

ISSUE 58 | MAY/JUNE 2020

# VEGWORLD

MAGAZINE

## THE ATHLETE ISSUE

### AUSTIN AIRES:

Professional wrestler and spectacular vegan

### ANGIE SADEGHY, MD:

Getting fit, ripped, and healthy

### PROTEIN:

What it is, where to get it, and how much you need

- Which baseball stadium has the best vegan treats?
- The best selections from the Natural Products Expo





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# TABLE OF CONTENTS

## NEWS

- 8 Are More Canadians Going Vegan?
- 9 Cardi B Donates 20k Bottles Of Vegan OWYN Drinks
- 9 Harrison Ford Quits Dairy And Most Animal Products
- 10 How Choosing Vegan Helps The Environment
- 13 Olympian And Chef Team Up For Around The World GoodBowls
- 14 How Vegan Is Your State?
- 15 Joaquin Phoenix Accused of Causing Mental Health Problems For British Livestock Farmers
- 16 Celebrities Prove That Going Vegan Is Good For Your Health
- 18 *Tiger King: The Story Netflix Didn't Tell You*

## LIFESTYLE

- 40 Destination Spotlight: Victoria British Columbia!
- 44 The Ranch Malibu Plant-Based Fitness Retreat
- 48 "Funny, You Don't Look Vegan"
- 52 15 Of The Best Plant-Based Ballpark Eats
- 58 Braindead Brewing - Deep Ellum's Smart Choice for Vegan Deliciousness
- 62 Fantastic Vegan Finds From The Fancy Food Show
- 64 Technology Is Helping Protect The Environment
- 68 Our Favorite Things



## BUSINESS

- 20 CircleTerra Resets the Table for Disposable Tableware
- 24 4 Vegan Eateries On The Rise In Mile-High Denver
- 26 Top Picks From The Natural Products Expo (Part 1)
- 30 One Planet Pizza Brings Vegan Pizzas To Your Doorstep
- 31 Expert Elysabeth Alfano Launches New Digital Show
- 32 The World Turns To Plant-Based Meat Substitutes As the COVID-19 Pandemic Continues
- 33 The Plant Powered Women's Network
- 34 Sophie's Kitchen Donates More Than 3,000 Cases Of Toona
- 35 Performance Kitchen Is Changing The Frozen Food Industry
- 35 Beyond Meat To Donate 1 Million Plus Burgers
- 36 Increasing Veganism Boosts Cashew Milk Sales

## STYLE

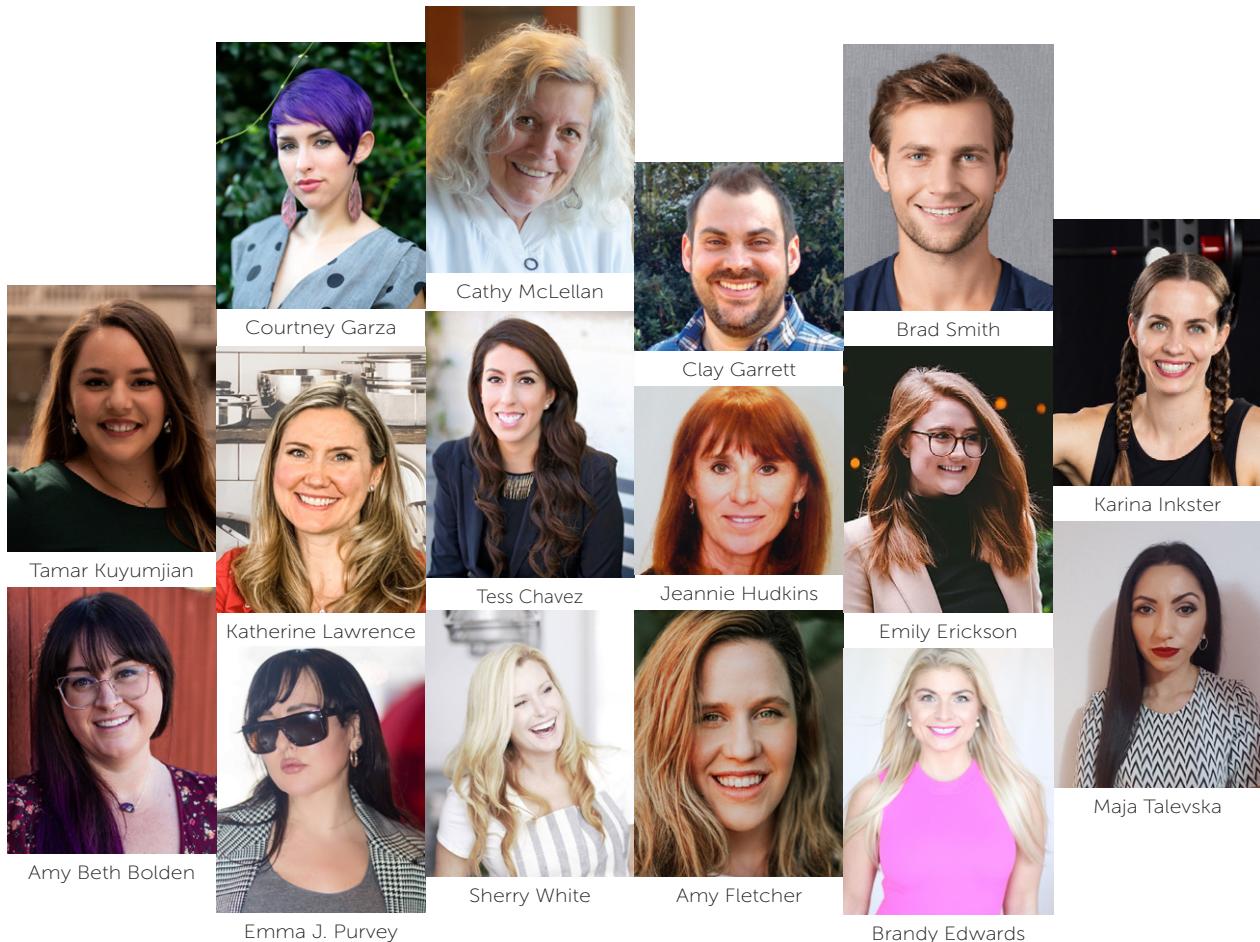
- 72 True Beauty: Summer Skincare
- 74 3 Products In 3 Minutes
- 76 Emma J's Beauty Diary

## FEATURES

- 78 Samuel Mussared: The Plant-Based Wonder From Down Under
- 80 Austin Aires: The Spectacular Vascular Vegan
- 86 Karina Inkster: Busting Veganism Myths for 17 Years
- 88 Getting Ripped And Health With Angie Sadeghi, MD

## FOOD

- 114 Bodacious Beet Salad
- 116 Rice Cake and White Bean Soup
- 118 7-Layer Loaded Potato Nachos
- 120 Spicy Thai Vegetable Chowder
- 124 Curried Chickpea Salad
- 126 Zhingyalov Khat Armenian Herb-Stuffed Flatbread
- 129 Katherine's Overnight Omega Oats



## HEALTH & FITNESS

- 94 Nutrition Researcher Reveals Seven Tips To Reduce Anxiety
- 95 Coronavirus Spotlighting Meat as Transmitter of Infection
- 95 PCRM Continues to Move Forward
- 96 Plant-Based Foods for a Healthy Thyroid
- 98 Protein: As a Vegan, What You Need to Know
- 104 Fitness After The Fall
- 106 Strength Goes Beyond The Body
- 108 The Gift Of Adversity
- 112 Dear Chef AJ

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# EDITOR'S NOTE

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A message from **VEGWORLD** Magazine  
Editor-in-Chief, Courtney Garza



Finding the silver linings in every situation has always been a fun challenge for me. They are always there, but sometimes harder to find than others. In these past few tough months, it's certainly been more of a challenge.

But one I have found to shine through is the ability to connect further with the **VEGWORLD** audience. In this sheltering at home time, we all have been able to take more time for meaningful, long conversations with ourselves and others. We have been able to seek our true passions and ways we can do and be better for the world. It is in these times that I am truly thankful for the ability to share positivity and light around living a vegan lifestyle as animals and people alike are being seen in different ways and we are working together to build a better future. Though things are still so uncertain, I do believe that with the right education and awareness, there is hope.

I thank you, our readers, and active member of the conscious community, for being a strong part of that hope for tomorrow.

*Courtney Garza*

Follow my adventures  
on social media:

 @ColorMeCourtney\_

# LATEST VEGAN NEWS

## ARE MORE CANADIANS GOING VEGAN? This Is What Search Trends Reveal



Recent Google search trends revealed by SEMrush, a data provider, show steeping interest in veganism and related searches in Canada, with the British Columbia region leading the stride towards the cruelty-free lifestyle.

Canadians are not only showing a growing interest for a vegan diet, but are also inclined to living an ethical lifestyle. Many consumers are searching for terms like "vegan fashion" and "vegan leather," in addition to searches on food and diet.

The SEMrush data showed there has been a jump in growth for veganism-related searches from February of last year to January of this year, with food-related searches including "vegan cheese" (highest volume, 5317 average monthly searches) and "vegan banana bread," (second highest, 5000 average monthly searches) topping the list, *The London Free Press* reports.

Searches for non-food terms like "vegan cosmetics," "vegan fashion" and "vegan leather" have tremendously grown, too. For instance, "vegan leather" and "vegan fashion" have grown up to 94% and 40% respectively since 2016.

The British Columbia region showed the most interest in the plant-based lifestyle, with 1,446 searches per million people. The next spot is held by Ontario, with an average of 1,257 searches per million people. Yukon, Nunavut, and the Northwest Territories make the rest of the top five most vegan-interested populations in Canada.

Other details include search trends for vegan celebrities. Global stars like Joaquin Phoenix, Ariana Grande, Arnold Schwarzenegger, Leonardo DiCaprio, and the list-topping Tom Brady are some of the vegan celebrities being searched according to the report.

### THINGS ARE CHANGING REALLY FAST...

A recent *Canadian National Observer* report states that Canada's Generation Z is increasingly stepping forward to battle climate change, and going vegan is a part of it.

"Things are changing really fast, faster than ever, really," says the principal investigator of a study by Agri-Food Analytics Lab, referring to the updated data showing 10.2 million Canadians who have already restricted meat completely (or partially) from their diets, up from the 6.4 million Canadians estimated from last year.

From Canada's major fast-food chains introducing more and more plant-based foods to global celebrities like Billie Eilish and Greta Thunberg influencing their fans to go vegan, the growth has been unmissably obvious.

Just recently, the fast-food giant Wendy's launched a new plant-based burger developed in-house called the Plantiful. However, the burger is explicitly called plant-based and not vegan since it is cooked on the same grill and also comes with cheese and mayo, unless requested otherwise.

Photo by Social Soup Social Media from Pexels



## Cardi B Donates 20k Bottles of Vegan OWYN Drinks To Medical Staff Battling COVID-19 In New York

by Debayan Paul

Popular rapper and businesswoman Cardi B donated 20,000 bottles of vegan supplement drink OWYN to New York-area hospitals where medical staffs are tirelessly working day-in and day-out tackling the deadly coronavirus.

According to TMZ, the American rapper wanted to help those thousands of ambulance crew and doctors who are working 12+ hours a day and sometimes are unable to eat during their shifts.

OWYN, the vegan drink Cardi B donated, is made up of entirely plant-based ingredients without gluten, soy, or nuts.

