



GUIDE TO ANIMAL-FREE EATING

RECIPES • NUTRITION • FAQs



CHOOSING COMPASSION

What we choose to eat makes a powerful statement about our ethics and our view of the world—about our humanity. When not buying meat, eggs, and dairy products, we withdraw support of cruelty to animals, undertake an economic boycott of animal products, and support the production of animal-free foods and other products.



From children and grandparents to celebrities and athletes, compassionate living is spreading—and it's easier than ever! Today, even small-town grocery stores can feature a variety of veggie burgers and dogs, deli slices, plant-based milks, and non-dairy desserts—a bounty unimaginable only a decade ago.



A SUSTAINABLE WAY TO BECOME ANIMAL-FREE

When you first discover the reality of modern animal agriculture, avoiding all products from animals might seem too big a change. But don't be overwhelmed—just take small steps. For example, you could eliminate meat from certain meals or on certain days. As you get used to eating less meat and find alternatives you enjoy, it becomes easier to eliminate meat altogether.

EATING ANIMAL-FREE

WHAT'S ON THE MENU?

Many people believe that eliminating animal products will greatly narrow their menus. But according to most vegans, quite the opposite happens. If you visit your local supermarket's natural foods and international foods sections or just follow some of the suggestions in this booklet, you'll soon become familiar with a wide variety of options. And you'll find you can follow almost any recipe—old or new—by substituting ingredients.



Vegan meals are usually offered at international restaurants including Chinese, Indian, Ethiopian, Thai, as well as at several nationwide chains, such as Denny's, Subway, Johnny Rockets, Papa John's, Chevys, Taco Bell, and Chipotle. Plus, there are lots of animal-free convenience foods: frozen dinners; canned and dehydrated soups; stews and chilies; and an assortment of vegan meats.



SIMPLE MEAL IDEAS

BREAKFAST

Oatmeal or cold cereal with fruit and non-dairy milk • toast, bagel, or English muffin with fruit spread and peanut butter • fruit smoothie made with vegan milk

LUNCH

Vegan lunchmeat sandwich with chips • bean and rice burrito • falafel pita sandwich with hummus

DINNER

Tacos • pasta with marinara • stir-fry with tofu • vegan meat with mashed potatoes, gravy, and veggies • pizza with vegan pepperoni

SNACK & DESSERT

Trail mix • popcorn • chips and salsa • non-dairy ice cream • vegan chocolate, brownies, cake, cookies, or pie

COOKING ANIMAL-FREE

DO I REALLY NEED A RECIPE?

It's fun to find a new recipe to add to your regular favorites. But if you don't have time for a recipe, try the "meat, potatoes, and vegetable approach" to a meal, and then sauce it up! Simply pick one or more from each of the following categories:



PROTEIN

beans • seitan • tempeh • vegan meat



STARCH

potatoes • bread • tortillas • rice • pasta



VEGETABLE

countless options

Supermarkets carry a wide array of canned and bottled sauces, dressings, salsas, etc.—ranging from basic tomato or BBQ sauce to the exotic, such as spicy Thai chili or peanut satay sauce. Use sauce to marinate and cook your protein or to cover your starch and veggies. To make sauces more nutritious, add nuts and seeds.



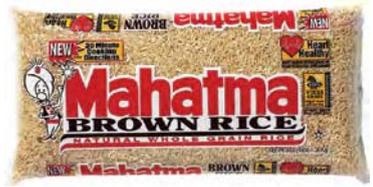
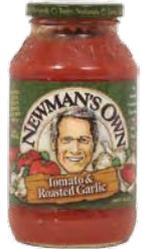
FIRM TOFU AS A MEAT REPLACER

When using tofu, it should be pressed to remove the excess water. Wrap the block in a towel and squeeze or use a press. The more liquid that is removed, the firmer and more flavor absorbent the tofu becomes.



GETTING GROCERIES

PANTRY



FRIDGE



FREEZER



RECIPES TO TRY



BANANA BREAD

1/2 c non-dairy milk	1/2 tsp salt
1/2 tsp apple cider vinegar	1/2 tsp cinnamon
2 c all-purpose flour	1/2 c vegetable oil
1 tsp baking soda	3/4 c brown sugar
1/2 tsp baking powder	1 c mashed banana
	1 tsp vanilla extract

Preheat oven to 350°F. Lightly oil a standard size bread loaf pan. Pour the non-dairy milk into a bowl and add apple cider vinegar. In a separate bowl, mix together flour, baking soda, baking powder, salt, and cinnamon. Add oil, sugar, mashed banana, and vanilla extract to non-dairy milk and vinegar. Whisk to combine. Add wet ingredients to dry ingredients and mix until evenly combined. Don't overmix—some clumps are okay. Pour the batter into loaf pan. Bake bread for 38-45 minutes.



