

THE VEGETARIAN STARTER GUIDE

YUM!

* QUICK, EASY
& FUN RECIPES

+30

MOUTHWATERING
MEATLESS MEALS

PREPARE TO CHANGE THE WORLD
FEEL GREAT & LOOK GORGEOUS

MERCY FOR
ANIMALS

WELCOME!

If you are reading this, it means that you are taking your first step toward changing the world. Think that sounds huge? It is. Eating vegetarian not only saves countless animals, it's also the best way to save the environment. Plus—and this is a big one—you'll never feel more fit or look more fabulous.

Just look around. From R. Madhavan to Vidya Balan, from Dhanush to Mallika Sherawat, plant-based eating is everywhere. These people recognize that this simple choice makes a big difference and they are putting their values into action.

Times are changing, and we all have the power to rethink, redefine, and rebuild a better world. It's time we confidently live our values, like being fair, kind, and compassionate to all living beings. It's time we feel good about who we are, how we live, and what we eat.

And here's the best part: it's totally easy. With this guide at your fingertips, you'll be well on your way to a fierce and fresh new you.

So, cast off your doubts, open your heart, and embrace the future. You have arrived.

Warmly,

Your Friends at Mercy For Animals



1

reinvent

your routine. With the easy tips in this guide, you'll be well on your way to a fabulous new way of eating.

2

replenish

your body. You are what you eat. A healthy, plant-based diet can be the best way to nourish your mind, body, and soul.

3

rewrite

perfection. Vegetarianism is not about being perfect. It's about doing the best we can to make our world a better place.

4

rediscover

flavor. Prepare yourself for an awesome adventure filled with enticing new flavors and foods.

Vegetarian

(ve-jə-'ter-ē-ən)

- a fun and compassionate trendsetter who avoids eating meat, dairy, and eggs because of the damage, destruction, and cruelty inherent in them

What celebrities are saying

ENVIRONMENT

"Adopting a vegetarian diet may seem like a small choice, but it has an enormous impact on the world around us."

- Vidya Balan



KINDNESS

"I love chicks ... pigs, cows, fish, and all the other animals too. That's why I turned vegetarian."

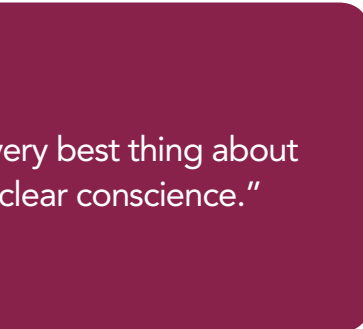
- Shahid Kapoor



SPIRIT

"If I had to pick the very best thing about being vegan, it's my clear conscience."

- Mallika Sherawat



ETHICS

"For me, being a vegetarian is about being compassionate. I love animals, so I would never eat them."

- R. Madhavan



HEALTH

"I love animals, so why would I eat them? I'm vegetarian and feel better than ever. I've especially valued the muscle-building and fitness advantages of a vegetarian diet."

- John Abraham



FLAVOR

"Being a vegetarian always made me feel healthy. I've always felt light. Every time I sit down to eat, I'm helping the environment."

- Dhanush

GET READY TO CHANGE *THE* WORLD

You are powerful. More powerful than you ever imagined. By leaving animals off your plate, you are changing the course of history by helping halt climate change and saving countless lives, including your own—all while looking and feeling phenomenal.



.....● **Did You Know?**

Chickens solve math problems, share information generationally, recognize up to 100 other birds by their facial features, and have a unique language.

EATING WITH CARE

Here's the deal: Life for animals on modern day factory farms isn't pretty. Forget those idyllic barnyard portrayals in children's books. By and large, those places haven't existed since your grandparents were in diapers.

Each year on today's factory farms, billions of animals are confined in windowless sheds, tiny barren crates, and filthy wire cages. The vast majority of these animals are mutilated without painkillers, denied veterinary care, and ultimately slaughtered. Sadly, they have little to no legal protections. Simply put, life for them is a hell you wouldn't wish on your worst enemy.

While the overwhelming majority of "food" animals live and die in misery and deprivation, a lucky few have escaped their cruel fates after being rescued by animal advocates. These are their stories.

Top: Life on factory farm
Bottom: Freedom for Hope



HOPE

Hope's story is nothing short of a miracle. Her life now consists of dust baths, perching in trees, and gossiping with her girlfriends in the coop. But it wasn't always this way. **Hope was found on a pile of dead birds on an egg factory farm.** She was barely alive when a young rescuer saved her life. Hundreds of millions of hens like Hope are imprisoned every year on modern egg factory farms, where they are denied nearly everything that comes naturally to them.

