



Starter Guide to Veganism

Vegan Resources:

www.HowToGoVegan.org
www.BeFairBeVegan.com
www.VeganKit.com
www.VeganismIsNonviolence.com
<http://my-face-is-on-fire.blogspot.com>
<https://theresanelephantintheroomblog.wordpress.com/>
<https://legacyofpythagoras.wordpress.com/>

Health and Medical Resources:

www.drklaper.com
www.drmcDougall.com
www.drFuhrman.com
<http://hippocratesinst.org>

Books:

[Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet](#) by Brenda Davis
and Vesanto Melina
[The China Study](#) by T. Colin Campbell, PhD and Thomas Campbell, MD
[How Not to Die](#) by Michael Greger, MD
[Eat Like You Care: An Examination of the Morality of Eating Animals](#) by Gary L. Francione and Anna
Charlton
[Mind If I Order the Cheeseburger? And other Questions People Ask Vegans](#) by Sherry F. Colb

Recipes:

www.VegWeb.com
www.pinterest.com
<http://www.VeganizeEverything.blogspot.com>
<http://www.FindingVegan.com>
www.facebook.com/EasyVeganEats
YouTube channel: Vegan Black Metal Chef

Local Cooking Classes:

The New Vegan – www.TheNewVegan.com

www.VeganEducationGroup.com

www.facebook.com/VeganEducationGroup



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Vegan Fitness:

<http://CleanMachineOnline.com>

<http://www.VeganBodybuilding.com>

www.BodyHDFitness.com

Cosmetics:

www.pacifica.com

www.purminerals.com

www.BeautyWithoutCruelty.com

www.VeganCuts.com

Vegan Analog Food Products (not a comprehensive list)

'Cheese':

Kite Hill

Daiya

Chao

Follow Your Heart

Go Veggie (look for 'vegan' on the package)

Protein:

Gardein

Field Roast

Beyond Meat

Amy's (look for 'vegan' on the ingredients list)

LightLife

Tofurky

Milk/Condiments/Ice "Cream":

Just Mayo

Follow Your Heart

So Delicious; Almond Dream; Ben and Jerry's Dairy Free Ice Cream; Tofutti Almond Bark (Ice Cream)

Almond/Rice/Cashew/Oat/Hemp/Soy Milk

So Delicious; Silk; Stoneyfield O'Soy (Yogurt)