The "Girls Like You" rapper joins a long list of celebs across the world who all have extended their helping hands to different causes amid the global COVID-19 pandemic. She was one of the first celebs to warn fans that the outbreak was going to get "real."

## Actor Harrison Ford Quits Dairy Products and Most Animal-Based Products For The Planet

by Peter Manley

Actor Harrison Ford — known for big hit movies such as the *Indiana Jones* series and the *Star Wars* saga — recently announced that he is changing his diet to save the planet.

In a recent episode of *The Ellen DeGeneres Show*, Ford explained that he has now eliminated all dairy from his diet as well as many other animal-based products. Ford said on the show, "I eat vegetables and fish ... no dairy. I was just tired of eating meat and I know it's not really good for the planet and I know it's not really good for me."

Ford also informed Ellen that he doesn't eat any other types of meat — only fish. In conversation with Ellen, he explained that he had changed his diet with the aim of fighting against the global warming issue that we're facing. He also mentioned that he supported and has visited the United Nations Climate Action Summit.



"We all need to start talking about the climate crisis," he said. "We need to insist that our elected officials do it."

Ford's next film release — titled *The Call of the Wild* — was released early this year. Ford — now 77 years old — also explained that he will indeed continue to play his role as Indiana Jones, with the fifth film of the series coming in 2021.

# LATEST VEGAN NEWS



## How Choosing Vegan Helps The Environment

by Maja Talevska

As more studies are done on the vegan lifestyle, we now know that veganism has a more positive impact on our environment than just our health. Environmentally speaking, our world isn't doing so great right now. And according to studies and even some recent alarming documentaries, we humans are consuming too much meat. Going vegan can indeed save our planet, one step at a time. For some facts about the positive impact of veganism on the environment and how abstaining from meat and animal by-products can help save our planet, keep reading.

### GOING VEGAN CONSERVES WATER

Farming livestock takes up so much water and is also the biggest polluter of freshwater, according to the United Nations. Agriculture takes up 90% of water consumption in the US. To produce a pound of beef takes up to 200 times more water than growing a pound of plant foods.

### REDUCES ENERGY CONSUMPTION

According to the United Nations Environmental Programme (UNEP), "The greenhouse gas footprint of animal agriculture rivals that of every car, truck, bus, ship, airplane, and rocket ship combined." Producing even half a pound of beef has an emission equivalent of driving almost 10 miles. In contrast, producing half a pound of potatoes equates to driving the same car 0.17 miles.

### PROTECTS OUR SOIL

Almost half of our planet's land surface is covered in livestock systems. Farming takes up most of our land, and farming activities cause erosion and nutritional depletion of soil, including deforestation and desertification.

### REDUCES AIR POLLUTION

Factories that house livestock often emit harmful gases that you can even smell from a mile away. Livestock farming is related to 18% of the world's greenhouse gas emissions. You can even see this harmful emission by a cloud of greyish-black soot coming out of these factories.

Farming livestock requires plenty of lands, energy, food, and water. Not to mention that farming also produces harmful by-products such as harmful gas emissions and waste. Global warming is not a prediction; it is already happening. As Earth is our only planet, we should all do our best to contribute to its wellness in the best way possible.

# EVERYTHING'S GREENER IN Plano, Texas

The City of Plano's Certified Green Businesses are committed to the environment. Actions vary from offering locally-sourced goods, insulating water heaters, installing solar panels to electric vehicle charging stations. By reducing their environmental footprint, they make Plano a smart place to shop, live, work and play.

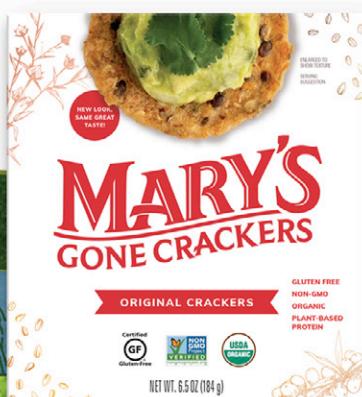
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## Olympian And Chef Team Up For Delicious Plant-Based Around The World GoodBowls

**S**witch4Good has teamed up with celebrity chef Jason Wrobel to launch Around the World GoodBowls: Nine easy-to-prepare plant-based recipes that bring gourmet flair to healthy eating. Wrobel created the bowls taking inspiration from the international locales where Switch4Good founder, Olympic silver medalist Dotsie Bausch, has competed as a cyclist.

As the first plant-based chef with a primetime television series, Jason Wrobel's groundbreaking show *How to Live to 100* taught millions of people how to prepare delicious, organic, healthy meals at home. His Around the World GoodBowls recipes are created exclusively for Switch4Good.

From power-packed Breakfast Grits to

the mind-blowing West African bowl, GoodBowls is created for everybody, whether they are experienced cooks or beginners in the kitchen.

"I've never spent a lot of the time in the kitchen but like everyone, I want my meals to be awesome. I knew that as one of the foremost plant-based chefs, Jason Wrobel was the person to work with on Switch4Good's Around the World GoodBowls. These are not just recipes, but meal plans that deliver all of the key nutrients in one delicious plant-based dish that I can prepare in less than half an hour," states Switch4Good Executive Director and Olympic silver medalist Dotsie Bausch.

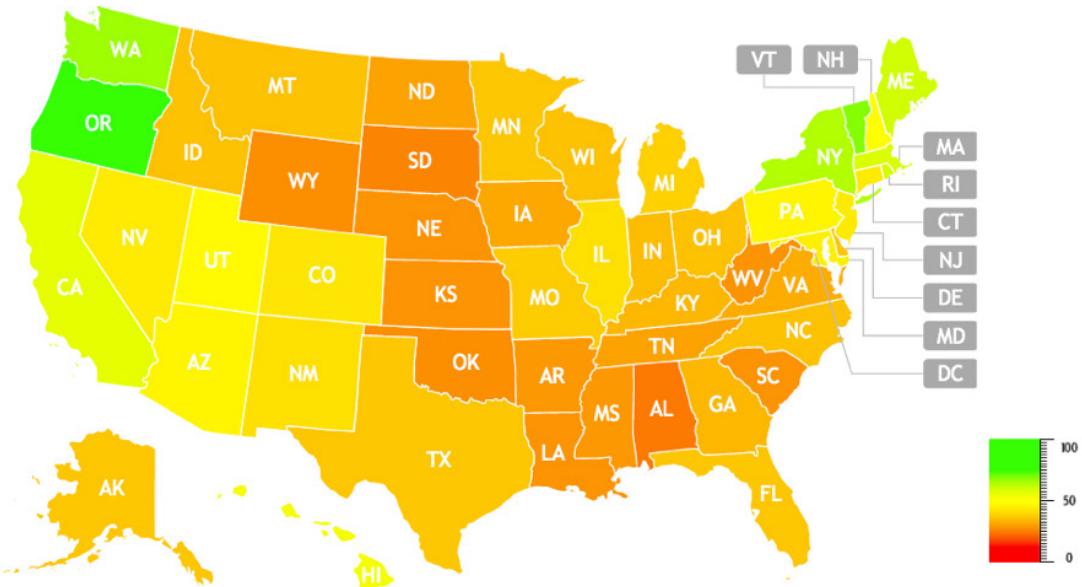
It's true that Around the World GoodBowl Around the World GoodBowls

aren't just recipes—they're chef-driven, athlete-approved plans for optimizing every meal to fuel one's life. Each delicious easy-to-prepare bowl can be created in 30 minutes or less and hits all of the essential micro- and macronutrients required for a healthy plant-based diet.

"During the creative process of bringing the Around the World GoodBowls to life, I wanted to strike a delicate balance of incredible flavors, easy-to-prepare methodologies, familiar ingredients, and maximum nutritional density," says celebrity chef and author Jason Wrobel. "The bowls showcase a wide range of global culinary influences while being approachable and easy enough for anyone to prepare in the comfort of their home kitchen."

# LATEST VEGAN NEWS

## HOW VEGAN IS YOUR STATE?



### A Study Of Vegan Online Searches In Every US State Over 15 Years

A new study has revealed how interest in veganism and plant-based diets across the US has changed, comparing differences in state-by-state adoption throughout a 15-year period.

"Plant-based diets are fast becoming mainstream, but the change hasn't been a steady one. Recent years have seen rapid adoption of vegan diets and more meat-free products making their way onto shelves," states Kelly Fairchild, a global business development manager from Ipsos Retail Performance.

Global retail traffic-counting specialist Ipsos Retail Performance has revealed its study of Google search data to demonstrate how interests in plant-based diets have changed over time, depending on location.

Illustrated through an interactive timeline and map-charting search data between 2004-2019, findings include:

The **most consistently vegan state** is Oregon, achieving the highest search

value for 12 years out of 15. This is followed by Vermont, Washington, and California.

The **state most reluctant to seek out vegan trends** (and therefore having the most meat-eaters) is Mississippi, followed by South Dakota, Alabama, and North Dakota.

**Political leanings correlate with how vegan each state is**, with the top 10 biggest vegan states all largely Democrat voters, and the 10 lowest vegan states all largely Republican.

The **states seeing the biggest change in attitudes** include Nevada (38 point increase in vegan searches) and New Hampshire (31 point decrease in vegan searches).

The preference for plant-based alternatives to meat and other animal products has exploded in popularity over the most recent decade, with over 9.7 million Americans now identifying as vegan.

The interactive map shows the US vegan hotspots and those states that remain a little resistant to going plant-based.

The Northeastern and West Coast states showed the earliest interest in veganism. More states followed suit in 2013, when there was a significant increase in interest, driven by the high-profile awareness shown by celebrities and the increasing availability of mock-meat products in stores and restaurants.

"As the dialog around veganism shifts from one of animal welfare to wider concerns around climate change and personal health, we are seeing more and more people adopt this once minority dietary preference," Fairchild states.

[www.ipsos-retailperformance.com/  
en/vegan-trends](http://www.ipsos-retailperformance.com/en/vegan-trends)

# Joaquin Phoenix Accused of Causing Mental Health Problems For British Livestock Farmers

In the UK, National Farmers' Union (NFU) president Minette Batters has called out Oscar-winning US actor and active veganism proponent Joaquin Phoenix for causing mental health problems for the UK's livestock farmers.

Phoenix, who won the award for the best actor for the role of Joker in the blockbuster movie of the same name, spoke to the Oscar crowd about a number of matters from sociopolitical aspects to an elaborate emphasis on animal cruelty that is prevalent in the meat industry.

The NFU president who opened a front unlike any against the vegan actor as Batters claims that celebrity figures like Phoenix demonized UK's meat market and have caused "enormous damage" to their well being, *The Guardian* reports.

When asked who she thinks is kindling the view that plants are positive and meat negative, she revealed a lot of celebrities who have hit the red carpet at the Bafta awards.

"Celebrities have to be careful [because] there are real-life consequences for others," the NFU president said, speaking at the union's annual conference.

"But he has to remember there are people at the end of this, there are small family farms and they get hurt too," Batters was quoted as saying.

However, the livestock leader's words were critically reverted back by proponents of a cruelty-free and plant-based lifestyle.

Her comments were reportedly deemed invident on factual grounds and ignorant of the ethical threat posed

by the meat industry.

"There are many causes of mental health issues and stress in farming and I haven't seen evidence, a piece of research, showing that veganism is one of them," a spokesperson from The Vegan Society said.

Minette Batters pointed out that she isn't branding veganism as wrong, rather pointing out that the conflict around meat-eating "has escalated to the point where meat is viewed similarly to tobacco."