Hens are crammed into barren wire cages, where each bird gets less space than a sheet of paper to live her entire life. They are unable to spread their wings, walk, or forage for food. When they are just babies, they have their beaks seared off with a hot blade. This is an extremely painful procedure and many chickens die from starvation because it's too excruciating to even eat.

The males never have a chance. Because they don't lay eggs, they are killed soon after hatching. Some are ground up alive, while others are gassed or suffocated.

DYLAN

Dylan is a lovable, easygoing guy. He enjoys soaking up the sun, chomping down on carrots, and hanging out with his friends.

But life wasn't always great for this gentle giant. **Born on a dairy farm, Dylan was dragged away from his mom after just one day to be sold for veal.** He was found tied to a post, lying in his own feces, when a compassionate couple arranged his rescue. On a veal farm, Dylan would have been chained by his neck in a tiny crate barely larger than his body before being sent to slaughter at only 16 weeks old.

Dairy cows, like Dylan's mother, also live miserable lives. Like all mammals, cows produce milk for their babies. In order to keep producing milk, they are artificially and repeatedly impregnated. **They are kept in tiny stalls and have hardly any room to move around.** After about four years, they are sold to slaughter.



Top: Free and soaking up the sun
Bottom: Life on a veal farm



Top: Life as a “broiler chicken”
Bottom: A new life, full of open spaces



OPHELIA

Ophelia is the best girlfriend in the world. She’ll keep you company while you eat, sit quietly and listen to all your troubles, and even accompany you to the spa for some dust bathing.

Seriously though, like us, chickens form strong bonds with their friends and families, are inquisitive, and enjoy their natural surroundings. Sadly, like Ophelia once was, “broiler chickens”—a term given to birds raised for their meat—are packed in filthy, overcrowded sheds and bred to grow so quickly that many suffer health defects, such as crippling leg disorders and heart attacks.

How fast do they grow? Think of a two-year-old baby weighing 350 pounds!

SENSITIVE SEA LIFE

Do fish feel pain? Of course they do. Modern science now tells us that fish experience pain in much the same way mammals do. They can also feel pleasure. In fact, fish release a hormone called oxytocin, which is the same hormone released in humans when they’re falling in love. But life in the sea isn’t all about love stories. Commercial fishing boats cruelly catch billions—yes, billions—of fish every year. And fish are not the only victims of industrialized fishing. Dolphins, turtles, and other marine wildlife become ensnared in mile-long nets. Other fish are raised in overcrowded, dirty, and disease-ridden factory farms.



Is “humane” meat okay?

Hardly. The extremely small percentage of animals raised on small-scale farms may be treated a little better, but the reality is that many of these animals are still separated from their families and mutilated without painkillers, and their deaths are always the same: bloody, violent, and completely unnecessary.

What about “cage-free” eggs?

Almost anything is better than the nightmare of factory farming, but sadly, cage-free doesn’t mean cruelty-free. The truth is that cage-free and free-range hens are usually crammed in overcrowded sheds, debeaked, and all killed once their egg production declines. And don’t forget the males. Just like in factory farming systems, they are considered worthless and killed almost immediately after hatching.



Top: A well-deserved life of leisure
Bottom: A cruel stay at a factory farm

OLIVE

Olive is one brave, lucky lady. She saved her own life by making a daring and dangerous escape from a slaughterhouse.

Pigs just like Olive are treated mercilessly on factory farms. They are kept pregnant and imprisoned inside tiny metal gestation crates so small they can’t turn around, lie down comfortably, or engage in any natural behavior. This farming practice is so cruel that many pigs go mad from utter lack of stimulation. Hour after hour, day after day, they have nothing to do but bite the bars or bang their heads against the sides of the cages.

Shortly after birth, piglets are taken away from their mothers and endure mutilations without painkillers, including having their tails chopped off and testicles ripped out of their bodies.

Having been rescued and taken to a sanctuary, Olive now lives a life of leisure, taking mud baths (okay, rolling in the mud), and hanging with her best friends.

HEALTH IS WEALTH

Make no mistake, health is wealth. The number one killer isn't guns, or drugs, or car accidents. **It's heart disease**—a ruthless killer that is directly related to what's on our plates. So read these next few pages like your life depends on it. **Because it does.**

LIGHTEN UP

Obesity is not just a vanity issue, but is now also linked to some of the leading causes of death, including diabetes, heart disease, and stroke. **Science now shows that vegetarians have lower rates of obesity.**

In fact, the National Institutes of Health concluded that on average, people who avoid meat, dairy, and eggs have body mass indexes almost 20% lower than meat eaters. That translates into about 30 pounds less weight than non-vegetarians of similar height in certain age brackets.

"Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be."

- Dr. T. Colin Campbell, nutrition expert at Cornell University



CARDIAC ATTACK

Adopting a vegetarian diet is a powerful way to prevent heart disease. In fact, a recent British study found that switching to a vegetarian diet may cut your chances of developing heart disease by 32%! Animal foods tend to be high in cholesterol and saturated fat, major contributors to artery-clogging plaque.

In contrast, plant foods are low in saturated fat and contain no cholesterol. Zero. Zilch. Additionally, the most powerful cholesterol-lowering dietary agents are soluble fiber, unsaturated fats, and phytochemicals, all of which are found almost exclusively in plant foods.

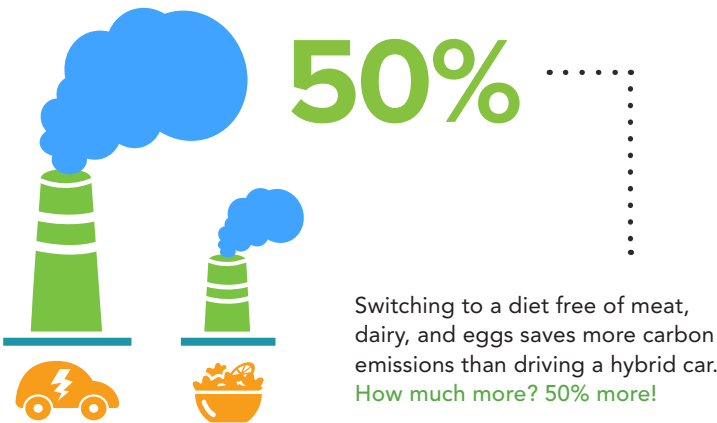


DITCHING DIABETES

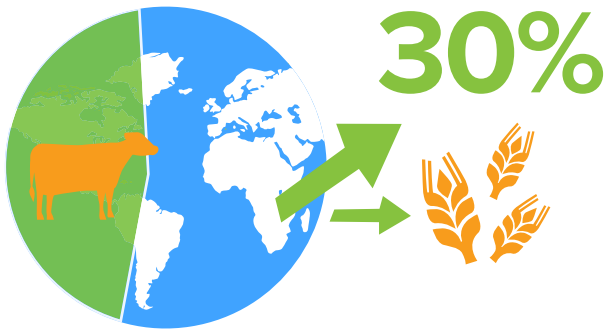
Type 2 diabetes is no joke. It can cause heart disease, stroke, kidney failure, and health issues leading to amputations. What can help prevent type 2 diabetes? A healthy, vegetarian diet.. In a study tracking the diabetes rates of people who do not eat animal products, 62% had reduced risk of developing diabetes compared to meat eaters.

Green Your Diet

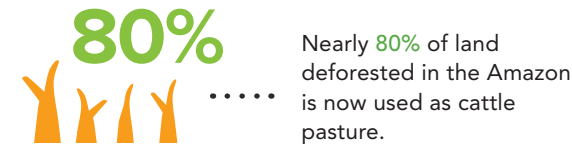
We all want to help the planet. But how? The answer could be sitting right in front of us—three times a day. By going vegetarian, we can help prevent global warming, rainforest destruction, and pollution, while saving water and other precious resources. In fact, raising animals for food produces more greenhouse gas emissions than all of the cars, planes, and other forms of transportation combined. There has never been a better time to go green by eating green. **Chew on these facts:**



