender. Remove to dish with sausage and chicken.
3. Combine chicken stock and Bragg Liquid Aminos in pot. Heat to a boil and then add pancit noodles. Cook and stir until liquid has reduced to ¼ – ½ cup (about 20 minutes).
4. Add back in the sausage, chicken, and vegetables. Cook and stir until the liquid has evaporated, but the noodles have not dried out.
5. Turn off heat and mix in half of the lemon slices. Garnish the top with remaining lemon slices. Serve warm or at room temperature.



## DINNER

# Zuke “Crab” Cakes

**Creator:** Crunchy Vegan /  crunchyvegangel

**FRYING** | **Prep Time:** 20 min. // **Total Time:** 30 min.

**BAKING** | **Prep Time:** 20 min. // **Total Time:** 50 min.

**Yield:** 5 servings

Yet another seafood-like recipe for all those coastal-dwellers out there. I will confess, these cakes probably won't fool you into thinking they're crab, but they're delicious all the same, and great for picnics and family gatherings!

## INGREDIENTS

- » 2 1/2 cups chopped and drained zucchinis (1 to 2 zucchinis)
- » substitute for one egg (e.g., Ener-G Egg Replacer)
- » 2 tablespoons melted vegan butter (e.g., Earth Balance brand)
- » 1 1/2 cups panko bread crumbs
- » 1/4 – 1/3 cup red onion, minced
- » 2 tablespoons Old Bay seasoning
- » pinch of dulse salt

If Frying:

- » 1/2 cup vegetable oil
- » all purpose flour, for dredging





## Directions

1. Prepare the zucchini by shredding/ chopping it in a food processor and pressing the water from the zucchini. A tofu press works great for draining the water.
2. Combine the zucchini, egg substitute, and non-dairy butter in a large bowl.
3. Stir in seasoning, crumbs, and onion and mix well.
4. Shape the mixture into balls/cakes.

### OPTION A | Frying:

- 5a. Dredge in flour. Heat oil over medium-high heat and fry the cakes until they're golden brown on both sides.

### OPTION B | Baking:

- 5b. Spray a baking sheet or foil first. Bake at 400°F for 15 minutes; flip, and bake for an additional 15 minutes.

6. Serve! Top with squeezed lemon and a sprinkle of additional Old Bay.

### VARIATIONS

- 1 1/2 teaspoon yellow mustard and/or 1/4 cup vegan mayonnaise
- 1 to 2 teaspoons of parsley
- 1 tablespoon worcestershire sauce

### BINDING YOUR MIXTURE

Depending on the type of egg-replacer you used, you may find that you need greater quantities of the substitute to better facilitate binding. You will not want your cakes to crumble.



## DESSERT



## ‘Nana Nice Cream

**Creator:** Crunchy Vegan / 📺crunchyvegangel

**Prep Time:** 1 min. // **Total Time:** 5 min.

**Yield:** Varies

This recipe is so simple, I almost didn't include it. But it's a staple for vegans and an easy last-minute treat.

Frozen bananas are a good ingredient to have on hand for nice cream and also for smoothies. To prepare them, slice peeled bananas and lay them flat in a single layer (to prevent sticking) in the freezer. Once frozen, the slices can be combined in a freezer bag. And with this freezer staple, you're ready for dessert!

### INGREDIENTS

» frozen banana slices

Optional:

» non-dairy milk (the higher the fat content, the creamier the nice cream)

» toppings and ingredients to mix in



## Directions

---

1. Combine frozen bananas with any desired ingredients in a blender or food processor and purée, pausing occasionally to stir.
2. Continue blending until you've found your desired consistency.

### Make It Ahead!

'Nana nice cream can be made in large batches and stored in the freezer. Add about 1 table-spoon of dark rum or vodka to the blender to make the nice cream easier to scoop.

### Mix-Ins

- Nuts/Nut Butter
- Cookie Dough
- Mint
- Chocolate Chips or Cocoa Powder
- Green Tea Powder
- Fresh or Dried Fruit
- Spices (e.g., cinnamon, cardamom, etc.)





# Resources

*eats  
edition*



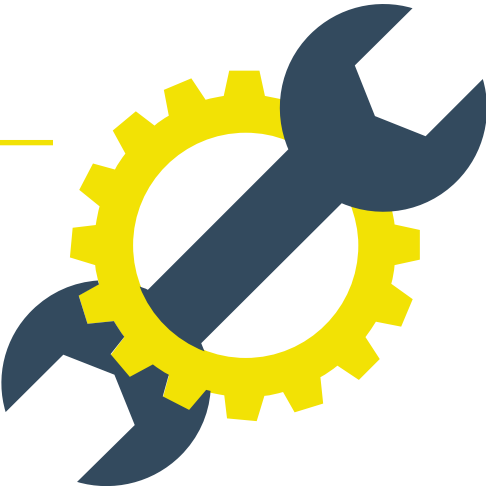
# All the Right Tools

Like I said, when I first went vegan, it took me some time before I found my footing. I went vegetarian in high school and I didn't know anyone else "like me." And when I finally went vegan, I had only ever known just one other vegan.

I want to make sure that you start with a little bit of a leg up. So far, you've been given some recipes and basic tips for navigating life as a vegan. Now it's time for the serious toolbox.