TOFU SCRAMBLE

12 oz firm tofu, crumbled	1-1/2 tbsp turmeric
1/2 yellow onion	1 tsp oregano
2 cloves garlic	3 tbsp nutritional yeast
2 tbsp cooking oil	Your favorite veggies
2 tbsp non-dairy margarine	Salt & pepper to taste

In a large frying pan, cook the tofu, diced onions, and minced garlic in the oil for a few minutes. Add margarine, let it melt, and stir so that it coats the tofu. Add in the turmeric, oregano, and nutritional yeast and stir again. Add in most of your veggies. If you are using veggies that cook longer (such as broccoli, carrots, or potatoes), you'll want to let them cook for about 10 minutes before adding in veggies that cook fast (such as mushrooms, kale, spinach, and tomatoes). Cook the whole mixture for about 15 minutes.



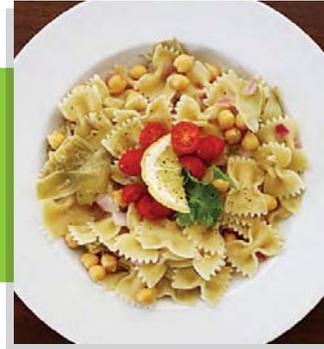
EGG SUBSTITUTES FOR BAKING

Replace each egg with one of the following:

- 1-1/2 tsp Ener-G Egg Replacer + 2 tbsp water
- 1 tbsp vinegar + 1 tsp baking soda
- 1/4 cup unsweetened applesauce, mashed banana, soy yogurt, or blended silken tofu
- 1 tbsp ground flaxseeds or chia seeds + 3 tbsp water

CHICKPEAS AND PASTA

16 oz bag of pasta	6 oz jar artichoke quarters
1/4 c olive oil	Juice of one lemon
1 small red onion	Salt and pepper, to taste
2 cloves garlic	Cherry tomatoes, halved
15 oz can chickpeas	



Boil pasta according to package directions. Drain and set aside. In a large pan add olive oil, diced onions, minced garlic and sauté until onions are translucent. Add chickpeas (drained), artichoke quarters, lemon juice, salt and pepper, and let simmer over medium heat for five minutes. Add drained pasta and mix well. Garnish with cherry tomatoes.

CHOCOLATE CHIP COOKIES

3/4 c sugar	2 c flour
1/2 c margarine, room temp	1 tsp baking soda
1/2 c canola oil	1/2 tsp salt
1/4 c water	1-1/2 c non-dairy chocolate chips
2 tsp vanilla extract	



Preheat oven to 375°F. In a medium bowl, beat sugar, margarine, oil, water, and vanilla. In a large bowl, mix the flour, baking soda, and salt. Add liquid mixture and chocolate chips and mix well. Scoop spoon-sized portions onto a cookie sheet and bake for 8-10 minutes.

CHOCOLATE PIE

12 oz non-dairy semisweet chocolate chips	2 tsp vanilla extract
14 oz package silken (soft) tofu, drained	1 vegan graham cracker crust



Melt chocolate chips in the microwave for 45 seconds and mix until smooth. Put tofu in a blender and blend until creamy. Add melted chocolate and vanilla to tofu, mix thoroughly. Add tofu chocolate mixture to the pie crust and place in freezer for about 90 minutes.



MEXICAN RICE

1 tsp vegetable oil	8 oz can tomato sauce
1 cup medium-grain rice	2 c water
1/4 yellow onion	1 tsp salt
2 cloves garlic	1 tsp pepper

Heat the vegetable oil in a medium-sized pan. Add the uncooked rice and fry until it's golden. Add the diced onion and minced garlic, and let cook until onions become translucent. Next, add the tomato sauce and 2 cups water, then stir with salt and pepper. Bring to a boil, cover, and cook on low heat for 15-20 minutes until the liquid is absorbed. Serve with a can of beans, avocado, salsa, and a tortilla. Makes a great burrito filling!



MINI POT PIES

2 c water	1 package of vegan crescent rolls (8)
2 vegetarian bouillon cubes	
4 tbsp oil	1-1/2 c mixed frozen or fresh veggies
1/4 c yellow onion	
4 tbsp flour	

Preheat oven to 375°F.