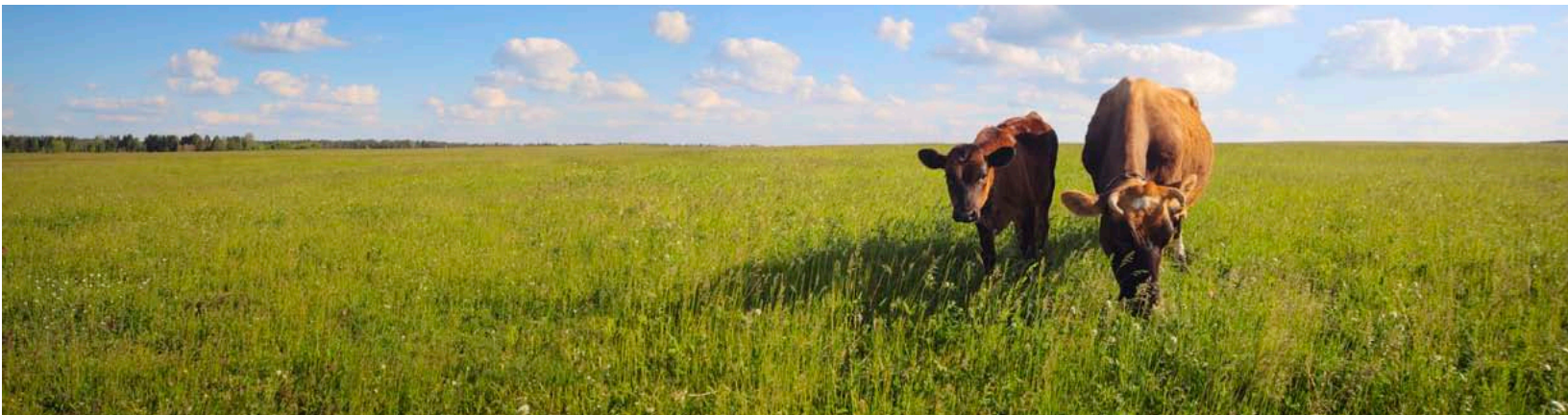
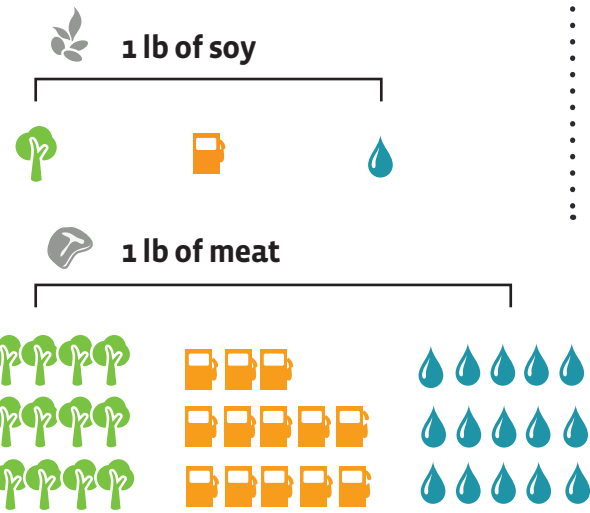
Raising animals for food (including land used for grazing and growing feed crops) now uses a staggering **30%** of the Earth's land mass.



70% of the grain grown across the world is fed to farmed animals. Imagine how many people we could feed with that food.



To produce one pound of animal protein vs. one pound of soy protein, it takes about **12 times** as much land, **13 times** as much fossil fuel, and **15 times** as much water.



THE BASICS

The next few pages will take you through the nuts and bolts of your fab new way of eating. Protein, calcium, iron? Don't worry, we've got you covered.



.....

Did You Know?

Appropriately planned vegetarian diets are healthful and nutritionally adequate for all stages of life, including childhood and pregnancy.



Fruits

Fruits are great for hydration and they're a fantastic source of fiber, potassium, and antioxidants. Apples, oranges, blueberries, and blackberries are some of the most nutritious. **Tip:** Starting your day with a fruit smoothie is a great way to get your daily servings of fruit.

Vegetables

Vegetables are pretty much the healthiest foods on the planet. Some of the most nutrition-packed are kale, broccoli, spinach, and peppers. **Tip:** Eat the rainbow! The varying, vibrant colors in vegetables exist because of the thousands of healthful phytonutrients.

Nuts and seeds

Nuts and seeds are not only a great source of protein and iron, they also support a healthy immune system. Some of the best sources are peanut butter, walnuts, almonds, and pumpkin seeds. **Tip:** Grab a handful of almonds as a satisfying, midday snack.

Beans and lentils

Beans and lentils provide a hefty dose of protein, and many are also a great source of iron. Kidney beans, lentils, split peas, and tofu (tofu is made of soybeans) are some of the best sources. **Tip:** Always keep an open can of beans in the refrigerator for salads and snacks.

Grains and starchy vegetables

Grains and starchy vegetables are a great source of fiber, iron, and protein. Brown rice, pasta, oatmeal, and sweet potatoes are a few of the healthiest options. **Tip:** Whole grains are less processed and more nutritious than refined white grains.

SWITCH & DITCH

One of the best things about your new, compassionate lifestyle is the abundance of plant-based options that taste just as good as your old favorites. We've put together a short list of some of our top picks, but don't stop here—there is such a wide array of choices. Don't be afraid to experiment with different flavors and varieties to find your faves!



Beef & Mutton

The perfect meat replacement in curries, biryanis, and many other traditional meat-based dishes. Use soya chunks and granules as you would meat in a multitude of recipes.