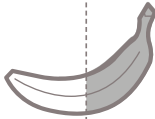


On the following pages, I've compiled a list of quick-reference tools that will help you become a vegan pro in no time at all. There's some built in flexibility, of course, because we're all coming from different places. So find your own path and make veganism work for you.

Egg Substitutes.....	46
Veggie Cooking Chart.....	47
Plant-Based Protein Sources.....	48
Plant-Based Calcium Sources.....	49
Vegan Meal Ideas.....	50
Shopping List.....	51
Shopping Tips.....	52
Media Resources.....	53
Ingredients List.....	56
Foods for Thoughts.....	68

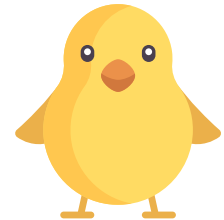

























 <p>1 TBSP Ground Flax</p> <p>+</p>  <p>3 TBSP Water</p> <p>Blend until mixture is thick, creamy, and egg-like</p>	 <p>1 TBSP Chia Seeds</p> <p>+</p>  <p>1/3 C Water</p> <p>Mix and let sit for 15 minutes.</p>	 <p>1 TBSP Soy Protein Powder</p> <p>+</p>  <p>3 TBSP Water</p>	 <p>1 TBSP Agar Agar</p> <p>+</p>  <p>1 TBSP Water</p>	 <p>1/2 Mashed Banana</p>	 <p>1/4 C Unsweetened Applesauce</p>	 <p>3 TBSP Peanut Butter</p>
--	---	---	--	---	---	---

Adapted from [Swanson Vitamins.](#)





	Roast	Boil	Steam	Sauté	
	Artichoke	60 min. @ 425° F	30 to 60 min.	25 to 40 min.	10 min.
	Asparagus	8 to 10 min. @ 400° F	10 to 15 min.	8 to 10 min.	4 to 5 min.
	Beans	12 to 15 min. @ 425° F	6 to 8 min.	5 to 8 min.	5 to 7 min.
	Beets	35 to 40 min. @ 400° F	30 to 60 min.	40 to 60 min.	Not recommended
	Brussels Sprouts	20 min. @ 400° F	Bring to boil; simmer 5 to 7 min.	8 to 10 min.	8 to 10 min.
	Broccoli	15 to 18 min. @ 425° F	4 to 6 min.	5 to 6 min.	3 to 4 min.
	Cabbage	30 min. @ 400° F (cut into wedges)	5 to 10 min.	5 to 8 min.	3 min.
	Carrots	20 min. @ 400° F	5 to 10 min.	4 to 5 min.	3 to 4 min.
	Cauliflower	25 to 30 min. @ 400° F	5 to 10 min.	5 to 10 min.	4 to 6 min.
	Corn	30 min. @ 325° F (in their husks)	5 to 8 min.	4 to 7 min.	Not recommended
	Eggplant	25 to 30 min. @ 425° F	5 to 10 min.	5 to 6 min,	3 to 4 min.
	Mushrooms	25 min. @ 400° F	3 to 4 min.	4 to 5 min.	4 to 5 min.
	Onions	25 to 30 min. @ 425° F (cut in halves)	30 to 50 min. (whole, outer removed)	5 min.	5 to 7 min.
	Peas	20 min. @ 400° F	8 to 12 min.	4 to 5 min.	2 to 3 min.
	Peppers	15 min. (or until black) @ 450° F (Peel skin after)	Not recommended	2 to 4 min.	2 to 3 min.
	Potatoes	20 min. @ 425° F	15 to 20 min.	10 to 12 min.	Not recommended
	Spinach	3 to 6 min. @ 450° F	2 to 5 min.	5 to 6 min.	3 min.
	Sweet Potato	20 min. @ 350° F	20 to 30 min.	5 to 7 min.	15 min.
	Zucchini	12 to 15 min. @ 450° F	3 to 5 min.	4 to 6 min.	3 to 4 min.



## Plant-Based Foods with 10+ grams of Protein

Source: Steen, C., Noyes, T. (2015). The Great Vegan Protein Book: Fill up the healthy way with more than 100 delicious protein-based vegan recipes. Beverly, MA: Fair Winds Press.

Tempeh	4 ounces	21 g
Lentils	1 cup, cooked	18 g
Edamame	1 cup	17 g
Cannellini beans	1 cup, cooked	17 g
Seitan	3.5 ounces	16 g
Split Peas	1 cup, cooked	16 g
Black Beans	1 cup, cooked	15 g
Chickpeas	1 cup, cooked	15 g
Black-Eyed Peas	1 cup, cooked	13 g
Freekeh, Whole	3.5 ounces, cooked	13 g
Hemp Seeds	3 tablespoons	10 g
Tofu	1/2 cup, cooked	10 g



## Plant-Based Source of Calcium

Source: <http://www.pcrm.org/health/diets/vsk/vegetarian-starter-kit-calcium>

Soymilk	1 cup, calcium-fortified	368 mg
Orange Juice	1 cup, calcium-fortified	300 mg
Collards	1 cup, boiled	266 mg
Tofu	1/2 cup, raw, firm	253 mg
Soybeans	1 cup, boiled	175 mg
White Beans	1 cup, boiled	161 mg
Navy Beans	1 cup, boiled	126 mg
Great Northern Beans	1 cup, boiled	120 mg
Black Turtle Beans	1 cup, boiled	102 mg
Kale	1 cup, boiled	94 mg