Start by either boiling or microwaving the water and bouillon cubes until it's a well-mixed broth, then set it aside. Over medium heat, add the oil and diced onions to a small sauce pan and cook until the onions become translucent. Lower the temperature, add the flour, and stir until the mixture has a smooth consistency. Next, add the broth and stir over low heat until it thickens to make a gravy.

Line a cupcake tin with the dough triangles. Add the cooked veggies to the gravy and let it cook for 3-5 minutes. Spoon the veggie mixture into the dough triangles and wrap the dough around, sealing the edges together. Bake for 10-12 minutes. Remove from oven and let sit for 5 minutes before serving.

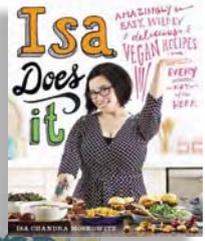
RESOURCES

COOKBOOKS

Betty Goes Vegan by Annie and Dan Shannon

Isa Does It by Isa Chandra Moskowitz

Veganomicon by Isa Chandra Moskowitz and Terry Hope Romero

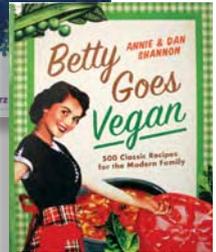


LOCAL DINING & FOOD SHOPPING

Check out HappyCow.net, the Happy Cow app, or Google “vegan” in your area.

LEATHER ALTERNATIVES

Non-leather shoes, clothing, belts, bags, and other accessories can be found in many mainstream stores, and most athletic shoe companies offer leather-free options. For more information, please see VRG.org/nutshell/leather.htm



PRODUCTS NOT TESTED ON ANIMALS

Major supermarket chains now carry some products that have not been tested using animals (e.g., Tom’s of Maine, Seventh Generation). For more information check out LogicalHarmony.net.



VEGAN SUPPORT

Check out your local Meetup groups and college campus veg clubs—you can also find support online through your social media outlets.

VEGAN MENTOR PROGRAM

Go to VeganOutreach.org/VMP to get connected via email with a knowledgeable mentor, who will help you with anything from navigating the grocery store aisles to figuring out how to respond when people ask you questions.

MORE INFO

Please visit us at VeganOutreach.org and sign up for our weekly e-Newsletter and Vegan Living & Advocacy blog for tips, product reviews, recipes, news items, and other interesting links.

PLANT-BASED NUTRITION

BY JACK NORRIS, REGISTERED DIETITIAN

Generally, research on human populations has shown that the higher a percentage of plant foods an individual eats, the lower their risk is for obesity, high cholesterol, high blood pressure, type 2 diabetes, heart disease, and cancer.

While vegetarians and vegans have lower rates of many of the major chronic diseases, there are some nutrients they should make sure they are obtaining. Below are some general guidelines and you can find more specific amounts for different age groups at VeganHealth.org. The precise amounts are not important to reach each day—rather making sure you come close on most days is what is important.

Protein. It's easy to get enough protein on a plant-based diet when you include a few servings of legumes each day. Legumes include beans (garbanzo, kidney, pinto, hummus, refried, etc.), peas (green, split, black-eyed), lentils, peanuts, and soybeans (tempeh, tofu, soy milk, soy meats, edamame, etc.). Other plant foods high in protein are quinoa, seitan, nuts, and pumpkin seeds.

Vitamin B12. Vitamin B12 is the one nutrient not found in plant foods in any reliable amount. Eat fortified foods twice a day or take a 25-100 µg supplement daily.

Calcium. Adults need 1,000 mg per day. Good plant sources are kale, mustard greens, bok choy, turnip greens, collards, and watercress. Eat three servings (1-1/2 cups cooked total) of these foods a day or drink a fortified beverage, eat tofu made with calcium salts (check label), or take a supplement of 250-300 mg/day.



An easy way to meet most of your needs described in this section is to include calcium-fortified, non-dairy milk and a multivitamin in your daily routine.

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.

J Am Diet Assoc. 2009 Jul; 109(7): 1266-82.



Iron. Some women of child-bearing age, especially endurance runners, can become deficient. Plant foods contain iron, but it's harder to absorb without a source of vitamin C at the same time. If you are prone to iron deficiency, drinking a small glass of orange juice with high-iron foods (beans, greens, oatmeal, and fortified cereals) and avoiding coffee and tea at meals can maximize absorption.