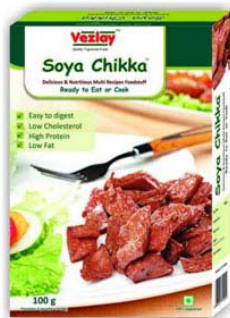
FAB FACT: Savory soya chunks are as filling as meat without the cruelty or cholesterol.



Ghee & Butter

You won't believe it's not butter. No, seriously, you won't. Use this margarine for cooking, baking, and spreading.

FAB FACT: No cows were harmed in the making of this plant-based alternative.



Chicken

Use Soya Chikka as you would chicken in your favorite recipes. It tastes amazing!

FAB FACT: No cruelty, cholesterol, or animal fat.



Milk

Mo-o-ve over cow's milk. Dairy-free milks, made from soy, cashews, rice, or almonds, pack a mighty flavor and nutritional punch. They come in tons of flavors: plain, vanilla, chocolate, mango, coffee, kesar pista, and more!

FAB FACT: Almond milk contains 50 percent more calcium than cow's milk. Also, nut milks contain a wide variety of vitamins and minerals not found in cow's milk.



Kebabs

Delicious vegetarian versions abound!

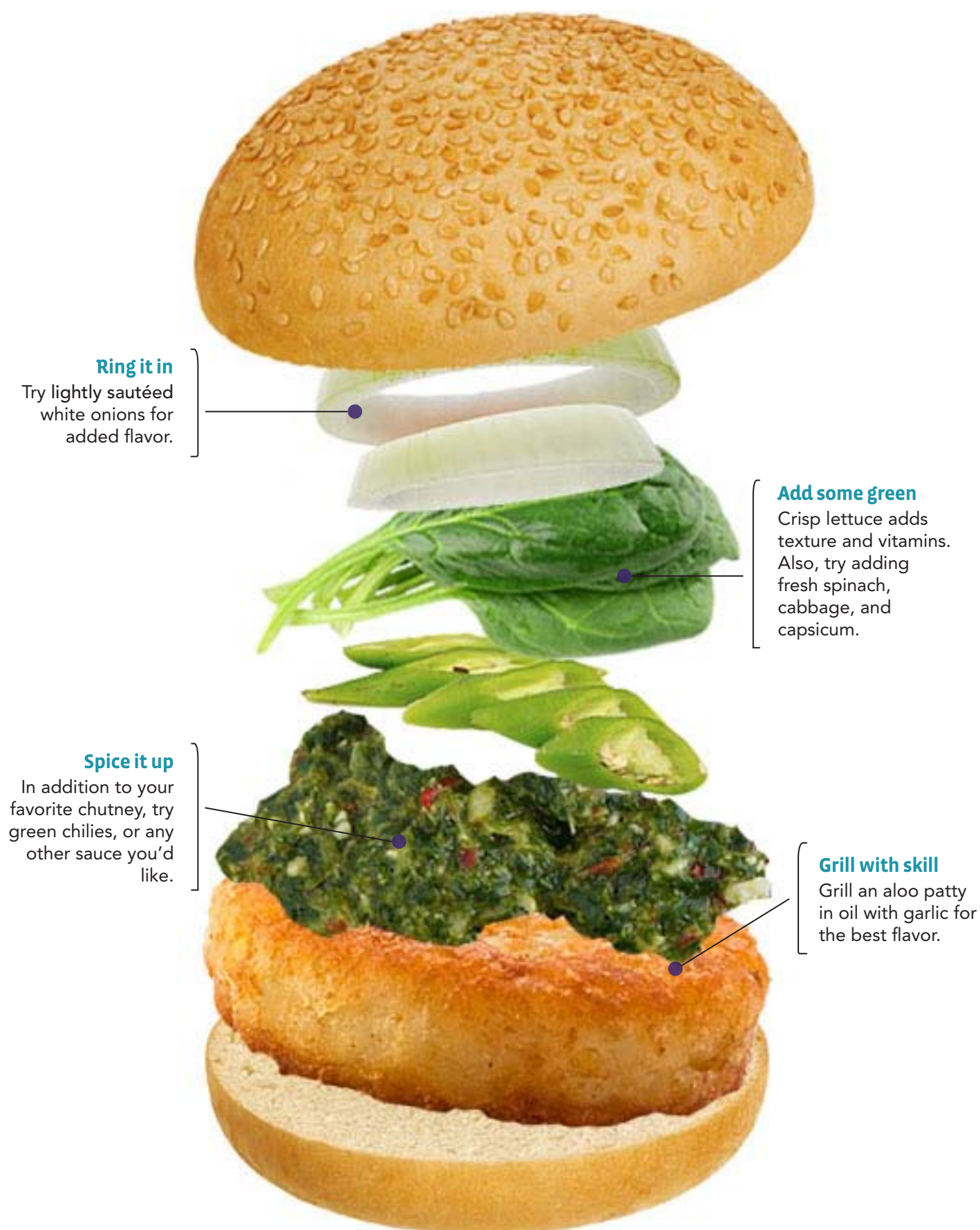
FAB FACT: Free of cholesterol and cruelty.