# Meal Inspiration

	Meals for Penny-Pinchers	Meals for Comfortable Budgets	Meals if the Sky's the Limit
Breakfast	Oatmeal Chia Pudding Smoothies	Fruit Parfaits Tofu Scramble Bagel with Soy Cream Cheese	Pancakes and Waffles Fakin' Bacon Breakfast Burrito
Lunch	Deluxe Rainbow Salad Maryland Crab-less Soup Tofu or Tempeh Reuben	Chickpea or Macaroni Salad Buffalo Cauliflower Chili	Black Bean Taco Nachos
Snack	Popcorn Baked Kale Chips Cashew Ricotta Dip	Fresh veggies and hummus Cranberry Bars	Vegan Cheese and Crackers Nuts and Olives Zucchini "Crab" Cakes
Dinner	Rice + Beans with Veggies Loaded Baked Potato Pasta with Pesto Sauce	Baked or Grilled Tofu Roasted Veggies Filipino Pancit	Kitchen Sink Lasagna Veggie Flatbread
Dessert	'Nana Nice Cream	Non-Dairy Milkshake	Vegan Cheesecake

Find recipes for the **bold** items within this starter kit!



# Any-Budget Shopping List

	Penny-Pinching / Baseline Shopping List	With a Comfortable Budget, add...	If the Sky's the Limit, add...
Vegetables	<div><input type="checkbox"/> Salad Greens</div> <div><input type="checkbox"/> Potatoes</div> <div><input type="checkbox"/> On-Sale Vegetables</div> <div><input type="checkbox"/> Canned/Frozen Vegetables</div>	<div><input type="checkbox"/> Local Vegetables</div>	<div><input type="checkbox"/> Off-Season Vegetables</div>
Fruit	<div><input type="checkbox"/> Bananas</div> <div><input type="checkbox"/> Weekly Sale Fruits</div> <div><input type="checkbox"/> Frozen Fruits</div>	<div><input type="checkbox"/> Avocados</div> <div><input type="checkbox"/> Bottled Juice</div> <div><input type="checkbox"/> Local Fruits</div>	<div><input type="checkbox"/> Off-Season Fruits</div>
Grains, Nuts, + Seeds	<div><input type="checkbox"/> Oatmeal</div> <div><input type="checkbox"/> Chia</div> <div><input type="checkbox"/> Rice</div> <div><input type="checkbox"/> Granola</div>	<div><input type="checkbox"/> Pasta</div> <div><input type="checkbox"/> Hemp Hearts</div> <div><input type="checkbox"/> Tortillas</div>	<div><input type="checkbox"/> Bread</div> <div><input type="checkbox"/> Baked Goods</div> <div><input type="checkbox"/> Baking Mixes</div>
Proteins*	<div><input type="checkbox"/> Tofu</div> <div><input type="checkbox"/> Beans + Legumes</div>	<div><input type="checkbox"/> Protein Powders</div> <div><input type="checkbox"/> Tempeh or Seitan</div> <div><input type="checkbox"/> Hummus</div>	<div><input type="checkbox"/> Protein Bars</div> <div><input type="checkbox"/> Plant-Based Meats</div>
(Non-)Dairy	<div><input type="checkbox"/> Milk</div>	<div><input type="checkbox"/> Yogurt</div>	<div><input type="checkbox"/> Cheese</div> <div><input type="checkbox"/> Cream Cheese</div> <div><input type="checkbox"/> Ice Cream</div>
Fats, Oils, Sweets, + Seasonings	<div><input type="checkbox"/> Peanut Butter</div> <div><input type="checkbox"/> Basic Spices (e.g. Cinnamon, Nutmeg, etc.)</div> <div><input type="checkbox"/> Vinegar</div> <div><input type="checkbox"/> Oil</div>	<div><input type="checkbox"/> Jelly</div> <div><input type="checkbox"/> Brown Sugar</div> <div><input type="checkbox"/> Bottled Salad Dressing</div>	<div><input type="checkbox"/> Chocolate</div> <div><input type="checkbox"/> Refined (vegan) sugar</div> <div><input type="checkbox"/> Chips and Snacks</div>

\*Aside from vegetable proteins



## Shopping Tips

A lot of folks think that veganism is expensive. As with anything, really, I think It's as expensive as you make it. Sure, you could go out and buy the gourmet vegan cashew cheese and spread it on everything, but you can also be prudent with your resources and still thoroughly enjoy yourself. For pointers, here are some key tips:



### § MAKE YOUR OWN

§ Skip buying pre-made items like salad dressings, bottled juices, etc. and make your own! This might require a bit of an investment up front either for tools or ingredients, but you can really stretch your dollars by going homemade.

### § BUY IN BULK OR WITH A SAVINGS SERVICE

§ Buy items in bulk—which you can usually find in the bulk section of a regular grocery, from a wholesale store, or through an online grocery service, like [Vegan Essentials](#).

§ Additionally, there are some membership-based online markets which offer substantial discounts. I use [Thrive Market](#), and [VitaCost](#) is also noted to be a good online supplier.

### § HIT THOSE DEALS

§ Cut your coupons, for sure! But also look for seasonal and weekly deals. Buying food that's in season will usually save you money, since prices go down when supply increases. But you can also find local deals in your store's circular, while many stores also have their own coupon books. For more vegan coupons, look at Mambo Sprouts, Berry Cart, etc.