Zinc. Found in tofu, beans, nuts, and oatmeal. Most vegans get about the RDA for zinc but some fall short. Zinc plays a role in the building and repair of muscle tissue and preventing colds. A modest supplement of about 10 mg per day might benefit some vegans, especially strength athletes.

Vitamin D. Sunlight provides vitamin D if the upper body (or the equivalent amount of skin) is exposed a few times a week during mid-day—otherwise a supplement of 600-1,000 IU per day is recommended. Deficiency results in fatigue.

Iodine. Vegans should eat seaweed, iodized salt, or take an iodine supplement of 75-150 µg, two to three times per week.

Vitamin A. Made from beta-carotene. Eat carrots, kale, butternut squash, sweet potatoes, spinach, cantaloupe, or drink carrot juice each day.

Omega-3. Eat a serving of walnuts, canola oil, flaxseeds, hemp seeds, or chia seeds (or their oils) daily or take a vegan omega-3 supplement.

More info on vegan nutrition: VeganHealth.org, JackNorrisRD.com or TheVeganRD.com.



QUESTIONS & ANSWERS

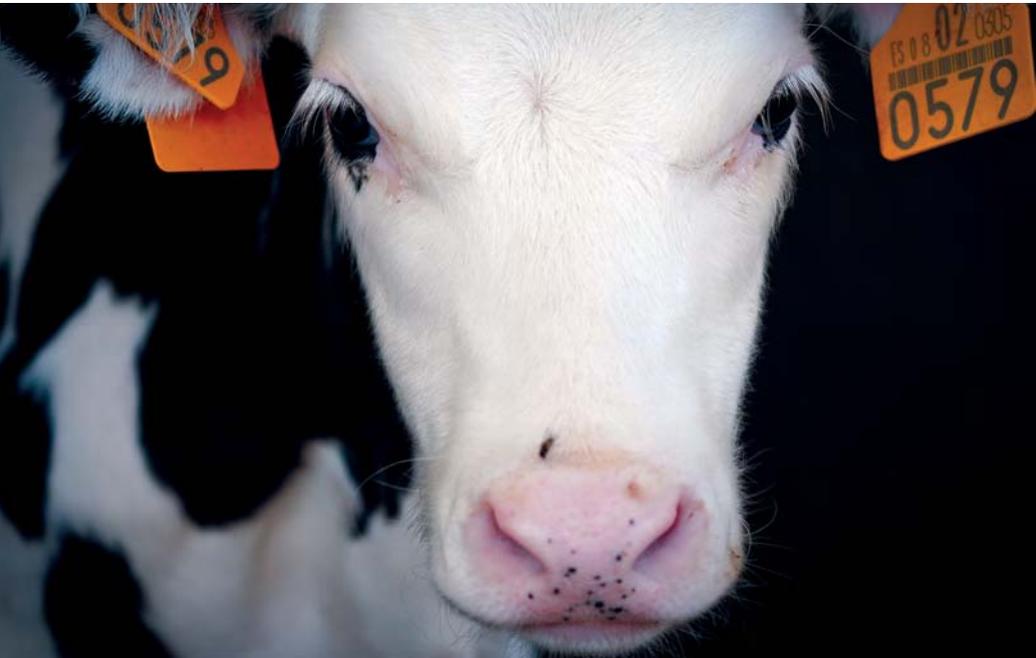
HOW DOES CONSUMING DAIRY PRODUCTS HURT COWS?

In the United States, most milk is produced by cows raised in intensive production systems. Some cows are housed indoors year-round and some are often kept restrained.

A cow must regularly give birth in order to produce profitable amounts of milk. Similar to humans, a cow's gestation period is about nine months and in that time she develops a strong desire to nurse and nurture her baby calf—a calf that will be taken from her hours or days after birth. Male calves will likely be sent to the veal industry.

Cows can live more than 20 years, however, they're usually slaughtered once lactation decreases at about 5 years of age.

The term *downer* refers to an animal who is too sick or injured to stand. The exact number of U.S. downer cattle is unknown, but estimates come close to 500,000 animals per year. Most are dairy cows and the condition most often occurs within one day after giving birth.





Cage-Free Egg Farm

WHAT ABOUT FREE RANGE FARMS?

Poultry meat may be labeled “free range” if the birds were provided an opportunity to access the outdoors. No other requirements—such as the amount of space per bird, the amount of time spent outdoors, or the quality and size of the outdoor area—are specified by the USDA. As a result, thousands of birds crowded in a shed with a single exit leading to a small dirt area can be, and often is, considered “free range.”