QUICK. EASY. CHEAP.

BAM!

BUILD A MEAL

Don't stress—you don't have to be a master chef to create mouthwatering vegetarian dishes in the kitchen. With just a few simple steps and easy-to-find ingredients, you can serve up meals that will have all your friends begging for seconds.



Mega Salad

Experiment with different dressings like balsamic vinaigrette, oil and vinegar, and Italian.

Try peanuts, walnuts, and almonds.

For a flavorful twist, top with pomegranate, till, or alsı seeds.

Get creative with seasonal vegetables. Try adding broccoli or radishes.

Beans add substance, texture, flavor, and protein.

Veggie Stir-Fry

For added flavor, top with chili peppers.

Throw garlic in with peppers, broccoli, spinach, onions, and spices

For a boost of protein, add tofu, chickpeas, or nuts.

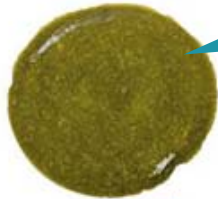
Bok choy is super healthy. Also try shiitake mushrooms. They're delicious!

Mint Chutney Roti Wrap

Get zesty with tamarind sauce or chili sauce, or sweeten the deal with raisins or currants.



Add mint chutney! Making it is super easy. Just grind in some coriander, mint leaves, green chilies, garlic, and salt!



Add veggies! Try broccoli, peppers, and more.



Spring Dosa

Mix it up! Add cashew cream or hummus for a creamier version.



Layer it on! Spring onions, tomatoes, capsicum, and minced green chilies add tons of flavor!



Cover and cook for a few minutes and it's ready!



FAMILY MATTERS

Live with a family that eats meat? Don't worry! We've been there too. Here's some advice for getting along with your family while still keeping your diet cruelty-free.

Don't Pressure Them To Change: Nobody wants to be judged or told what to do. If they want to learn more, they'll ask you. And this low-key approach isn't just good for keeping everyone happy — it will also make your family members more open to changing their diets over time.

Make It Easy: Make your new diet as easy as possible on the chef of the house, and offer to help cook a dish. That way the cook doesn't have to make two separate meals.

Listen To Them: Make what's important to your family important to you. If they're concerned about your health or the cost of food, let them know you understand. Share what you've learned on this website about cheap meal ideas and proper nutrition.

LET'S GET COOKIN'

Feel like upping your game in the kitchen? Try these delicious, meat-free recipes that'll astound your friends and family.



Veg Kheema

Ingredients

- 7 to 8 cauliflower florets/gobi, grated, minced, or finely chopped
- 7 to 8 french beans, finely chopped
- 7 to 8 mushrooms, finely chopped
- 1 medium-sized carrot/gajar, grated, minced, or chopped
- ½ cup green peas/matar, boiled
- 2 medium-sized tomatoes/tamatar, finely chopped
- 1 medium-sized onion/pyaaz, finely chopped
- 1 green chili/hari mirch, finely chopped
- ½ inch piece of ginger/adrak and 2 to 3 garlic cloves/lahsun, finely crushed in a mortar and pestle or made into a paste
- 1 black cardamom pod/badi elaichi
- 1-inch cinnamon stick/dal chini
- 1 teaspoon coriander powder/dhania powder
- ½ teaspoon turmeric powder/haldi
- ½ teaspoon garam masala powder
- ½ teaspoon red chili powder/lal mirch powder
- 1 to 2 tablespoons sunflower oil
- 2 cups water
- Salt to taste

Directions

Heat oil in a pan, then add garam masala spices, black cardamom, and cinnamon. Add chopped onion. Fry till light brown.

Add the ginger-garlic paste. Then add tomatoes and all the spice powders. Fry the whole mixture till the oil separates.

Add all the veggies except boiled green peas. Add water and salt. Cover until all veggies are cooked well. The mixture should become dry with no moisture.

Now add the green peas and stir. Serve veg kheema hot, garnished with coriander leaves with some rotis, phulkas, or bread.