### § KEEP IT SIMPLE

§ And again, you could go all out and buy the fanciest vegan substitutes, but if you stick to fresh, whole foods, I know you'll find that you can stretch your dollar a heck of a lot further.



## Media

Until I built my hometown vegan community, I grew my vegan community online, among vegan "celebrities", and by listening to thought-leaders in the vegan movement. This secondary community has been instrumental in educating me and in strengthening my commitment to the lifestyle.



### Books + Print Media

- » How Not to Die, Michael Greger | Eesh, could he have picked a more ominous title? Dr. Greger's book is a thorough report on the life-saving benefits of a whole foods, plant-based diet. As a junk food vegan, I was skeptical, but I loved it!
- » Eating Animals, Jonathan Safran Foer | So the guy isn't vegan. Nevertheless, the book's a great exploration of animal agriculture and it makes a pretty good case for veganism (despite Safran Foer insisting that he's not making an argument one way or another).
- » Driftwood Magazine | The vegan travel magazine that's gorgeous enough to display on your coffee table...seriously!
- » VegNews | The magazine that first had me thinking about going vegan many, many years ago. The first mainstream media source that I personally feel made veganism seem approachable.



### Podcasts

- » [The Bearded Vegans](#) | Andy and Paul provide an interesting commentary on some of the latest happenings in the vegan world. It's also one of my favorite ways to learn about all the vegan eats across the country from Andy's travels!
- » [Brown Vegan](#) | Monique Koch offers some great advice for transitioning to veganism, while at the same time being a wonderful source for intersectional dialogue.
- » [Food for Thought](#) | I met Colleen Patrick-Goudreau a few years back at a time when I felt disconnected with my veganism. After a night chatting about animal rights and delicious vegan food, I felt re-energized. She radiates such positivity, and that definitely comes through in her podcasts as well!
- » [Nutrition Facts](#) | From the website of the same name, Nutrition Facts is a great resource for learning about all the health factoids related to a plant-based diet.
- » [Vegan Warrior Princesses Attack \(the issues\)](#) | These ladies crack me up. They're feisty, no bullshit kind of women who stand adamantly in their beliefs with regards to ethical, social, and environmental movements. They've taught me to be a better comrade, but most importantly, that it's okay to admit that I'm still learning.





## Documentaries

- » [Cowspiracy](#) | Cowspiracy is my favorite tin foil hat-wearing documentary—except, it's frightening because it's accurate! Cowspiracy is a go-to for facts related to animal agriculture and the environment. It's fascinating, alarming, and inspiring all at once!
- » [Earthlings](#) | I hesitate including Earthlings—it's notorious for its graphic depiction of animal cruelty. It took me nearly a day to finish the film between breaks for sob-fests. But it was a pivotal moment for me. I allowed myself to be fully vulnerable and accept the role I had been playing in perpetuating violence toward animals. And it was when I finally affirmed, most fully, that I wanted no part of animal exploitation ever again.
- » [Food Choices](#) | For the seasoned vegan, Food Choices might be repetitive. For a newly vegan or vegan-curious viewer, I think the film can provide a good high-level review of some common vegan questions. Be warned, the film does show some graphic imagery and stock photography of meat, but it's not on an Earthlings-level of graphic.
- » [Forks Over Knives](#) | Forks Over Knives was the movie that did it for me. I had been considering veganism for months, years even, before I watched it. The very next day, I was vegan.
- » [What the Health](#) | What the Health is a sequel to Cowspiracy and takes the more (you guessed it) health-oriented argument for going vegan. If you weren't already skeptical of our national health organizations, you surely will be after watching What the Health.

## Did you know...

**Movie theater popcorn is usually vegan-friendly? Even the butter topping is more often than not plant-based.\* Check with your local theater to be safe!**

\*We're not saying it's "healthy," but it could be vegan!







## Great Vegan Organizations + General Resources

- » [Black Vegans Rock](#)
- » [Farm Sanctuary](#)
- » [Food Empowerment Project](#)
- » [Mercy for Animals](#)
- » [NutritionFacts.org](#)
- » [The Physician's Committee for Responsible Medicine](#)
- » [Vegan.com](#)
- » [The Vegan Calculator](#)



**NEVER, NEVER BE AFRAID TO DO WHAT'S RIGHT,** especially if the well-being of a person or animal is at stake.

**Martin Luther King, Jr.**



## Complete List of Ingredients

Are you ready to study the following list? Because there will be a quiz.

Kidding. Obviously.

This list is extensive. I don't expect you to remember it all, because I certainly can't. But it can sometimes be helpful to have a comprehensive list of non-vegan ingredients. It also helps me learn more about the food I'm eating and the products I'm putting on my skin.

### Additives

*Sometimes vegan-friendly*

[Check out this resource.](#)

### Adrenaline

Hormones from adrenal glands. Used in medicine.

### Albumen

*Derivatives: Albumin.*

Derived from egg whites. Can be used in cosmetics, baking, candies, and wines.

### Aliphatic Alcohol

*See "Lanolin" and "Vitamin A."*

### Allantoin

*Sometimes vegan-friendly. Derivatives: Alcloxa, Aldioxa.*

Uric acid from mammals and some plants. Used in cosmetics and medicine.

### Alpha-Hydroxy Acids

*Sometimes vegan-friendly.*

Used in personal care, such as wrinkle creams.