"I'm full of so much gratitude now. I do not feel elevated above any of my fellow nominees or anyone in this room, because we share the same love – that's the love of film," he started his Oscar acceptance speech for the Best Actor award.

"I think whether we're talking about gender inequality or racism or queer rights or indigenous rights or animal rights, we're talking about the fight against injustice – against the belief that one nation, one race, one gender or one species has the right to dominate, control, and use and exploit another with impunity," the speech continued.

Just recently the actor went on to prove he is not all talk as soon after his Oscar acceptance speech he went on to save a baby cow and its mum from slaughter, in association with non-profit organization Los Angeles Animal Save.

According to reports, the United Kingdom continues to remain a vegan hotspot. The cruelty-free lifestyle soars in the British territory, and online trends reflect its popularity. Latest research conducted by Vegan Society traces the presence of around 600k vegans in Britain. Supermarkets continue to stock up on plant-based products, while major fast-food chains keep adding better and more vegan alternatives to their original meat-based dishes.

## THE LONG-TERM VEGAN

Joaquin Phoenix's powerful speech at the Oscars garnered huge applause from the proponents of the plant-based industry.

He began his speech by expressing gratitude to the Industry and the career that gave him the platform to "to use [my] voice for the voiceless."

Celebrities endorsing the cruelty-free lifestyle and cause propelling millions of followers into considering the ethical lifestyle. Ariana Grande, Miley Cyrus, Oscar-winning singer Billie Eilish are among the noteworthy stars who don't eat animal products. The hashtag vegan on Instagram currently has 89.9 million followers.



# LATEST VEGAN NEWS

## Celebrities Prove That Going Vegan Is Good For Your Health

by Amy Fletcher

In some parts of the world, such as America, the vegan population has grown by 600% in just a few years. One of the driving forces behind this surge in veganism is the increasing number of famous faces who swear that a vegan diet, has transformed their health for the better. But which celebrities have gained the most from switching to a vegan diet and how can you benefit?



### ZAC EFRON

Actor Zac Efron originally went vegan as an experiment. But he had nothing but praise for the effects the diet had on his body when asked in an interview with *Teen Vogue*. Efron claimed that vegan foods changed the way his body metabolized food for the better. He added that it also benefited his sleep and his exercise routine. Going vegan even helped Efron's career as it allowed him to lose 13lb in time for filming on the movie *Extremely Wicked, Shockingly Evil and Vile*. He even cites vegan food for fueling him during a break in the Arizona desert.

Eva Rinaldi / CC BY



### SERENA WILLIAMS

Tennis pro Serena Williams has been a vegan for 8 years and has certainly proved that it's done wonders for her career as she's won the US Tennis Open 3 times during this time. She credits veganism along with quitting breastfeeding for shaping up following the birth of her daughter Olympia in 2017, revealing that "I lost 10 pounds in a week when I stopped [breastfeeding]. I just kept dropping." Williams even tried out a raw vegan diet to support her sister Venus when medics advised she adopt it to help with the symptoms of the autoimmune condition Sjögren's syndrome.

Edwin Martinez from The Bronx / CC BY



### WILL.I.AM

Producer and singer Will.i.Am went vegan in 2017 and says that it has done wonders for his health. Just 10 days after going vegan, he had lost 8lb, lowered his blood pressure, and reduced his cholesterol. If that wasn't enough, he also says that his breathing improved and his skin cleared up, too. After a year of veganism, Will.i.Am lost 20lb in total and claimed that his new diet had helped to lower his stress levels. In fact, he's been so impressed by the health benefits of the diet that he's revealed he will raise his future kids as vegans.



## ALICIA SILVERSTONE

43-year-old actress Alicia Silverstone has been a vegan since she was 21, so she understands the diet better than most. Silverstone also feeds her son a vegan diet and although she has been criticized for this decision, she doesn't regret it. He says he's glad that he doesn't have to eat "yucky meat," while Silverstone says that she believes veganism is the reason why her son is so well-behaved and never gets sick. Speaking of her diet, she says she looked puffy before going vegan and that the diet was the key to her improved health. "Once I went vegan, I lost the weight I wanted to lose, my nails were stronger, and my skin was glowing," she said. Veganism tends to encourage healthier eating habits which, in turn, improve the appearance of the skin, so this is likely to be the reason behind Alicia's enhanced complexion. For example, vegan-friendly foods such as strawberries, avocados, tomatoes, and spinach are particularly known for their ability to improve the skin's moisture content, for their powerful antioxidants, and for cell regeneration.

Toglenn / CC BY-SA



## SIMON COWELL

Music mogul Simon Cowell reportedly went vegan in early 2019 following a health scare. He was also told by a doctor that he had the "worst diet," so Cowell decided that he had to change the type of foods he ate and opted to try vegan alternatives. In the subsequent months, the 60-year-old lost 42lb and sang the praises of his new diet. Cowell revealed that ditching all animal-based products had improved his memory and his energy levels. As a result, he said it made him a better dad as was able to keep up with his young son. In addition to going vegan, Simon also eliminated sugar from his diet and switched to gluten-free beer.

Alison Martin of SimonCowellOnline.com / CC BY-SA



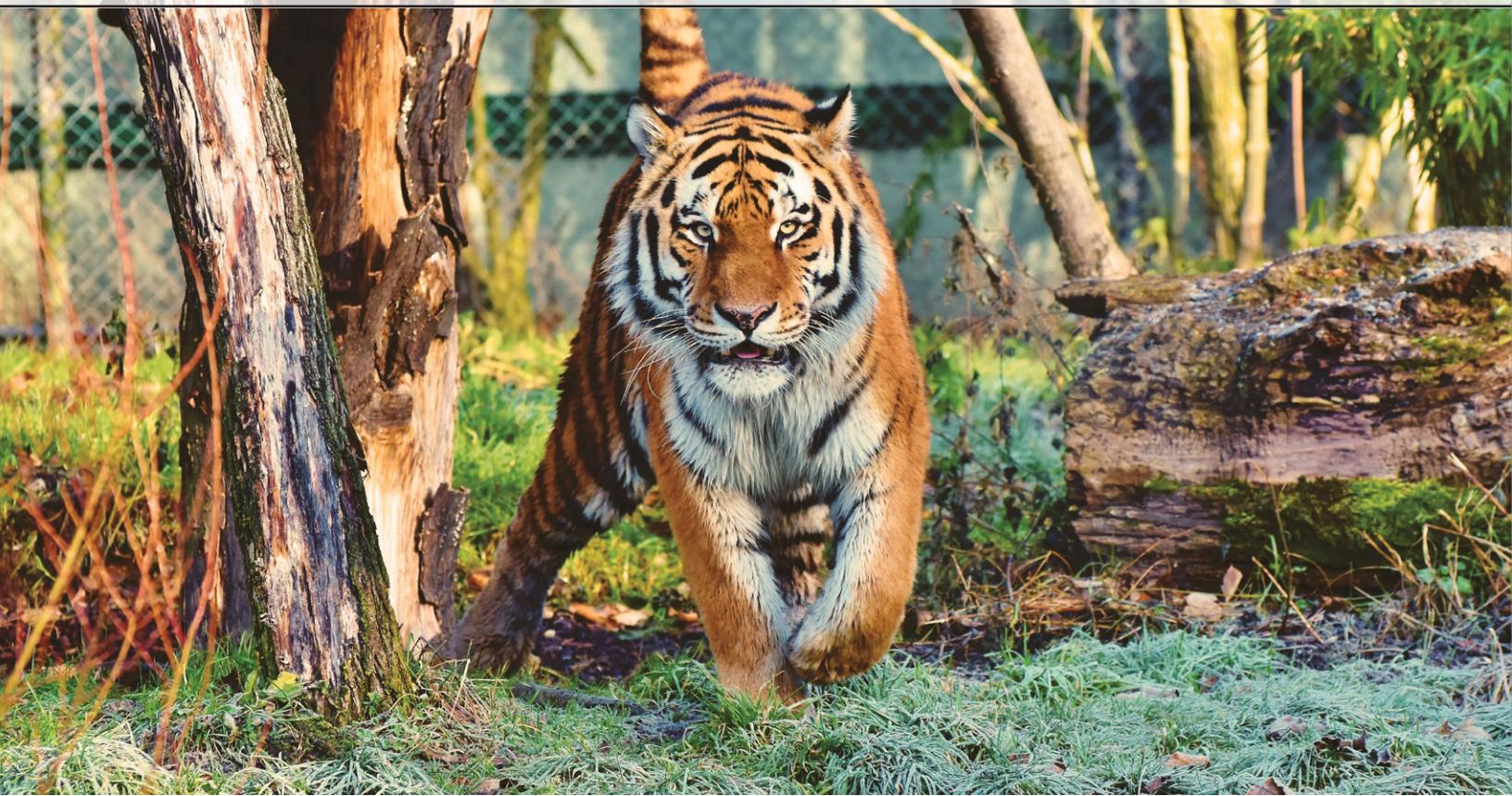
## CARRIE UNDERWOOD

Carried Underwood has caused a bit of a stir among vegans for calling herself a "practical vegan," meaning she mostly consumes a vegan diet but sometimes eats something she shouldn't out of convenience. That hasn't stopped her reaping the health benefits of eating a mostly vegan diet, though. Combined with regular workouts, she says that vegan foods helped her power through her 6-month Cry Pretty 360 tour in 2019. Her diet, along with high-intensity training, also helped her to lose 30lb in just 8 months following the birth of her son in 2015.

Veganism is growing in popularity among both celebrities and the general public. This is no surprise considering some very well-known personages have proven that veganism can make you feel and look healthier.

Cosmopolitan UK

# ANIMAL EXPERT ON TIGER KING



## The Story Netflix Didn't Tell You

As the demand for tiger selfies grows, mature tigers are forced to breed continuously to produce cubs so their babies can be handed to tourists for their Instagram selfies. This constant handling by tourists and accompanying loud noises are very stressful for young cubs, making these animals susceptible to illnesses as well as injuries.

Throughout the docuseries, you can see Joe Exotic or his employees taking newborn tiger cubs away from their mothers within days of birth or sometimes as they're being born. Tiger cubs in the wild typically spend up to 2 years with their mothers. This separation is just one of many reasons why captive tigers suffer so much in entertainment venues.

When they're not being passed around for photos, these cubs are often kept chained up or left in small, barren

cages. In *Tiger King*, we see that Joe Exotic leaves newborn cubs in playpens while they cry out for their mothers who aren't able to comfort them.

But this doesn't just happen in the US. A World Animal Protection report found that tigers suffer immensely for selfies taken in Thailand. One staff member told our researchers that starvation is used to punish tigers when they make a "mistake" while other methods are used to inflict pain and fear. Not only does this demand for entertainment cause immense suffering to big cats, it also promotes the poaching and trade of wild tigers.

### WHITE TIGERS

Of all the tigers in the docuseries, white tigers easily have to be the most exploited throughout the entertainment industry. These big cats — which

merely have a genetic mutation and are not a separate species of tiger — are often forced to inbreed to keep the supply coming.

Inbreeding (the practice of mating closely related animals like siblings) results in major health issues such as crossed eyes, clubfeet, spinal deformities, defective organs, and cleft palates. In the series, Jeff Lowe is driving a convertible with a young, cross-eyed white tiger.

If a white tiger gives birth to orange tigers (which happens approximately 75% of the time), they are considered "throw-away" tigers and often killed. According to Turpentine Creek Wildlife Refuge, 29 out of 30 tiger cubs are euthanized because of breeding deformities, which affect the profitability of the animals, and 80% of tigers born due to inbreeding die because of their deformities.