Recipe Courtesy of VegRecipesOfIndia.com



Bombay Vegetable Sandwich

- 8 slices of brown or white bread
- 1 medium-sized tomato, thinly sliced
- 1 medium-sized onion, thinly sliced
- 1 small cucumber, thinly sliced
- 1 boiled beetroot, thinly sliced
- 1 boiled potato, thinly sliced
- 1 small bowl of mint-coriander chutney
- Oil
- Chaat masala or sandwich masala to sprinkle on the veggies
- Black salt to sprinkle on the veggies

Slice the bread corners if you'd like. Apply oil on the bread slices, then apply the mint-coriander chutney.

Place 2–3 slices of all the veggies alternately on four bread slices, then sprinkle chaat masala or sandwich masala and black salt on the veggies.

Cover these with the other 4 bread slices. Now toast the 4 sandwiches in a toaster.

Remove when done and apply some butter to the top of the hot toast sandwiches. Serve veg toast sandwiches with tomato ketchup and some mint cilantro chutney.

Recipe courtesy of VegRecipesOfIndia.com



Rajma

- 1½ cups rajma/red kidney beans, soaked overnight
- 2 medium-sized onions, finely chopped
- 4 to 5 medium-sized tomatoes, finely chopped
- 1½ tablespoons ginger-garlic, chopped
- 1 or 2 green chilies, chopped
- 1 teaspoon cumin seeds
- ½ teaspoon red chili powder or as required
- ½ teaspoon turmeric powder
- 1 teaspoon punjabi garam masala powder or as required
- 1 teaspoon dry mango powder/amchur or as required
- 3 tablespoons oil
- 6 to 7 cups water
- Salt to taste
- Coriander leaves for garnish

Soak the rajma in water for a good 8–9 hours or overnight. Then, in a pressure cooker, add the soaked rajma, all the chopped veggies, all the spices and spice powders, salt, and oil to the rajma, except for garam masala powder and dry mango powder. Pour in water. Give the mixture a stir. Cover the lid of the pressure cooker and pressure cook the rajma for 20–25 minutes. Check to see if the rajma is done. If not, then pressure cook for some more time. Once the rajma is cooked, add the garam masala powder and dry mango powder. After adding the garam masala powder and mango powder, let the rajma masala simmer for 5–6 minutes or more till the gravy thickens a bit and becomes smooth. The curry should not be watery. Garnish rajma masala with chopped coriander leaves, and serve hot with rice.

Recipe courtesy of VegRecipesOfIndia.com

Egg-Free Baking

No egg? No problem. When baking, in place of one egg, try these healthy options.



→ chooseveg.com/eggfree



1/2 Mashed Banana



1/4 Cup Applesauce



+



1 Tbsp Vinegar
+ 1 tsp Baking Soda



+



1 Tbsp Ground Flax Seed
+ 3 Tbsp Water



1/4 Cup Silken Tofu



Soya Chunks Fry

- 200 grams soya chunks
- $\frac{3}{4}$ teaspoon turmeric powder
- 3 tablespoons red chili powder
- 4 to 5 sprigs of curry leaves
- Your favorite vegetables
- Salt to taste
- Oil for frying
- Onions for garnishing

Boil enough water to soak soya, add salt to taste. Add the soya chunks to the hot water and boil them for 2–3 minutes (they will double in size).

Switch off the flame and keep aside for half an hour. Drain the water and rinse under fresh running water, so that all the dirt goes. Now squeeze out the excess water completely, so that while frying the soya chunks will not absorb oil. Cut them into halves.

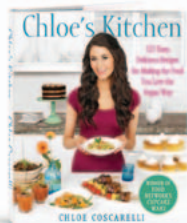
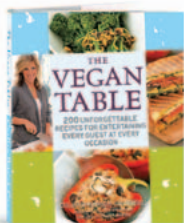
In a bowl, combine turmeric, red chili powder, and salt and make a paste (if needed, add a little water).

Add the soya chunks and vegetables to the prepared masala and mix well so that the masala gets well-coated. Keep it aside for at least half an hour. The longer the better.

Heat $\frac{1}{2}$ cup of oil in kadai, and when hot, add curry leaves and marinated soya chunks. Fry for a couple of minutes on medium heat until the soya chunks are dry and roasted. Fry them till they become golden brown. Add your choice of vegetables, and keep stirring in between. Drain on a paper towel and garnish with onion rings and curry leaves.

Recipe courtesy of ABowlOfCurry.blogspot.com

LIKE THESE RECIPES?
TRY THESE COOKBOOKS!



Try this meal plan!