### Ambergris

From whale intestines. Used in perfumes and food and beverage flavoring.

### Amerchol L101

*See "Lanolin."*

### Amino Acids, Alanine

The building blocks of protein in all animals and plants. In cosmetics, vitamins, supplements, shampoos, etc.

### Aminosuccinate Acid

*See "Aspartic Acid."*

### Angora

Hair from the Angora rabbit or goat. Used in clothing.

### Animal Fats and Oils

Used in foods and cosmetics.



**Animal Hair**

Used in some fabrics, furniture and home goods, brushes, etc.

**Arachidonic Acid**

A fatty acid found in organs, glands, and the fat of animals and humans. Used in companion animal food for nutrition and in skin creams and lotions.

**Arachidyl Propionate**

*Sometimes vegan-friendly.*

A wax that can be from animal fat.

**Aspartic Acid**

*See also "Aminosuccinate Acid."*

An amino acid that is commonly found in animals.

**Bee Products**

*Derivatives: Bee Pollen, Beeswax, Cera Flava, Honey, Honeycomb, Propolis, Royal Jelly.*

Produced by bees for their own use. Used in supplements, personal care, medicine, and foods.

**Biotin, Vitamin H, Vitamin B7, Vitamin B-Factor**

*Sometimes vegan-friendly.*

Found in living cells and in larger amounts in milk and yeast. Used in cosmetics, personal care, and some foods.

**Blood**

From slaughtered animals. Used as adhesive in plywood, also found in food products, foam rubber, intravenous feedings, and medicines.

**Boar Bristles.**

Hair from wild or captive hogs. Used in "natural" toothbrushes and bath and shaving brushes.

**Bone Char**

Ash from animal bones. Used in bone china, to lighten refined sugar, and as charcoal filter for aquariums.

**Bone Meal**

Crushed or ground animal bones. Used in some fertilizers, supplements, toothpastes, etc.



**Caprylic Acid**

*Derivatives: Caprylamine Oxide, Capryl Betaine, Caprylic Triglyceride.*

A liquid fatty acid often from milk. Used in perfumes and soaps.

**Carmine, Carminic Acid, Cochineal**

*See also "Colors."*

Red pigment from the crushed female cochineal insect. Commonly used as food coloring in candies, in cosmetics and personal care products.

**Carotene, Provitamin A, Beta-Carotene**

*Sometimes vegan-friendly.*

A pigment found in many animal tissues and in all plants. Used in cosmetics and supplements.

**Casein, Caseinate, Sodium Caseinate**

Milk proteins. Can be found in "nondairy" creamers, soy cheese, cosmetics, and personal care products.

**Cashmere**

Wool from the Kashmir goat. Used in clothing and fabrics.

**Castor, Castoreum**

*Sometimes vegan-friendly.*

Synthetic alternatives exist, but originally from muskrat and beaver genitals. Used as a fixative in perfume and incense, cosmetics, medicine, and food flavoring.

**Catgut**

From the intestines of sheep, horses, etc. Used for surgical sutures, tennis rackets, music instruments, etc.

**Cerebrosides**

*Sometimes vegan-friendly, if synthetic.*

Fatty acids and sugars found in the covering of nerves; may be synthetic. Used in moisturizers.

**Cetyl Alcohol**

*Sometimes vegan-friendly, if synthetic.*

Wax originally found in spermaceti from sperm whales or dolphins. Now most often derived from petroleum. Used in cosmetics and personal care.



**Cetyl Palmitate, Spermaceti, Sperm Oil**

*Sometimes vegan-friendly, if synthetic.*

Waxy oil derived from the sperm whale's head or from dolphins. Now most often derived from petroleum. Used in many margarines, personal care, candles, etc.

**Chitosan**

A fiber derived from crustacean shells. Used in diet products; personal care.

**Cholesterol**

*Vegan alternatives: solid complex alcohols (sterols) from plant sources.*

A steroid alcohol in all animal fats and oils, nervous tissue, egg yolk, and blood. Can be derived from lanolin. Used in cosmetics, personal care, etc.

**Civet**

*See also "Musk (oil)."*

Unctuous secretion from a gland very near the genital organs of civet cats. Used as a fixative in perfumes.

**Cochineal**

*See also "Carmine."*

**Collagen**

Fibrous protein in vertebrates, usually derived from animal tissue. Used in supplements and personal care.

**Colors, Dyes**

*Sometimes vegan-friendly.*

Pigments from animal, plant, and synthetic sources used to color foods, cosmetics, fabrics, and other products. Widely used FD&C and D&C colors are coal-tar (bituminous coal) derivatives that are continuously tested on animals because of their carcinogenic properties.

**Cortisone, Corticosteroid**

*Sometimes vegan-friendly, if synthetic. Derivatives: Hydrocortisone.*

When animal-derived, a hormone from adrenal glands. Used in medicine.

**Cysteine, L-Form**

*Sometimes vegan-friendly.*

An amino acid from hair that can come from animals. Used in personal care, some baked goods, and in medicine.



**Cystine**

An amino acid found in urine and horsehair. Used as a nutritional supplement and in emollients.

**Diglycerides**

*Sometimes vegan-friendly. See “Monoglycerides” and “Glycerin.”*

**Down**

Goose or duck insulating feathers. Used as an insulator in quilts, parkas, sleeping bags, pillows, etc.