The USDA doesn’t regulate the “free range” label for eggs. The “cage-free” label is also unregulated, and does not guarantee the hens were provided access to the outdoors. Neither label requires third-party certification.

Even “USDA Organic”—the most extensively regulated label—does not set minimum levels of outdoor access, nor does it specify stocking density or flock size.

Virtually all commercial egg farms, including free range and organic, use hatcheries that kill the male chicks at birth, and typically trim the beaks of females. Although hens can live more than 10 years, they’re slaughtered after 1 to 2 years. Free range, cage-free, and organic farms may be an improvement over the conventional factory farms, but they are by no means free of suffering.

For more details, please see [VeganOutreach.org](https://www.veganoutreach.org).



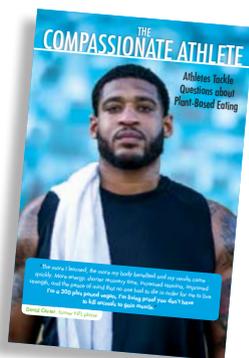
Beak- and Toe-Trimmed Baby Turkey
from Free Range Farm



CAN VEGANS BUILD STRONG MUSCLES?

Professional mixed martial artist Mac Danzig says: "When I decided to go vegan, I was able to make the 155-pound weight class much easier, and I haven't lost an ounce of muscle. I'm leaner than I used to be, and I have much more energy than I used to."

VeganBodybuilding.com has pictures of dozens of vegan athletes, including Ed Bauer (left). You can also order our Compassionate Athlete booklet.



DOESN'T THE BIBLE SAY WE SHOULD EAT MEAT?

Many devout Christians are vegan and believe that Jesus would support being compassionate to all creatures.

WHAT ABOUT MY CULTURAL FOODS?

Experimenting with vegan cooking can be fun. You can simply Google vegan versions of your favorite international dishes and family favorites.

IS BEING VEGAN EXPENSIVE?

While some vegan foods can be pricey, meals comprised of oatmeal, peanut butter, bagels, pasta, tomato sauce, tortillas, rice, beans, potatoes, and common produce can be quite inexpensive. Check out PlantBasedonaBudget.com.

IS IT HARD TO BE VEGAN?

It might be at first, especially if you try to change too fast or hold yourself to a high standard. The important thing is to do the best you can. Once you learn more, discover new foods, and establish different habits, being vegan becomes second nature.

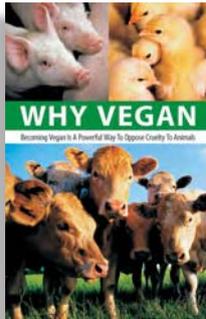
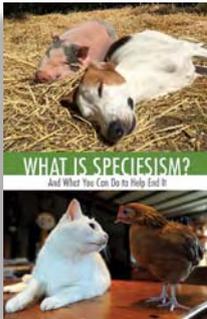


GET ACTIVE!

You can spare dozens of animals a life of suffering each year by not eating animal products—but you can spare hundreds or thousands a year by spreading your compassionate lifestyle!

Check out **VeganOutreach.org**:

- Variety of booklets—both in hard copy and PDF
- Comprehensive, cited information about factory farming
- Weekly e-Newsletter
- Vegan Living & Advocacy Blog
- Vegan Mentor Program
- More recipes!
- Shirts, bumper stickers, magnets, pins, and more.



MEMBERSHIP HAS ITS BENEFITS!

Don't have time to get active for animals? You can support our efforts by becoming a member of Vegan Outreach and in the process get some merchandise as a thank you gift. Check out our membership program and levels at **VeganOutreach.org**.



PO Box 1916, Davis, CA 95617 • VeganOutreach.org

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YOUR CHOICES MAKE A DIFFERENCE!

According to national polls, the number of adult vegans in the United States has grown from about half a million in 1994 to 3.7 million in 2016, while 4.3 million more are vegetarians.

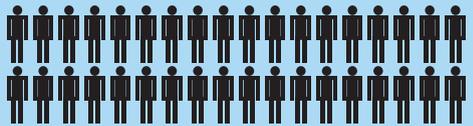
ADULT U.S. VEGANS

(in Hundreds of Thousands)

1994



2016



MENTOR PROGRAM

Get free individual help in going veg: VeganOutreach.org/VMP

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