



## Starter Guide to Veganism

### **Vegan Resources:**

[www.HowToGoVegan.org](http://www.HowToGoVegan.org)  
[www.BeFairBeVegan.com](http://www.BeFairBeVegan.com)  
[www.VeganKit.com](http://www.VeganKit.com)  
[www.VeganismIsNonviolence.com](http://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](http://www.drklaper.com)  
[www.drmcDougall.com](http://www.drmcDougall.com)  
[www.drFuhrman.com](http://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](http://www.VegWeb.com)  
[www.pinterest.com](http://www.pinterest.com)  
<http://www.VeganizeEverything.blogspot.com>  
<http://www.FindingVegan.com>  
[www.facebook.com/EasyVeganEats](http://www.facebook.com/EasyVeganEats)  
YouTube channel: Vegan Black Metal Chef

### **Local Cooking Classes/Chefs:**

The New Vegan – [www.TheNewVegan.com](http://www.TheNewVegan.com)  
Sarah Steinberg - <https://www.facebook.com/SimplyRadiantMe/>

[www.VeganEducationGroup.com](http://www.VeganEducationGroup.com)

[www.facebook.com/VeganEducationGroup](http://www.facebook.com/VeganEducationGroup)



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### **Vegan Fitness:**

<http://CleanMachineOnline.com>

<http://www.VeganBodybuilding.com>

[www.BodyHDFitness.com](http://www.BodyHDFitness.com)

### **Cosmetics:**

[www.pacifica.com](http://www.pacifica.com)

[www.purminerals.com](http://www.purminerals.com)

[www.BeautyWithoutCruelty.com](http://www.BeautyWithoutCruelty.com)

[www.VeganCuts.com](http://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)