# LATEST VEGAN NEWS

## LEGITIMATE SANCTUARIES

Not only does *Tiger King* portray a known abuser of animals in a crazy-yet-sympathetic light, but it also misses the large difference between legitimate sanctuaries and caring for animals and the zoos owned and run by Joe Exotic and Jeff Lowe.

Businesses that profit from exhibiting cubs for photo opportunities can legally call themselves sanctuaries or rescues even though they often engage in ongoing cycles of breeding and selling cubs once they are approximately 12 weeks old.

Legitimate sanctuaries do not breed their animals because they want to end the cycle of life in captivity. Tigers born in captivity are not good candidates for releasing into the wild for several reasons such as the inability to survive (predation is taught by their mother and the cubs are taken away before these skills are passed on). Captive tigers can also transfer illnesses to wild populations (and vice versa).

Legitimate sanctuaries also do not allow direct contact with wild animals. Unlike being passed from person to person at Greater Wynnewood, sanctuaries do not allow visitors to directly touch, feed, or generally interact with tigers. This is not only for the animals' safety but for tourists' as well.

World Animal Protection only works with legitimate big cat sanctuaries such as Turpentine Creek to rescue several wild cats. It's important to always research the facility before planning a visit to make sure it is one that takes the welfare of the animals seriously and has their best interest in mind.

## VIOLATIONS OF MINIMUM STANDARDS OF CARE

While briefly touched upon during the segment on mismanaged funds, poor animal care by Joe Exotic and others in

the film is so serious, it has been documented by the United States Department of Agriculture (USDA).

The USDA's Animal and Plant Health Inspection Service is tasked to enforce the 1966 Animal Welfare Act, which sets forth the minimum acceptable standards of care for animals used in research, exhibition, transport, and by dealers. To this date, it is the only federal law that enforces these basic care standards.

Joe Exotic had been frequently cited by the USDA for failing to comply with the Animal Welfare Act. These include failure to maintain enclosures, improper barriers to protect the public, improper labeling and disposing of expired medications which could result in animal harm, and failure to provide adequate veterinary care.

In 2010, the USDA opened an investigation into the venue after 23 tiger cubs died during a seven-month period. Several investigations by animal welfare nonprofits throughout the years found animals sick, declawed, hit, kicked, and forced to live with incompatible cage mates, resulting in gruesome attacks of one big cat on another.

Additionally, Mahamayavi Bhagavan Antle, better known as "Doc Antle," the founder of T.I.G.E.R.S., also has numerous USDA violations. These violations include failure to provide secure and updated enclosures for animals, failure to provide environmental enrichment plans for primates, and failure to provide food with adequate nutrition value for exotic felines.

Not only were animals able to escape enclosures on his property (as some did), but multiple USDA citations also noted that animals were not provided with adequate vet care. For example, two white tiger cubs were found to have ringworm-like issues that needed to be addressed for public safety in 2016. But most shocking is that the

USDA cited Doc Antle multiple times for failing to have a "responsible adult" available to conduct the government's investigations of his venues.

## ANIMALS SEIZED

Jeff Lowe, who took over Joe Exotic's animal park and is a major part of the *Tiger King* docuseries, was arrested in 2018 after illegally parading baby tigers throughout Vegas on his "Jungle Bus" for profits.

He was forced to turn over a tiger, lemur, and a liliger — a crossbreed of a tiger and lion — and fined \$10,000 to pay for their care. The tiger and liliger cubs were found to be underweight and had health issues such as severe diarrhea, urinary tract infections, Giardia, and pancreatic conditions requiring lifelong treatment.

Lowe's arrest was briefly documented in *Tiger King*, where video of tigers being forced into suitcases and hotel rooms for selfies was shown. We want to be clear: Shoving tiger cubs into suitcases is animal abuse.

## BIG CAT PUBLIC SAFETY ACT

Today, there are more tigers living in captivity in the United States than there are in the wild.

Shockingly, while there is some federal oversight on the transportation of wild animals across state lines and the national border, there are no federal requirements for the private ownership of big cats. In fact, household dogs and cats are more heavily regulated than big cats. Without stronger regulations and enforcement, the big cat breeding and exhibition industry will continue to grow, allowing the abuse of big cats to continue. The Big Cat Public Safety Act would help end this cruelty.

The legislation is still pending in Congress, but together, we can end the use of big cats for entertainment.

# NEVER UNDERESTIMATE THE POWER OF ONE WOMAN WITH A BAMBOO PLATE AND A MISSION

## Kelly Joy Freeman's CircleTerra Resets the Table for Disposable Tableware

by Karin Olsen / *Plant Power Productions*

**K**elly Joy Freeman was retired from corporate America and deciding her next career move when a bamboo plate fell into her lap. Not literally, but almost. It was actually a container full of them that, unbeknownst to her, would set the table for her fast-growing eco-friendly disposable tableware company, CircleTerra.

Based in Dallas, the company's mission is to help businesses, restaurants, and the food industry stop the use of single-use plastics and replace them with eco-friendly products made from rapidly renewable resources that are biodegradable, compostable, or recyclable. Products include plates, hot and cold cups, bowls, napkins, cutlery, waste bags, and takeout containers made from such materials as sugarcane, bamboo, palm leaves, paper, and coconut. All are FDA-approved and certified commercially compostable or recyclable.

Freeman's impetus to start the company was equal parts serendipitous opportunity, consumer demand, and environmental concern. It all started, she says, when an importer/exporter she knew had a container full of bamboo plates to sell but didn't have time to sell them. "He asked





me to help out, and I did. I really started out with one type of bamboo plate, and then people started requesting other eco-friendly items, so things took off pretty quickly."

While Freeman has long been an environmentalist, she admits to originally not being very informed about the issues surrounding plastic. "I was the environmental chair at PTA when my kids were growing up and taught students about recycling and what they could do. So, going into this, I knew the basics but really didn't know the magnitude of the plastics problem."

Her desire to change people's perspectives and practices regarding disposable products was also coupled with Freeman's desire to change the impersonal "business-as-usual" practice of directing people to the Internet to find their own way. As the owner of a small, women-owned business, Freeman said she felt the need to be accountable in a more personal way by conducting business over the phone or face-to-face. "I'm much more than a website. Those going online often may not know what to look for, so I streamline the time and ease

# CircleTerra

of their transition. By making myself available and providing personal service, I've been able to efficiently help many businesses transition to sustainable products and quickly grow CircleTerra, too."

Also contributing to her success, she says, is her comprehensive understanding about availability, new technologies, and new, rapidly renewable plants, as well as having the experience and insight to determine how these considerations translate into products customers want. "I'm always paying attention to new creations and the sources. I'm unique in that, while I have a website with a limited number of products, I also find additional sources based on requests. I not only have insight into what's available in the market, but perspective on what customers say they are looking for and why. I take a full-circle approach to consider the end-user experience. How does it feel to throw away a product, what are the options, and what is the best disposable for each situation?"





With the onslaught of the coronavirus, Freeman says CircleTerra has grown exponentially as product inquiries and requests have skyrocketed. "I'm super-busy, because Dallas/Fort Worth allows restaurants to offer curbside takeout and delivery. Other cities don't have that luxury – most restaurants are closed down."

The increased volume has led to referrals to help other restaurants transition from indoor dining. "We look at the menu and I can help them navigate quickly, as they don't have a lot of time to transition as it's affecting their bottom line and employees. We transitioned one business in 48 hours," she says.

Since her very first customer, Freeman has donated food service supplies to not-for-profits feeding the homeless and underserved communities in Dallas. However, the recent health crisis has prompted her to donate take-out supplies to restaurants donating their food for medical team lunches.

With a growing number of US clients in such states as California, Colorado, Florida, New York, South Carolina, and Texas, Freeman is also making inroads internationally. One of her largest clients is in Mexico, and she recently had the opportunity to work with government leaders in the Bahamas. In another example of serendipity, a high-school friend following her work on Facebook contacted her upon learning of the Bahamas' mandate to become plastic-free by June 1. "My friend thought I could help with the islands' six-month transition, so he introduced me to someone he knew at the US embassy and a former deputy prime minister of the Bahamas. I had the opportunity to travel there to meet with restaurant and business owners and establish myself as someone with product knowledge who could be an advocate and a resource. I now have clients there."



In light of her success and expanding opportunities to affect change, Freeman says she is thankful for having found her new calling. "I'm passionate about the Earth and how humanity interacts with the Earth, the things we do as consumers and what we do with those things when we are ready to dispose of them. I now have the responsibility to make a difference. You know better, you do better."

 <https://circleterra.com>

## ABOUT THE AUTHOR

Vegan for eight years and vegetarian for many years before, Karin Olsen is passionate about living and sharing the plant-based lifestyle. Born in Dallas and raised in Tulsa, she grew up in cattle country, knowing from a young age that she didn't like eating meat and didn't understand why some animals were considered pets and others food. Karin believes food is medicine and has a passion for helping people heal themselves through plants-not-pills. She is a certified Bikram Yoga instructor and health coach in training. After many years of working in PR and marketing in Los Angeles and New York, she moved to Dallas where she recently launched Plant Power Productions. The company offers consulting services in PR, marketing, communications, content creation, business development, and sales. She has a special interest in projects focused on the whole-food/plant-based/vegan lifestyle, holistic health and healing, sustainable living, and animal welfare. She enjoys working with VEGWORLD Magazine and encourages readers to check out her vegan product reviews.



[PlantPowerProductions.com](http://PlantPowerProductions.com)



[plantpowerproductions](https://twitter.com/plantpowerproductions)



Plant Power Productions



[plantpowerprod](https://facebook.com/plantpowerprod)



[plantpowerproductions](https://instagram.com/plantpowerproductions)

[karin@plantpowerproductions.com](mailto:karin@plantpowerproductions.com)

# 4 VEGAN EATERIES ON THE RISE IN MILE-HIGH DENVER

by Amy Beth Bolden

It's no secret that there's been a boom in the plant-based industry, especially great vegan restaurants. Denver, CO, is no exception, with new vegan dine-out options popping up every month — with creativity to match. The vegan food scene in Denver is one to watch, including these four vegan finds.

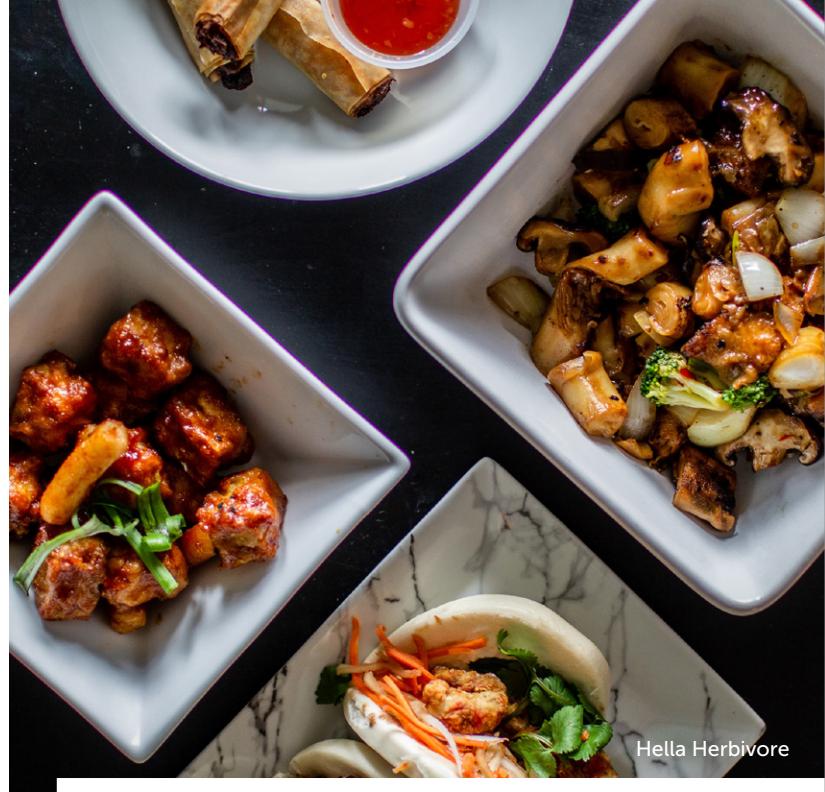
## HELLA HERBIVORE

With West Coast roots, Kris Carino of Hella Herbivore opens your mind about what plant-based cooking can be. The Asian cuisine he brings to the streets of the mile-high city is as authentic as it is vegan-delicious. Bao buns, drunken noodles, and Korean-fried tofu are the top dishes among many that he's invited his sold-out crowds to taste.