**Duodenum Substances**

From the digestive tracts of cows and pigs. Used in supplements and medicines.

**Egg Protein**

Used in cosmetics, personal care, and foods.

**Elastin**

Protein found in the neck ligaments and aortas of cows. Similar to collagen. Used in personal care.

**Emu Oil**

Used in cosmetics and personal care.

**Estrogen, Estradiol**

*Sometimes vegan-friendly.*

Female hormones from pregnant mares' urine. Found in some plant sources. Used for medicine and in cosmetics, personal care.

**Fatty Acids**

*Sometimes vegan-friendly.*

Can be one or any mixture of liquid and solid acids such as caprylic, lauric, myristic, oleic, palmitic, and stearic. Used in cosmetics, personal care, cleaning products, and food. Saturated fatty acids come largely from animal sources, whereas unsaturated fatty acids are found in a plant-based diet.

**Feathers**

*See also “Down” and “Keratin.”*

From slaughtered birds. Used in personal care, accessories, household items, etc.

**Fish Scales**

Used in cosmetics.

**Natural Flavoring**

*Sometimes vegan-friendly.*

Natural flavors are sometimes animal-based.



**Fur**

Obtained from animals (usually mink, foxes, or rabbits) trapped or raised on fur farms. Used in clothing, accessories, and housewares.

**Gelatin, Gel**

*See also "Isinglass."*

Protein obtained by boiling skin, tendons, ligaments, and/or bones in water. Used in cosmetics, supplements, camera film, household products, and foods.

**Glycerin, Glycerol**

*Sometimes vegan-friendly. Derivatives: Glycerides, Glyceryls, Glycreth-26, Polyglycerol.*

A byproduct of soap making (normally uses animal fat). In cosmetics, foods, personal care, medicines, lubricants, transmission and brake fluid, and plastics.

**Guanine, Pearl Essence**

Obtained from fish scales. Constituent of ribonucleic acid and deoxyribonucleic acid and found in all animal and plant tissues. Used in personal care and cosmetics.

**Hide Glue**

*See also "Gelatin."*

Same as gelatin but of a cruder impure form. Used as an adhesive.

**Honey**

*See also "Bee Products."*

Food for bees, made by bees. Used as a coloring and an emollient in cosmetics and as a flavoring in foods.

**Hyaluronic Acid**

*Sometimes vegan-friendly, if synthetic.*

When animal-derived, a protein found in umbilical cords and the fluids around the joints. Used in cosmetics and medicine.

**Hydrolyzed Animal Protein**

Used in cosmetics and personal care.

**Insulin**

From hog pancreas. Used in medicine.

**Isinglass**

*See also "Gelatin."*

A form of gelatin derived from fish bladders. Sometimes used in "clearing" wines and in foods.



**Isopropyl Palmitate**

Complex mixtures of isomers of stearic acid and palmitic acid.

**Keratin**

Protein from the ground-up horns, hooves, feathers, quills, and hair of various animals. Used in personal care.

**Lactic Acid**

*Sometimes vegan-friendly. Derivatives: Sodium Steroyl Lactylate.*

Typically derived from plants such as beets. When animal-derived, found in blood and muscle tissue. Used in personal care, as a preservative, in the formation of plasticizers, etc.

**Lactose**

Sugar from animal milk. Used in cosmetics and personal care, supplements, foods.

**Lanolin, Lanolin Acids, Wool Fat, Wool Wax**

*Derivatives: Aliphatic Alcohols, Cholesterin, Isopropyl Lanolate, Laneth, Lanogene, Lanolin Alcohols, Lanosterols, Sterols, Triterpene Alcohols.*

A product of the oil glands of sheep, extracted from their wool. Used cosmetics, personal care, and medicine.

**Lard**

Fat from hog abdomens. Used in cosmetics, personal care, baked goods, fried foods, refried beans, and other foods.

**Leather, Suede, Calfskin, Sheepskin, Alligator Skin, Other Types of Skin**

Animal skins. Subsidizes the meat industry. Used in fashion, fabrics, furniture and car upholstery, shoes, accessories, etc.

**Lecithin, Choline Bitartrate**

*Sometimes vegan-friendly.*

Waxy substance from nerve tissue. Used in cosmetics, personal care, and some medicines.

**Linoleic Acid**

*Sometimes vegan-friendly.*

An essential fatty acid. Used in cosmetics, vitamins.

**Lipase**

Enzyme from the stomachs and tongue glands of calves, kids, and lambs. Used in foods (typically cheese-making) and as digestive aids.



**Lipoids, Lipids**

*Sometimes vegan-friendly.*

Fat and fat-like substances found in animals and plants.

**Marine Oil**

*Derivatives/other names: Cod Liver Oil, Fish Liver Oil, Fish Oil.*

From fish or marine mammals (including porpoises). Used in soapmaking, as a shortening (e.g., in some margarines), in supplements, in fortified foods, as a lubricant, and in paint.

**Methionine**

*Sometimes vegan-friendly.*

Essential amino acid found in various proteins (usually from egg albumen and casein). Used in food.

**Milk Protein**

Hydrolyzed milk protein from the milk of cows. Used in cosmetics, personal care, food.

**Mink Oil**

From minks. Used in cosmetics and personal care.

