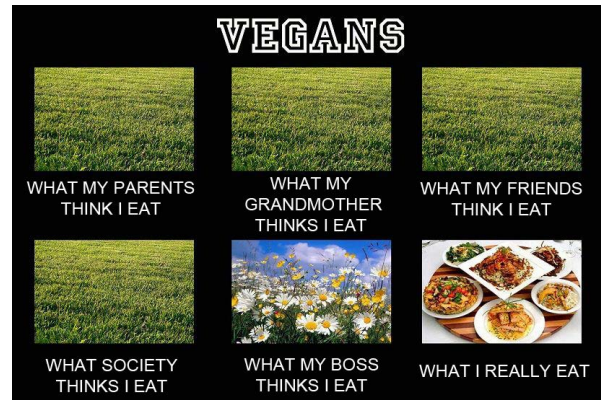
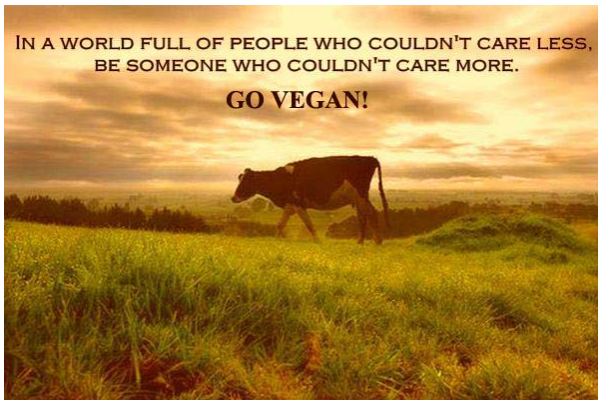


# Going Vegan 101



Some people go vegan overnight, but others prefer to do it bit by bit. Below are three suggestions of ways to make a gradual transition to a vegan diet:

## Gradual Transition 1

- Step 1:** one vegan meal/day.
- Step 2:** two vegan meals/day.
- Step 3:** three vegan meals/day.
- Step 4:** all snacks vegan, and you're there - you're vegan!

## Gradual Transition 2

- Step 1:** eat vegan two days/week.
- Step 2:** eat vegan four days/week.
- Step 3:** eat vegan six days/week.
- Step 4:** eat vegan seven days/week, and you're there - you're vegan!

## Gradual Transition 3

- Step 1:** cut out all animal flesh.
- Step 2:** cut out dairy.
- Step 3:** cut out eggs.
- Step 4:** cut out honey, and you're there - you're vegan!

## How Will I Know What's Vegan And What's Not?

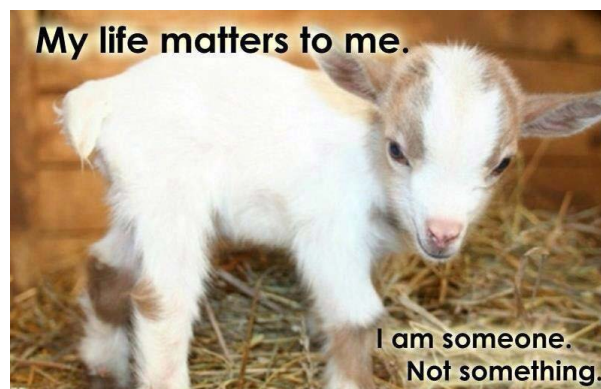
You might wonder what's left to eat after ditching animal-based products. The answer is: everything! Everything, that is, which doesn't involve the abuse and killing of animals. In short, that includes legumes, grains, vegetables, fruits, nuts, and seeds. It's quite simple:



There are many vegan recipes on the Internet. Get Googling and you'll see that vegan food is not only healthful but also varied and delicious.

## A Matter Of Morality... With Benefits To You!

Going vegan is a matter of morality...



... but there are bonuses of being vegan for you too. To start with, you're likely to shed any excess weight you may be carrying. You'll also find that a balanced vegan diet with plenty of raw food will give you extra energy. And, to top things off, a vegan diet is the most environmentally friendly one you can choose, so you automatically become an environmental warrior simply by eating vegan.

## Just Think...



## It's Only Logical

If you care about animals, your health, and the planet, it's logical to eat vegan. Think on the following:

- You can't say with total honesty that you care about animals if you fund their abuse and slaughter by eating their bodies and their secretions.
- You can't say with total honesty that you care about your health if your body is a graveyard for animals' bodies and a dumping ground for their secretions.
- You can't say with total honesty that you care about the environment if your diet does more damage to the Earth than anything else humans do.



## Vegan: For The Animals, For Your Health, For Our Earth

Eating vegan means being respectful to animals, your body, and our precious planet. On a vegan diet, all you have to lose is the excess fat from your body and the guilt in your heart from being part of a system that abuses animals and destroys the Earth.

# Vegan is the new green

Also remember, that while eating vegan is extremely important, *living* vegan is really where it's at.

In summary, living vegan is:

- Eating a plant-based diet (ie. legumes, grains, vegetables, fruits, nuts, and seeds).
- Wearing non-animal-based clothing.
- Buying bodycare products, cleaning products, and makeup that has not been tested on animals.
- Not supporting so-called 'entertainment' that uses animals.
- Helping homeless animals by adopting from shelters.



## is My Favourite Breed

## But Isn't Eating Vegan A Little Extreme?

Veganism extreme? Nothing could be further from the truth! Eating vegan isn't extreme in the least; but I'll tell you what *is* extreme:

- Over 56 billion land animals killed every year.
- Between 1 and 3 trillion sea animals killed every year.
- Eating rotting animal flesh (meat).
- Consuming pus-filled bovine secretions (milk).
- Ingesting hen ova (eggs).
- Eating bee vomit (honey).

*That is extreme.*



Go vegan, and it'll be the BEST decision you'll ever make! To help you along, check out:

- [vegankit.com](http://vegankit.com)
- [livingvegan.com.au/vegan-cheat-sheet](http://livingvegan.com.au/vegan-cheat-sheet)
- The 21-Day Vegan Kickstarter App on iTunes

For more info, visit my site: [despinarosales.com](http://despinarosales.com) and click on "Animals". Thank you for caring.

With love, Despina ♻️❤️🌱🕉️🐾

## GO VEGAN!

**Remember: nothing tastes as good as a clear conscience feels.**

# VEGAN



Respect    Nonviolence    For the people    For the planet    For the animals