Find Kris's unique vegan options, including pop-up dining events, by keeping up with him on Instagram and Facebook.

## WELLNESS SUSHI

If you love sushi but want a more sustainable option on-the-go, and you're in downtown Denver, stop by and grab some Wellness Sushi. These beautiful plant-based sushi rolls are created with wellness and the



planet in mind. No traditional veggie-rolls here! Wellness Sushi brings light to the idea about what vegan food can taste and look like. Chefs Lee and Phoebe strive to keep tradition and taste while including ingredients and vegan options created by Ocean Huggers Foods and locally made Peaceful Rebel Cheese.

Stop by for a few rolls at Choice Market, Nooch Vegan Market, or Alternation Brewing Company on Broadway near downtown Denver. Need catering for your next event? They've got that, too!

## PESCKY KITCHEN

Move over mainstream chicken sandwiches! Pescky Kitchen ain't here to play. What started out as a boozy wing night has morphed into chicken sandwiches with the help of some Alternation Brewskis to wash it all down. Chef Ryan brings her soul food all the way from Atlanta, GA, and it does *not* disappoint.

Keep up with Pescky Kitchen on Instagram to stay tuned for upcoming pop-up events in Denver.

## META BURGER

In less than 2 years, Meta Burger has created one of the biggest shake-ups in the Denver food scene as we know it. With its award-winning Flatiron Burger, a side of waffle fries, and a Meta Blast, you can kiss your old drive-in junk food goodbye — and stay gloriously

### ABOUT THE AUTHOR

**Amy Beth Bolden** is a photographer and the founder of Veg Threads, an agency connecting forward-thinking brands and people. You can find her snuggled in the foothills of Denver, CO, with her husband, two dogs, and usually eating vegan food while enjoying local food-finds and the Rocky Mountain sunshine. Keep up with her "No BS Vegan Lifestyle" and food-ventures on Instagram [@thatveganwife](#).



VEGWORLD Magazine

plant-based. Meta Burger currently sits as the only vegan brick-and-mortar burger joint in Denver, with its second location opening this year.

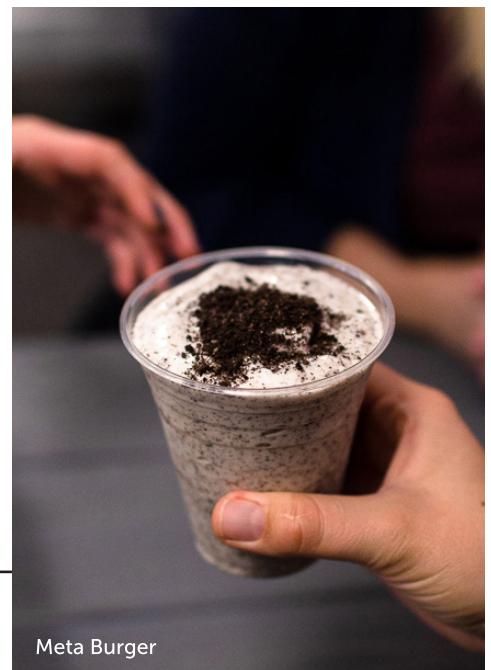
Follow Meta Burger on social media and stop in for a bite next time you're in the mile-high city!



Hella Herbivore: [hella.herbivore](#)  
Wellness Sushi: [wellnesssushi](#)  
Pescky Kitchen: [pescky.kitchen](#)  
Meta Burger: [meta.burger](#)



Meta Burger



Meta Burger

# NATURAL PRODUCTS EXPO

## TOP PICKS, PART 1

by Karin Olsen / Plant Power Productions

Two hours after VEGWORLD Publisher and Editor-in-Chief Courtney Garza and I landed in LA to attend the Natural Products EXPO West, the event was cancelled. In light of the escalating coronavirus outbreak, it was immediately understandable but obviously heartbreaking for all involved. To continue to cover the event, Courtney and I decided to feature top-picks-reviews from the show, with me taking exhibitor submissions and sampling at home.

The boxes started arriving so quickly, I felt like Lucy in the chocolate factory episode! After a couple of days, I had to enlist a friend to let me use his refrigerator for the overflow. We received so many great products from so many wonderful companies that we've broken the reviews feature into two parts, starting with the following and continuing in the July/August issue. Video reviews of these products will also be available at [PlantPowerProductions.com](http://PlantPowerProductions.com).



### SUPERNOLA

Love at first bite. Move over, snack bars! Supernola organic chewy clusters just took the cake in our grab-'n'-go snack bowl, especially Banana Nut Crunch made with fair trade bananas, cashews, pecans, coconut, walnuts, raisins, coconut nectar, and sea salt. It's like banana bread for the purse, the pocket, the car, the lunchbox, and, if you don't mind crumbs, the bed. Dark Chocolate Nut Crunch was a hit, too – even with finicky 16-year-olds. Available in six flavors, Supernola ingredients include organic superfoods, fruit, sprouted tree nuts, and seeds with no artificial colors, flavors, or preservatives. In addition to banana and chocolate, the Dragon Fruit Lemon Zest and Pineapple Ginger are honey-free vegan.

1.7 oz. bags / box of 12 / \$35.88 | [eatsupernola.com](http://eatsupernola.com)

### RIND

RIND founder's great-grandmother inspired these sun-dried, skin-on superfruit snacks. In the 1920s, she had a health shop where she juiced whole fruits and vegetables – roots, rind, stem, seeds, and all. RINDs have the exact same fruit ingredients, only dried and with a bite. These chewy, tangy, and sweet treats are filled with vitamins, fiber, and antioxidants with no sulfites, added sugar, or preservatives. Naturally kosher, vegan, non-GMO, and gluten-free, too. Available in: Orchard Blend, Straw-Perry Blend, Tangy Kiwi, and Tropical Blend. Tropical, with its full orange slices, was the most unexpected -- think gummy-orange-slice candies with texture and vitamins and none of the bad stuff. Yum!

3 oz. each / variety 4-pack / \$24.99 | [rindsnacks.com](http://rindsnacks.com)





## MOTHER RAW

It's not easy finding tasty, healthy, organic, plant-powered ketchup and BBQ sauces. Many have a massive list of ingredients ranging from ubiquitous refined sugar to a smattering of fillers, artificial colors, and mysterious "natural flavorings." Happy to report, Mother Raw will have none of that. The company uses only organic, non-GMO ingredients that are free of dairy, gluten, peanuts, soy, canola, and anything artificial. Products are also cold-blended and never heated to keep ingredients at peak nutrition. This "recipe for goodness" explains the ketchup's initial flavor-burst of vine-ripened tomatoes, which seemed oddly novel. The traditional tangy sweetness comes from an untraditional blend of unfiltered apple cider vinegar and organic dates plus minced onion and spices. This is ketchup re-invented! The Original BBQ Sauce is similarly structured, with smoked paprika and peppercorns giving it more of a spicy, savory, smoky flavor. The search is over. Thank you, Mother Raw.

9.2 oz. Organic Ketchup / \$7.49  
9.3 oz. Organic BBQ Sauce / \$7.49  
9.5 oz. Organic Sweet Heat BBQ / \$7.49

 [motherraw.com](http://motherraw.com)



## ETHAN'S ORGANIC ENERGY SHOTS

Need an energy and health boost? Take a 2-oz. shot of Ethan's Organic Energy, and you won't have to choose. Made with organic green tea, guayusa, fruit juices, xylitol, stevia, a blend of mushrooms, and B vitamins, this 2-oz. elixir has no added sugar and delivers caffeine equal to 1.5 cups of coffee but without the jitters. The biggest buzzworthy ingredient comes from guayusa. The Amazonian plant is rich in caffeine and antioxidants that have been shown to help support cardiovascular health and the immune system as well as improve mood and alertness. Available in Pomegranate Blueberry, Tart Cherry Ginger, and Pineapple Aloe.

2 oz. each / 12-pack / \$48 |  [ethans.com](http://ethans.com)



## INSTANATURAL EXFOLIATING GLYCOLIC MASK

If you, like me, have sensitive skin that rejects 99% of all beauty products, I'm here to tell you there is hope. After trying so many "clean" products that resulted in massive attacks of contact dermatitis, I was skeptical when first introduced to the InstaNatural range. The company promoting it uses as many natural, organic, and naturally derived ingredients as possible and formulates without harmful ingredients such as parabens, mineral oil, formaldehyde releasers, synthetic dyes, petroleum, and polyethylene glycol. While it was promising, it seemed I had heard it all before. Nevertheless, I started slowly, trying the Vitamin C Cleanser and Serum and then the Firming DMAE Collagen Serum and Moisturizer. So far so good. Next, nervous I might be pushing my luck, I tried the new Exfoliating Glycolic Mask. This mini-science-project-in-a-jar uses glycolic acid with quartz crystals to exfoliate through chemical reaction and physical abrasion. Includes a vitamin C, pumpkin, and turmeric combo, to enhance the effect. I figured if something was going to cause a reaction, this would be it. Happy to report, though, it "polished" my skin, and the resulting red glow had nothing to do with contact dermatitis. Love it!

2 oz. / \$14 for the Exfoliating Glycolic Mask

 [Instanatural.com](http://instanatural.com)

## MOLTEN LAVVA YOGURT



The first certified keto-vegan yogurt in the category, Molten Lavva lives up to its "creamy, dessert-like nourishment in a cup" billing. Protein-powerhouse Pili nuts lend a rich, buttery taste that, when mixed with coconut cream and the proprietary sweetening blend (erythritol, monk fruit, and mesquite), actually tastes like a decadent treat only with a surprisingly low 3-to-4 net carbs per 4-oz. serving. It's available in five flavors – Chocolate, Chocolate Raspberry, Espresso, Key Lime, and Vanilla Chai. Ingredients include real fruit, cassava root, a hint of fresh lime, Himalayan sea salt, prebiotics, and 50 billion live probiotics per serving with no added gums, natural flavors, or fillers. My favorite is Key Lime. Tastes like pie.

4 oz. (Coming soon) | [lovvelavva.com](http://lovvelavva.com)

## BONO SICILIAN BLOOD ORANGE ORGANIC MARMALADE

Bono, a family-run Sicilian company established in 1934, is well-known for its olives and award-winning olive oil. While there's not much new to be said about their famous oils (which are unparalleled), Bono also makes Sicilian citrus fruit marmalades that deserve some attention and respect. Consider Bono's Sicilian Blood Orange Organic Marmalade. It has a lot to live up to, being that Sicily is the blood orange capital, but it doesn't try to fit in. Made of 65% fresh, organic oranges with peel, this marmalade perfectly melds the rinds and pulp with a slight bite and burst of orange. Also available: Sicilian Lemon and Sicilian Orange.