**Monoglycerides, Glycerides**

*Sometimes vegan-friendly. See also "Glycerin."*

Can be sourced from animal fat. Used in cosmetics and in foods, such as some margarines, cake mixes, candies, etc.

**Musk (Oil)**

*See also "Civet."*

Dried secretion from musk deer, beaver, muskrat, civet cat, and otter genitals. Used in personal care and food flavorings.

**Myristic Acid**

*Sometimes vegan-friendly. Derivatives: Isopropyl Myristate, Myristal Ether Sulfate, Myristyls, Oleyl Myristate.*

Organic acid typically derived from nut oils but occasionally of animal origin. Used in cosmetics, personal care, and foods.

**"Natural Sources"**

*Sometimes vegan-friendly.*

Available from both animal or vegetable sources. Used in cosmetics, personal care, and food.



**Nucleic Acids**

*Sometimes vegan-friendly.*

Found in the nucleus of all living cells. Used in cosmetics, personal care, supplements.

**Octyl Dodecanol**

*Sometimes vegan-friendly. See also "Stearyl Alcohol."*

Mixture of solid waxy alcohols. Primarily from stearyl alcohol.

**Oleic Acid**

*Sometimes vegan-friendly. See also "Tallow." Derivatives: Oleyl Oleate, Oleyl Stearate.*

Obtained from various animal and vegetable fats and oils. Usually obtained commercially from inedible tallow. Used in foods, cosmetics, and personal care.

**Oleyl Alcohol, Ocenol**

*Derivatives: Oleths, Oleyl Arachidate, Oleyl Imidazoline.*

Found in fish oils. Used in medicine and in the making of cleaning products and fabrics.

**Omega-3 Fatty Acids**

*Sometimes vegan-friendly.*

Most Omega-3 sources are animal-based, from fish. Used in supplements and enriched foods.

**Palmitic Acid**

*Sometimes vegan-friendly. Derivatives: Palmitamine, Palmitamide, Palmitate.*

A fatty acid most commonly derived from palm oil but may be derived from animals as well. Used in personal care.

**Panthenol, Dexpanthenol, Vitamin B-Complex Factor, Provitamin B-5**

*Sometimes vegan-friendly. Derivative: Panthenyl.*

Can come from animal or plant sources or synthetics. Used in personal care, supplements, and foods.

**Pepsin**

In hogs' stomachs. Used in foods and medicines. Same uses and alternatives as Rennet.

**Placenta, Placenta Polypeptides Protein, Afterbirth**

Derived from the uterus of slaughtered animals. Animal placenta is widely used in personal care.

**Polypeptides**

From animal protein. Used in cosmetics.



**Polysorbates.**

Derivatives of fatty acids. Used in cosmetics, foods.

**Pristane**

*See also "Squalene," "Ambergris."*

Obtained from the liver oil of sharks and from whale ambergris. Used as a lubricant and anti-corrosive agent; used in cosmetics.

**Progesterone**

*Sometimes vegan-friendly.*

A steroid hormone. Used in personal care.

**Propolis**

*See also "Bee Products."*

Tree sap gathered by bees and used as a sealant in beehives. Used in personal care and supplements, etc.

**Rennet, Rennin**

Enzyme from calves' stomachs. Used in foods.

**Resin**

*See also "shellac." Sometimes vegan-friendly.*

**Retinol**

Animal-derived vitamin A..

**RNA, Ribonucleic Acid**

*Sometimes vegan-friendly.*

RNA is in all living cells. Used in personal care and cosmetics.

**Royal Jelly**

*See also "Bee Products."*

Secretion from the throat glands of worker honeybees. Fed to the larvae in a colony and to all queen larvae. Used in cosmetics and personal care.

**Sable Brushes**

From the fur of sables (weasel-like mammals). Used to make cosmetic brushes.

**Shark Liver Oil**

*Derivatives: Squalane, Squalene.*

Used in cosmetics, personal care, and lubricants.

**Shellac, Resinous Glaze**

Derived from certain insects. Used as a candy glaze, in cosmetics, and on jewelry.

**Silk, Silk Powder**

Silk is the shiny fiber made by silkworms to form cocoons. Used in fabric, as a coloring agent, and in personal care.



**Snails**

Used in some cosmetics (crushed).

**Sponge (Luna and Sea)**

A plantlike animal that lives in the sea. Used for cleaning.

**Stearic Acid**

*Sometimes vegan-friendly. Derivatives: Dimethyl Stearamine, Stearamide, Stearamine, Stearates, Stearic Hydrazide, Stearone, Stearoxtrimethylsilane, Stearoyl Lactylic Acid, Stearyl Betaine, Stearyl Imidazoline.*

When animal-derived, a fat from cows, pigs, and sheep and from dogs and cats euthanized in animal shelters, etc. Used in cosmetics, personal care, lubricants, candles, chewing gum, food flavoring.

**Stearyl Alcohol, Sterols**

*Sometimes vegan-friendly. Derivatives: Stearamine Oxide Stearyl Acetate, Stearyl Caprylate, Stearyl Citrate, Stearyldimethyl Amine, Stearyl Glycyrretinate, Stearyl Heptanoate, Stearyl Octanoate, Stearyl Stearate.*

A mixture of solid alcohols that can be prepared from sperm whale oil. Used in medicines, personal care, etc.

**Steroids, Sterols**

*Sometimes vegan-friendly.*

From various animal glands or from plant tissues. Steroids include sterols, alcohol from animals or plants (e.g., cholesterol). Used in hormone preparation, personal care, fragrances, etc.