Breakfast > Lunch > Dinner

MON



Oatmeal with Fruit



Salad with Tofu



Stuffed Brinjals

TUES



Idli (with Sambar)



Vegetable Pulao



Rajma

WED



Poha



Mint Chutney Roti Wrap



Lentil Curry

THUR



Fruit Smoothie



Vegetable Biryani



Veggie Stir-Fry

FRI



Cereal with Fruit



Veggie Sandwich



Saag Tofu

SAT



Tofu Bhurji



Lentil/Dal Soup



Soya Chunks Fry

SUN



Mooli Paratha



Lemon Rice/ Pulihora



Vegetable/ Tofu Kebabs



Besan Ka Cheela

- 1 cup gram flour/besan
- 2 medium size tomatoes, finely chopped
- 1 medium size onion, finely chopped
- ½ inch piece of ginger, finely chopped
- 1 green chili, finely chopped
- ¼ or ½ cup coriander/cilantro leaves, chopped
- ¼ teaspoon red chili powder
- Pinch of asafoetida (optional)
- Pinch of garam masala
- ¼ teaspoon turmeric powder (optional)
- 1½ to 2 cups water
- Salt to taste

Mix all the ingredients together, except the oil, to make a medium-consistency batter. Heat a tava or a flat pan, smear 1 teaspoon of oil on it, and with a large spoon, pour the batter on the pan. Add some oil drops on the edges and top of the omelet, and flip to cook the other side. Cook the tomato omelet till both sides are cooked, and serve with bread or buns and some coriander chutney or tomato sauce.

Recipe courtesy of VegRecipesOfIndia.com



Gajar Halwa

- 2½ cups grated organic carrots/gajar
- 2½ cups almond milk
- 8 tablespoons organic unrefined cane sugar or regular sugar
- ¼ cup almond paste (optional)
- 5 to 6 cardamom pods, powdered or crushed
- 8 to 10 unsalted whole or chopped cashews
- 7 to 8 unsalted pistachios, sliced or chopped
- 12 to 15 golden raisins
- Pinch of saffron (optional)
- 2 tablespoons neutral-flavored oil (sunflower oil)

Wash, peel, and grate the carrots (gajar). Mix the almond milk and grated carrots together in a pan. Keep on fire and allow the mixture to simmer. Continue to simmer, stirring occasionally. After 15–20 minutes add cardamom powder and stir. When the mixture starts to thicken, add sugar and oil. Stir and continue to cook. When the mixture has almost dried, add the almond paste and dry fruits, then stir and cook for 2–3 more minutes. Serve carrot halwa hot or warm.

Something for Everyone

Young or old, Olympic athlete or couch potato, a well-planned vegetarian diet will give your body the fuel it needs to thrive.



Pregnancy - A veg diet is appropriate for all populations across the lifespan, including pregnant women. While expecting, you need to be mindful of healthy weight gain (a total average of 25–35 pounds), as well as of your nutrient intake, since nutrient needs increase at this time. Ensure adequate consumption of a wide variety of whole plant foods: **protein** via beans, lentils, peas, nuts, nut butters, seeds, and leafy greens; **omega-3 fats** for brain development from flax/hemp chia seeds, walnuts, soy products, and leafy greens; and **iron** from iron-rich foods (beans, leafy greens, sea vegetables, lentils, and tahini) together with vitamin C-rich foods (fruits, bell peppers, broccoli, and kale).



Children - One of the greatest gifts parents can give their children is a varied, whole foods, plant-based diet from the start. Encourage kids to eat a diverse selection of whole fruits, veggies, legumes, grains, nuts, and seeds (and a vitamin B12 supplement) through role modeling, consistently providing healthy options, and maintaining many tasty choices in the home. The greatest challenge is dealing with social situations—school, parties, sporting events, etc. —so be sure to prepare in advance for these occasions.



Athletes - Because of the high oxygen and recovery demands of training and performance, athletes place themselves at an advantage by emphasizing a diet rich in antioxidants and phytochemicals. With sufficient calories to maintain energy needs and **lots of colorful fruits and vegetables**, a veg diet is ideal for athletes.



VEG FOODS FROM AROUND THE WORLD

Be a globetrotter! When dining out, ethnic restaurants can prove to be a treasure trove of vegetarian delights. From the Holy Land to the Great Wall, check out our top picks for international cuisine.



You've taken the first step to a new, healthy, and compassionate you. You are in for an exciting and fun-filled ride! Keep in mind, this is about progress, not perfection. If you make a mistake, don't waste precious time beating yourself up. Just pick up where you left off and know that you are doing your best. Every step you take, no matter how big or small, is a step in the right direction. You are a force for kindness, peace, and mercy. **Now go out there and change the world!**

BRAVO!



CHOOSING COMPASSION

Mercy For Animals is a national, non-profit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies through education, legal advocacy, undercover investigations, and corporate outreach.

Join us at [MercyForAnimals.org](https://www.MercyForAnimals.org).