12.04 oz. / \$5.04 (Vitacost) | [bonousainc.com](http://bonousainc.com)



## BEANFIELDS VEGAN CRACKLINS

To date, traditional "cracklins" have had the unsavory origin of being skinned off of a pig with the fat attached. I'm happy to report that navy beans are the primary ingredient in Beanfields' new vegan "cracklins," a grain-free, guilt-free snack. We tried two flavors – spicy nacho and chile limon. Each 1-oz. serving packs 4 grams of protein and 3 grams of fiber. They are also non-GMO, nonallergenic, and gluten-free. Spicy nacho was our favorite for the robust "cheesy" flavor, but chile limon grew on us as we polished off the second bag. Also available: Aged White Cheddar, Korean BBQ, and Ranch.

3.5 oz. each / 6 bags / \$20 | [beanfields.com](http://beanfields.com)

## KIDS LUV

When Luvng Company's founder couldn't find a healthy beverage that both kids and parents would love, she created one – KidsLuv, a coconut-flavored, juice-infused water. The delicious and functional beverage is vegan, hydrating, and chock-full of vitamins. Plus, it has no artificial colors or sugar, and it's non-GMO, kosher, and gluten-free. Available in Starstruck Coconut and Flying Fla-Mango, the flavors are lightly infused with organic fruit (5%) and stevia, giving it a hint of sweet, and the orange color in the mango comes from beta carotene. Each serving has 25mg potassium and 95mg calcium and is only 10 calories. Perfect for a lunch box or yoga bag.

8 oz. drink boxes / two-flavor variety pack of 8 / \$21.99 (AMAZON) | [kidsluv.com](http://kidsluv.com)





## DEEP INDIAN KITCHEN CHICKPEA KOFTA CURRY & CHICKPEA MARSALA

Made-from-scratch vegan Indian fast food that tastes home-made? Yes! Family-owned Deep Indian Kitchen serves up a couple of delicious options – Chickpea Kofta Curry (with chickpea meatballs!) and Chickpea Marsala. A family-owned business started in the matriarch's kitchen, Deep Indian Kitchen dishes are available frozen from the grocery or fresh from one of their five NYC restaurants. Perfected over generations, the dishes are made using real food with no hormones, antibiotics, preservatives, or GMOs. Trying to choose between the two vegan chickpea choices was impossible, so I suggest you have both.

10 oz. / \$3.69 / (Natural Grocers) | [deepfoods.com](http://deepfoods.com)

## JOOLIES

Joolie's new Organic Medjool Date Snack Pack offers the perfect trio of treats to tame a sweet tooth or a growling tummy. Known as the "king of dates" for their large size, soft texture, and sweet caramel flavor, Medjools are a favorite on-the-go snack made even easier (and prettier) when packed in threes and sold in beautiful cart-stopping boxes. Full of magnesium, fiber, iron, and B vitamins, this California superfruit surprisingly also has 50% more potassium than a banana by weight. And, while they're full of natural sugar, they are low on the glycemic index, so you get the energy without the crash. Each date is hand-picked and packaged at peak ripeness and never dried or rehydrated. Originally thinking one organic date was probably just as good as the next, I became curious if all the special harvesting and handling really makes a difference. It turns out it does! After comparing taste and texture with other locally grown Medjool dates, I can confirm these are the crown Joolies of Coachella Valley. Really.

1.4 oz. per three-date snack pack / 8 snack packs / \$19.99 | [joolies.com](http://joolies.com)



## OTAMOT

If you want to sneak more veggies into your child's diet (or yours!), Otamot is a tasty and turnkey way to add up to 10 of them in one meal. A delicious pasta sauce, Otamot (tomato spelled backwards) is available in three recipes -- Essential, Carrot Bolognese, and Spicy. Each includes an assortment of veggies including vine-ripened tomato, carrot, red bell pepper, sweet potato, butternut squash, spinach, red beet, sweet onion, garlic, and portobello mushroom plus olive oil. All are organic with rich texture and flavor plus vitamins, healthy fats, and lycopene. No need to heat. Pour over hot pasta and retain all of the vitamins and antioxidants. Or, eat it right out of the jar. That's what I did!

16 oz. each / 4 pack / \$27.99 | [otamotfoods.com](http://otamotfoods.com)



## ONE PLANET PIZZA

Delivering Customized Vegan  
Frozen Pizzas To Your Doorstep

by Amy Fletcher

Award-winning frozen vegan pizza company, One Planet Pizza, are delivering customized plant-based pizzas direct to your front door. Determined to distribute some positivity (and delicious plant-based goodness) One Planet Pizza have brought forward the exciting nationwide launch of their latest venture, OPP Direct.

Whether you're self-isolating, social-distancing (hungry for pizza in general) or know anyone who is, then they hope this new service will make life that little bit easier and more enjoyable for you during this difficult time. One Planet Pizza's new direct-to-customer service allows you to choose your favorite pizza toppings, flavors, and bases online, and receive them on a suitable day straight to your front door or safe place! Let's hear how they talk about OPP Direct.

### HERE'S HOW IT WORKS!

- Use our new and improved website to choose from our classic (and special edition) flavors.
- Pick your bases – choose from wholemeal or our classic dough (gluten-free will be available soon, we promise).
- Choose to have your pizzas delivered on a Wednesday or Friday or Saturday to suit your new home-working, PJs-only life!

### A GOOD PLACE TO START

All of our direct orders (just as with our regular store-bought pizzas) are completely zero-to-landfill. All orders will arrive in an eco-friendly box with instructions on how to re-use and recycle all the packaging. What's more,

your direct pizzas have 20% less packaging than our normal store-bought range. Win-win!

One Planet Pizza is dedicated to creating a positive change, ensuring we approach every aspect of our business, from production to delivery, with sustainability at our core. What's more, our pizzas have been calculated as having a 20% lower carbon footprint of typical meat and dairy pizza. That's why we will always be plant-based and purpose-driven.

### SENDING POSITIVITY & PIZZA

Due to growing demand from loyal followers, One Planet Pizza has decided to serve a little extra positive energy and news into the universe by bringing forward the official national launch of OPP Direct.

Joe Hill, Co-Founder of One Planet Pizza, adds: "With the COVID-19 pandemic sweeping through the world, we at One Planet Pizza believe that now more than ever, we must be compassionate, supportive and caring as a community. So why not gift one of your pizzas to a loved one, or send someone else a care package?

"We have been quietly working on this new and exciting service for several months now, making sure everything works and we can offer the best service possible to our wonderful followers. We believe that offering as many people as possible the chance to have our frozen vegan pizzas delivered directly to your front door is the right thing to do right now.

We are doing everything we can to look after our staff and follow Government guidelines and will keep your safety our priority. Shoppers can also add a note to ensure they receive their pizzas safely, even if they are self-isolating."

- [oneplanetpizza](#)
- [oneplanetpizza](#)
- [OnePlanetPizza](#)

# VEGAN BUSINESS NEWS



## Plant-Based Expert Elysabeth Alfano Launches New Weekday Digital Show: *The Plantbased Business Hour*

Plant-based journalist, news expert, radio host, and TV Chef/Producer Elysabeth Alfano has launched a new digital show: *The Plantbased Business Hour*.

Airing on the Jane UnChained News Network and archived on [ElysabethAlfano.com](http://ElysabethAlfano.com) and her Awesome Vegans podcast, Elysabeth talks to the plant-based business leaders who are working on a safer food supply for our future: plant-based meats. Speaking with venture capitalists, CEOs, innovators, analysts, entrepreneurs, start-ups, and more, her conversations cover a variety of topics

from impact investing to the newest plant-based and cellular agriculture innovations.

The plant-based business represents big money. The plant-based business also represents the big solution for a healthier food supply. Meat-borne pathogens are an expensive threat to our physical, financial, and mental health, as we are currently experiencing with the coronavirus. Ebola, mad cow disease, Asian bird flu, and swine fever are all examples of illnesses that arise in animals and begin and spread from eating meat." According to Elysabeth:

"During this time of incredible stress and worry, many people want news and insight as to how things will be different in the future so that we don't find ourselves right back in this same position. Investors and consumers are interested in the plant-based arena as they search for healthier options and safer food supply. The *Plantbased Business Hour* and my interviews on the same give the leaders in this sector a platform to share their strategies and advancements in plant-based innovation with the general public. On the show, I share hopeful business news about how many are working to create a better future for us through their business models. Up until now, and with the exception of Beyond Meat and Impossible Foods, plant-based business hasn't been covered by the media."

During these "safer at home" weeks, *The Plantbased Business Hour* will air weekdays. It will mostly likely move to weekly when/if life resumes its previous schedule.

"Founder of Before the Butcher foods Danny O'Malley; Clear Current Capital venture fund manager Curt Albright; CEO of Beyond Investing Claire Smith; and Miyoko Schinner of Miyoko's Creamery are just a few examples of the industry-expert guests featured on *The Plantbased Business Hour with Elysabeth Alfano*."

To keep your finger on the pulse of the dynamic, money-making, plant-based business world, tune in weekdays on the Jane UnChained News Network for *The Plantbased Business Hour*. You can also find archived episodes on [ElysabethAlfano.com](http://ElysabethAlfano.com) and the "Awesome Vegans" podcast.

# VEGAN BUSINESS NEWS

## The World Turns To Plant-Based Meat Substitutes As the COVID-19 Pandemic Continues

In this unprecedented time in history, the world is willingly and unwillingly undergoing changes. Be it more than a billion people locking themselves down in cities across the globe, or surge in the sales of plant-based milk and meat, the coronavirus crisis has certainly shown newer ways to humankind.

As the world gradually goes into lockdown owing to the highly infectious nature of COVID-19, sales of common household supplies have spiked steadily. And vegan meat recorded the highest jump in the meat category.

According to data for the week ending on March 14th, sales of plant-based meat went up by 280% according to Nielsen. The previous week ending March 7 recorded a 206.4 % surge.

This is not the only time plant-based substitute demand went up. Earlier this year, news about China's interest in the vegan egg from JUST surfaced online.

According to Bloomberg Green, the San Francisco-based egg alternative maker has been flooded with inquiries from some of the biggest Chinese food manufacturers.

JUST Inc., maker of one of the most widely preferred plant-based substitutes for eggs in the US, makes use of

mung beans to recreate the taste and texture of eggs.

The JUST CEO, Josh Tetrick, revealed that Chinese state-backed food manufacturers are showing interest in the vegan egg replacement amid the coronavirus outbreak.

In an interview, Tetrick stated that China is considering more quality-controlled foods during this time.

### TO CURB RELIANCE ON ANIMAL SOURCES

Chinese authorities are trying to curb reliance on animal food sources obtained from confined animals to prevent further spread of the outbreak.

The Huanan Seafood Wholesale Market, a wet market where freshly slaughtered animals are traded in the city of Wuhan, has been blamed as the possible epicenter for the coronavirus outbreak.

### Possible Pandemic Essentials? Hand Sanitizer, Masks, and... Oat Milk!

Stocks of hygiene products like masks, hand sanitizers, sanitizing wipes, tissues and stuff have been whizzing past the aisles of American supermarkets-

something expected in a time at the cusp of a deadly virus outbreak.