**Tallow. Tallow Fatty Alcohol. Stearic Acid**

*Derivatives: Sodium Tallowate, Tallow Acid, Tallow Amide, Tallow Amine, Talloweth-6, Tallow Glycerides, Tallow Imidazoline.*

Rendered beef fat. Used in wax paper, crayons, margarines, paints, rubber, lubricants, etc. In candles, soaps, lipsticks, shaving creams, other cosmetics.

**Turtle Oil, Sea Turtle Oil**

From the muscles and genitals of giant sea turtles. Used in personal care and cosmetics.

**Tyrosine**

*Sometimes vegan-friendly. Derivatives: Glucose Tyrosinase.*

Amino acid often of plant or synthetic origin but sometimes hydrolyzed from casein (milk). Used in cosmetics and personal care.



**Urea**

*Sometimes vegan-friendly. Derivatives: Carbamide, Imidazolidinyl Urea, "Uric Acid."*

Typically synthetic, but can be extracted from animals. Used in deodorants, ammoniated dentifrices, mouthwashes, hair color, personal care, baked goods (like pretzels), etc.

**Vitamin A**

*Sometimes vegan-friendly. Vitamin A exists in two forms: see also "Carotene" and "Retinol."*

Can come from fish liver oil (e.g., shark liver oil), egg yolk, butter, lemongrass, wheat germ oil, carotene in carrots, and synthetics. An aliphatic alcohol. Used in cosmetics, personal care, perfumes, supplements, etc.

**Vitamin B12**

*Sometimes vegan-friendly. Vitamin B12 is often listed as "cyanocobalamin" on food labels.*

Can come from animal products or bacteria cultures. Twinlab B12 vitamins contain gelatin.

**Vitamin D**

*Sometimes vegan-friendly. Derivatives: Calciferol, Ergocalciferol, Ergosterol, Provitamin D-2.*

Sometimes derived from fish liver oil, milk, egg yolks, or other animal products. Used

in personal care, cosmetics, supplements, and enriched foods.

**Vitamin H**

*See Biotin.*

**Wax**

*Sometimes vegan-friendly.*

Derived from both animals and plants. Used in cosmetics and personal care.

**Whey**

Derived from milk. Used in baking, candies, protein powders, etc.

**Wool**

*Derivatives: Lanolin, Wool Wax, Wool Fat.*

From sheep. Used in clothing, fabrics, and housewares.

**LEARNING ABOUT INGREDIENTS**

- » <http://www.leapingbunny.org/guide/brands>
- » <https://www.happycow.net/vegtopics/health/animal-ingredients>
- » <http://www.veganfoodandliving.com/food-ingredients-avoid-vegan-diet/>
- » <https://www.xojane.com/beauty/how-to/guide-to-vegan-beauty-products>



## Foods for Thought

I debated including this list. These are foods which are *typically* vegan, but can *sometimes* be prepared with animal ingredients. As you get started with veganism, don't be too hard on yourself. Navigating these foods will come with time, but first it's more important to focus on the main things (meat, dairy, and major animal ingredients).

**BREAD:** Traditional bread is made with yeast and water, so you're usually fine. Sometimes, eggs or dairy products may be incorporated, as can L-cysteine amino acid.

**BEER AND WINE:** Sometimes made with animal-derived ingredients (such as honey or milk) or clarified with an animal product (e.g., Isinglass). [Check out [Barnivore.com](http://Barnivore.com) as a resource for vegan alcohol.]

**CANDY:** My weakness! I typically don't have trouble navigating the candy aisle. But to keep vegan, I'll avoid any candy made with contain gelatin, shellac (typically used as confectioners' glaze, unless it's specified as vegan), certain natural flavorings (see the list above), or coloring that is animal-derived.

**CHIPS AND CRACKERS:** 99.9% of the time, snack away without fear. But avoid any snack flavored with cheese or other animal ingredients.

**FRIED FOODS:** These days, restaurants typically won't fry their foods in animal fats unless they explicitly say so (e.g., 'Duck Fat Fries'). But it's possible, and oils and batters may contain animal fats or eggs. It doesn't hurt to ask your server. Alas, beware the McDonald's fries, injected with animal-derived flavorings.

**PESTO:** Check that it doesn't contain cheese. Or, just stick to Colleen's Best Pesto recipe in this booklet!

**PASTA:** This is rarely an issue. Store-bought pasta is usually vegan (unless you're buying egg noodles). Fresh pasta, however, may contain eggs and warrant a conversation with the chef or server.

**REFINED SUGAR:** Not always the case, but it's sometimes filtered with bone char.

**DARK CHOCOLATE:** This one's frustrating. Dark chocolate should be milk-free, but some makers will incorporate milk solids.

**WAXED FRUIT:** One of those "is this really necessary" moments, for sure. Some fruits, like apples, might be coated with a wax for their shiny appearance. This isn't always animal-derived, but can be.



**WORCESTERSHIRE SAUCE AND CAESAR SALAD**

**DRESSING:** Worcestershire sauce (and anything that includes it, like buffalo sauce, bloody mary's, etc.) may contain anchovies. Same goes for Caesar salad dressing.

»



**Ride on the peas train!**

**RESOURCES**



AND WITH THAT...

happy  
**EATING!**