But one commodity that has garnered special attention is oat milk, a dairy-free milk alternative, that tastes very close to dairy milk. So much, that demand for it has dwarfed even that for hand sanitizers.

A whopping 476% surge in the sales of oat milk was documented during the period ending March 14, whereas dairy milk sales went up by only 32% in the same time frame.

The better resemblance to the original milk, shelf-stable nature, and smaller carbon footprint of oat milk are causing it to be seen as a good addition to the "pandemic pantry," as Nielsen would call the stockpiling of the pantry for future pandemic fears.

### SO IS VEGANISM HELPING?

On the surface, it is. According to *Medical News Today*, the current outbreak began in animals, specifically pangolins and bats.

Most of the initial infections were documented in people who either frequently visited the wet market in Wuhan or worked there.

A recent paper published in the journal *Nature* reported that pangolins, one of the animals suspected of carrying the COVID-19 virus, also carries a virus having a close resemblance to it, the BBC reports.

All that said, it's obvious that a person following a plant-based lifestyle will not be exposed to meat of any kind and therefore will likely have some degree of reduced coronavirus risk, even if the link between meat and the virus is confirmed.





## The Plant Powered Women's Network Is A New Membership Platform Aimed At Helping Vegan Women Become Leaders In Their Field

If the current Covid-19 coronavirus pandemic has shown us one thing, it's that our society and economic systems need to change – radically.

We need strong, powerful ethical leaders who champion vegan and plant-based living that's good for people, animals, and planet.

And according to journalist and author Katrina Fox, founder of Vegan Business Media, we need more "smart, capable, passionate, compassionate, self-developed, empowered females to rise up and lead the way."

To facilitate this shift, Fox has announced the launch of the Plant Powered Women's Network, a global ethical leadership community for vegan and plant-based women.

Starting with an online membership platform aimed at launching in June, the Plant Powered Women's Network will initially offer exclusive live webinars and interviews with inspiring, fascinating, brilliant vegan and plant-based women from the worlds of business, corporate, NGOs, finance,

lifestyle, entertainment, spirituality, health, politics and more, along with virtual networking events, online training and events, and carefully curated content and resources.

Live events, a leadership program and mentorship opportunities are also in the cards down the track.

The network is for vegan and plant-based women who are committed to becoming ethical leaders in their field, including developing skills for self-leadership.

"I'm keen to create a community of women and female-identified persons who are invested in becoming the best version of themselves and lifting others up to be the same," says Fox, a former Forbes contributor. "All while having fun and embracing your unique sense of style, self and quirkiness!"

The network is currently open for founding members to join, to help fund and build the online platform which is slated to launch in June.

"Like many people, I felt called to have a bigger impact in creating a kinder world for all in 2020," says Fox. "None of us could have foreseen the impact the current coronavirus crisis is having on people, business owners, workers, and our economies. I know some people may think now is not the right time to launch something like this, especially with such uncertainty, but I feel it's the perfect time to do it, because now, more than ever, we need ethical leaders who aren't afraid to challenge the status quo and create an equitable world for all. This project is much bigger than me and it will go ahead if enough women [have signed up] as founding members before the end of April. It's a bold, hairy, audacious vision to create a posse of kick-ass female vegan superheroes that I hope inspires and excites others as much as it does me."

Fox is also seeking sponsors interested in partnering with the Plant Powered Women's Network.

More details, including how to join are at: <https://www.veganbusinessmedia.com/ppwn-pre-launch-member>.

# VEGAN BUSINESS NEWS

## Sophie's Kitchen Donates More Than 3,000 Cases Of Its Plant-Based Toona To Local Bay Area Food Shelters



In light of the difficult circumstances affecting people all over the country, especially right here in the Bay Area, and their access to food, Sophie's Kitchen (<https://www.sophieskitchen.com>)—known for its plant-based seafood alternatives—has donated 3,000 cases of its plant-based Toona to local Bay Area food shelters. The new Lemon Grass Toona flavor has never seen grocery store shelves and instead 100% of this new product has gone to those who are in need the most during the COVID-19 pandemic.

Sophie's Kitchen donated approximately 3,000 cases of plant-based Toona (\$210,000 MSRP) to local food banks throughout the San Francisco Bay Area to help meet the immediate needs of people who don't have access to their normal food programs during this pandemic. Sophie's

Kitchen CEO, Miles Woodruff, personally dropped off the canned "Toona" to Second Harvest Silicon Valley, Food Bank of Contra Costa and Solano County, and Food Banks of San Francisco and Marin.

"Everyone we have dropped off to has been so grateful and has asked about how they can use the new items. We say to just use it like they would with the non-vegan counterpart," says CEO Miles Woodruff.

Having worked with a social entrepreneur project in rural Kenya for a while, through his work with HELP Congo, Miles states, "This is the most humane interaction I have had in a while!"

"You can't save the animals without directly working with people. Being on the front line of working with people to help change their diet for the

better is the best way to get positive interaction."

Due to the COVID-19 virus, Sophie's kitchen delayed the launch of the new Lemon Grass Toona, which ended up being the best way for them to make an impact on their community.

"I am grateful for the way it worked out the way it did so we can use the product for good," Miles says.

Food banks are great because they can safely distribute food without having to make people get out of their cars to retrieve it.

The Sophie's products that are available to the public are selling out immediately, even with a shelflife of nearly two years (expiring in 2022).

Sophie's encourages other corporations to "pay it forward" by doing the right thing by investing in and stocking up on healthy, plant-based companies and goods to donate to non-profit organizations that are in the most need now more than ever.

Miles adds, "The Jane Goodall Institute is one of the organizations near and dear to my heart. Chimpanzees still need bananas. We are aligned with wildlife and now we are facing the quarter where the economy is taking a hit, but with people at home that are still employed and able to contribute, these are great ways to help."

We are all about hope at Sophie's. We are happy to provide a product that is so good that people want to use it to make the shift [to plant-based] themselves. We just want to continue to make it taste great with a price point that people can work with."



## Performance Kitchen Is Changing The Frozen Food Industry

Now, more than ever, we all are looking to stock our refrigerators with healthy foods to keep us nourished. Having both fresh produce and pre-prepped healthy staples in our freezers is crucial while sheltering at home to ensure overall health and wellness. Though most of us have found more time on our hands, it's helpful to have meals already prepped and ready to eat by simply heating them up.

Former CEO of Lululemon and Executive at Starbucks, Christine Day is the focused CEO of Performance Kitchen looking to create change in the frozen food industry.

Luvo is a forward-thinking frozen food company helping to make eating healthy, nutrient-dense meals easy. Their Mediterranean diet-inspired frozen meals, under their new brand names Performance Kitchen and Performance Kitchen Crafted, are made with real ingredients that contain full servings of vegetables, whole food protein, whole grains, healthy fats, and controlled sodium and sugar.

Performance Kitchen meals come in over a dozen globally inspired flavors, ready to power busy or even uninspired cooking days with ingredients like whole grains,

vegetables, beans, herbs, spices, nuts, and avocado oil.

Performance Kitchen Crafted meals are handcrafted and infused with regional flavors. Though not all of their meals are vegan, they have a wide variety within their 150+ small-batch meals that cover every possible dietary approach, so everyone at the table can enjoy something truly delicious and nutritious.

Their vegan frozen meals come in 7 different options:

- Great Karma Coconut Curry
- Ginger Miso
- Mie Goreng
- Hawaiian Un-fried Rice
- So Cal Kale & Bean
- Mighty Masala & Greens

Performance Kitchen can be found in the freezer aisle at major grocers nationwide and select regional grocers. Seattle-based customers can visit Performance Kitchen Crafted stores or pre-order online and pick up orders the same day. FREE shipping is available in select Pacific Northwest states (Washington, Oregon, California, and Idaho) with a minimum purchase of \$98.

## Beyond Meat To Donate 1 Million-Plus Burgers

by Debayan Paul

Plant-based meat manufacturer Beyond Meat has announced it is going to donate more than one million vegan burgers to food banks across America, via their distribution partners, as an aid in these "unprecedented times."

As a part of their "Feed A Million+ Pledge," the vegan meat leader will work with its distributors to donate Beyond Meat products at community centers, hospitals, and frontline organizations.

Beginning in April, Beyond Meat made tasty and nourishing meals available as needed at no cost, ending the program after 30 days.

"Our goal has always been to use food as a vehicle for change and we're fortunate to be in a position to put that into action now like never before," a spokesperson for Beyond Meat has stated ([www.beyondmeat.com/whats-new/feed-a-million](http://www.beyondmeat.com/whats-new/feed-a-million)).

"Our hope is that this donation will help make lives easier and contribute to the strong sense of community that is so vitally important during these unprecedented times."

Beyond Meat's statement also says that the company will partner with brand ambassadors at other businesses to donate meals at NGOs across the country:

"We're all in this together and we hope you are staying safe and taking care of each other."

Photo courtesy of @BeyondMeat.

# VEGAN BUSINESS NEWS

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## Increasing Vegan and Vegetarian Population to Boost Cashew Milk Sales

A market report published by Transparency Market Research on the cashew milk market includes the global industry analysis and opportunity assessment for 2019-2029. Revenue generated from the global cashew milk market was estimated to be valued at about \$91 million US in 2019, which is projected to rise at a CAGR of 7%, to reach about \$193 million US by 2029.

Cashew milk is a non-dairy beverage manufactured from whole cashew nut and water. The cashew milk has a creamy and rich consistency. It is loaded with vitamins, minerals, healthy fats, and other beneficial plant compounds. Cashew milk is available in regular and flavored varieties and can replace cow's milk in most recipes. It also helps in boosting immunity and improves heart, eye, and skin health.

### CONCERN REGARDING FOOD SAFETY MAKING CONSUMERS DRIFT TOWARD CASHEW MILK

Consumers are opting for safer plant-based beverages due to the rising food safety concerns associated with the usage of hormones and antibiotics in dairy-based products.

According to a report by The Humane Society of the United States (HSUS), there is a growing demand for animal-based products without any trace of antibiotics or hormones. The increasing use of antibiotics and hormones may adversely affect human and animal health. Thus, several leading food companies are implementing policies to eradicate or lessen their use in their supply chains. For instance, popular brands such as Starbucks, Panera Bread, Chipotle, and McDonald's are switching to plant-based alternatives.

Consumers are turning toward a healthier lifestyle and are inclining towards vegan or vegetarian diets. People mention one or more of three key reasons for going vegan or vegetarian: personal health, animal welfare, and environmental concerns. This is accompanied by a never-ending array of new business startups, YouTube channels, popular events, and documentaries, all in some way or the other promoting the health benefits of plant-based alternatives.

In 2018, Just Eat, an international delivery service, said that veganism tops the consumer trend, due to a 94% rise in "healthy food ordered."

According to research commissioned by the Vegan Society and Vegan Life magazine in the year 2016, the number of people who follow a vegan diet in the UK increased by 350% as compared to the previous 10 years. Owing to these factors, the cashew milk market is expected to witness positive growth over the forecast period.

### MAJOR PLAYERS INVESTING IN SMALLER PLANT-BASED BRANDS AND COMPANIES

Consumers continue to be interested in more nutritious and healthy food offerings. Across the globe, buyers are increasingly demanding natural and nutritious products. Consumers are cutting back on certain foods that are typically high in sugar, fat, or sodium. Consumers are also accepting a basic mindset focused on simple ingredients and less-processed foods. More than half of consumers say that they are avoiding artificial ingredients, antibiotics or hormones, bisphenol A (BPA), and genetically modified organisms (GMOs).

To learn more about this research report, please visit <https://www.transparencymarketresearch.com/cashew-milk-market.html>.



# THE RESULTS ARE IN!



Favorite Vegan Meat:  
**BEYOND MEAT**



Favorite Vegan Subscription Box:  
**PETIT VOUR**



Favorite Vegan Ice Cream:  
**NADAMOO!**



Favorite Vegan Snack:  
**HIPPEAS**

We asked, you chose! Here are the winners of our Vegan March Madness bracket challenge!



Favorite Vegan Shoe Brand:  
**MATT & NAT**



Favorite Vegan Body Builder:  
**JEHINA MALIK**



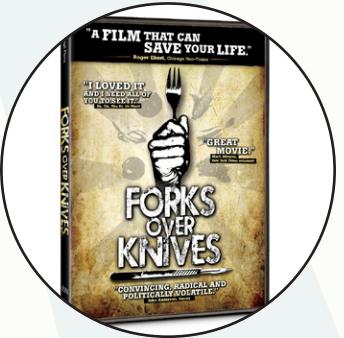
Favorite Vegan Cheese:  
**MIYOKO'S CREAMERY**



Favorite Vegan Beauty Brand:  
**INIKA ORGANIC**



Favorite Vegan Instagram Account:  
**FROM MY BOWL**



Favorite Vegan Documentary:  
**FORKS OVER KNIVES**



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# DESTINATION SPOTLIGHT



## Victoria British Columbia!

by Cathy McLellan

**V**eautiful Victoria, British Columbia! The inner harbor, parks, beaches, funky shops, eateries, fabulous architecture, and stunning gardens top the list of what's fabulous about Victoria, located on the southern tip of Vancouver Island.

Both Victoria and the island were named by CNN as one of the 20 top travel destinations for 2020. My story focuses on vegan restaurants, with mention of a couple of vegan-friendly eateries. For you adventurous souls, I've also sourced gems north of Victoria, midway up beautiful Vancouver Island.

My husband's favorite restaurant in Victoria tops the list. The **Green Cuisine Vegetarian** (everything is vegan) is a casual self-serve buffet in the heart of Market Square. (You pay by weight.) They've been serving hearty plant-based dishes for 30 years! Super-fresh turnaround at lunch.

**BLove** is a contemporary restaurant with a cool vibe (including hip music) serving organic, locally sourced ingredients. Select from their upscale seasonal offerings of plant-based soups, salads, bowls, and sandwiches; main dishes served after five.

**Virtuous Pie** rocks — our new favor-

ite in Victoria! Incredibly tasty pizza, and the mac 'n' cheese and HOT cauliflower wings: OMG! Reasonable prices. Noisy, busy, and located in the heart of Victoria's famous Chinatown.

**Very Good Butchers** — "Butchering beans, not animals" — has a casual picnic-table style and offers sit-down or take-out service. You gotta try their poutine (French fries topped with cheese curds and gravy) and the pickle burgers! Take your appetite: The portions are huge.

Do you love Chinese food? **Lotus Pond**, an all-vegan Chinese food restaurant, has you covered. They've



been creating vegan-style traditional dishes (using mock meats) for over 20 years. The small space is super-busy and clean, with fast service and huge portions. Smorgasbord at lunch.

I love this little place. **Café Bliss**'s spirit shines through in the way they greet your arrival and in the thoughtful food they serve with love. Locally sourced, organic, and gluten-free ingredients are the focus of their seasonal menu. Remember to take a yummy dessert home for later!

**Rawthentic Eatery** has fantastic raw-vegan options at three bright and clean locations: Victoria, Parksville, and Courtenay. Quick service, deliciously dense and satisfying dishes. A full 99% of their organic and gluten-free dishes are made in-house. Juices, wraps, bowls, smoothies, and salads — oh, my!

**Fern Café and Bakery** – Great reviews!

Want to cook during your travels or stock up with some snacks? Then go to **Whole Foods Market** for an amazing array of fresh fruits and veggies, a huge selection of vegan-friendly items, and takeout/eat-in self-serve offerings.



## VEGAN-FRIENDLY IN VICTORIA

**ReBar Modern Food.** This funky café is gluten-free and vegan-friendly. The vegan bowls are fabulous and the Reuben to live for!

Located in a fabulous heritage home, **Nourish Kitchen and Café** is open for breakfast and lunch. They'll veganize 99% of their dishes, which are gluten-free and created with local ingredients.

**Boom and Batten** is a modern fine-dining restaurant with a gorgeous waterfront setting and impeccable service. One of our more expensive meals and worth the investment.

## DAY TRIP UP ISLAND: NORTH OF VICTORIA

Let's head North on the Island Highway and discover cool vegan eats and breathtaking beauty. Remember to stop at the lookout (Summit of Malahat) on the way up.

Homestyle eats and yummy sweets? Then **Cafe La Vie**, in the heart of Duncan, is exactly where to go. Vegan eggs benny on the weekend!

Everyone is raving about Ladysmith's new cool restaurant, **Plantitude**. It has a clean, fresh look and serves delicious contemporary comfort food. Vegan, of course. It's our new fave: We love Plantitude!

Further north in Nanaimo, you'll come to a licensed, seasonal patio, all vegan: **Eve Olive**. Their tapas and full plates showcase locally sourced organic ingredients. OMG, you gotta try the Greek pizza!

Love raw vegan? **Powerhouse Living Foods** and **Rawmbas** in Nanaimo both serve nutrient-dense, healthy, homemade, organic, and gluten-free desserts, smoothies, juices, and entrées. We love their unique and delicious falafel wraps.

## VEGAN-FRIENDLY IN NANAIMO

**Melange** has an inviting setting with an ethnic influence. Their small plates are 100% vegan and delicious. The beet risotto is crazy-delicious!

Five years ago, only a handful of restaurants would have been on this list, which is growing day by day. How exciting to see the world change right before your eyes: Plant-based is the future!





## ABOUT THE CHEF



**Cathy McLellan** is a Rouxbe Certified Plant-Based Chef as well as a Vegan Recipe Designer and Consultant. Writer and creator of [veganonthego.net](http://veganonthego.net), an online resource for those interested in exploring a plant-based lifestyle, her mission is to encourage a sustainable lifestyle through food that is vegan, accessible, healthy, and delicious. Cathy's passions include time in the kitchen, family, the outdoors, gardening, people, and travel.

[www.veganonthego.net](http://www.veganonthego.net)

@veganonthego

## FIND THE RESTAURANTS

Green Cuisine Vegetarian  
[www.greencuisine.com](http://www.greencuisine.com)

BLove  
[www.beloverestaurant.ca](http://www.beloverestaurant.ca)

Virtuous Pie  
[www.virtuouspie.com](http://www.virtuouspie.com)

Very Good Butchers  
[www.verygoodbutchers.com](http://www.verygoodbutchers.com)

Lotus Pond:  
[www.lotuspondvictoria.ca](http://www.lotuspondvictoria.ca)

Café Bliss:  
[www.cafebliss.ca](http://www.cafebliss.ca)

Rawthentic Eatery  
[www.rawthenticeatery.com](http://www.rawthenticeatery.com)

Fern Café and Bakery  
[www.ferncafeandbakery.ca](http://www.ferncafeandbakery.ca)

Whole Foods Market  
[www.wholefoodsmarket.com/stores/victoria](http://www.wholefoodsmarket.com/stores/victoria)

ReBar Modern Food  
[www.rebarmodernfood.com](http://www.rebarmodernfood.com)

Nourish Kitchen and Café  
[www.nourishkitchen.ca](http://www.nourishkitchen.ca)

Boom and Batten  
[www.boomandbatten.com](http://www.boomandbatten.com)

Café La Vie  
[www.facebook.com/duncancafelavie](http://www.facebook.com/duncancafelavie)

Plantitude  
[www.plantitude.ca](http://www.plantitude.ca)

Eve Olive  
[www.eveolive.com](http://www.eveolive.com)

Powerhouse Living Foods  
[www.powerhouseliving.ca](http://www.powerhouseliving.ca)

Rawmbas  
[www.rawmbas.ca](http://www.rawmbas.ca)

Melange  
[www.facebook.com/melangerestaurantnanaimo](http://www.facebook.com/melangerestaurantnanaimo)

# RECONNECTING WITH NATURE & BODY

## at The Ranch Malibu Plant-Based Fitness Retreat

by Courtney Garza

I try to stay away from cliché sayings, so when I say, "This experience was unlike anything I've ever done, and it truly changed me for the better," I don't mean it lightly.

When I first heard about an all-plant-based fitness retreat, I thought it was simply too good to be true. The Ranch Malibu was described to have everything I loved in an adventure: artisan, healthy plant-based food; well-rounded fitness classes; extensive, beautiful nature hikes; and a focus on growing your body and mind.

As it turns out, The Ranch Malibu was truly all that I could have imagined, and more. I was sent on a journey of resetting, learning, challenging, and growing myself in a peaceful environment that set me up for success.

In just a matter of 4 days in their 4.0 Program, I was able to tune into my body, learn how to use it more efficiently, and nourish it more effectively. But it certainly didn't come easily! There was much work behind the magic that came after the 4 days ended.

### PREPARATION

Once I set out to go on this retreat, I was given a fitness regime to prepare me for the extensive 4 days ahead. All guests begin their journey 30 days prior to arrival through a



series of suggested exercise, diet, and healthy living assignments, intended to prepare them for their time onsite. Many guests start their health transformation during this period, gaining strength and losing weight before they step foot on the ranch property.

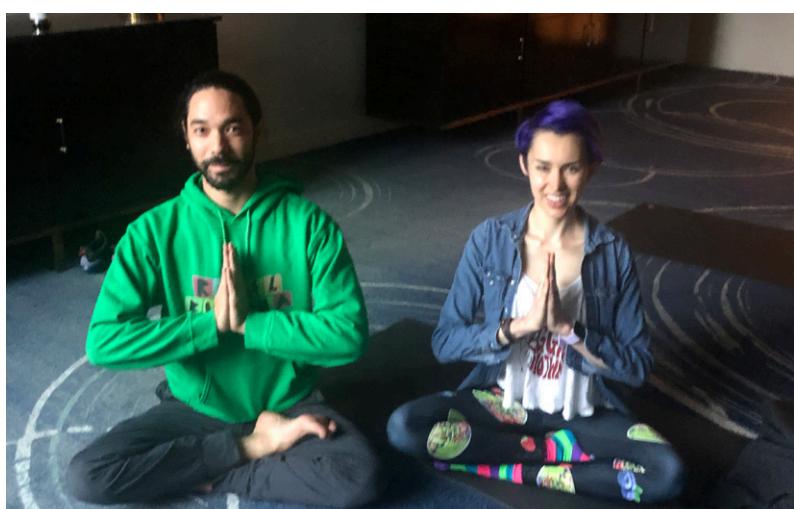
As a seasoned vegan and fitness enthusiast, I felt prepared upon arrival. It turned out that I was the only vegan among the guests and one of very few that took the preparations seriously. Some of the main factors the Ranch

wanted us to have in place was implementation of a meat-free, alcohol-free, and mostly sugar-free diet beforehand, to make the detoxing process less painful. Since I'd already made these practices norms in my lifestyle, I felt ready to dive right in.

## THE 4.0 EXPERIENCE

The 4-day "weekend" is a condensed version of The Ranch Malibu's award-winning 7-day wellness program. Although I was a solo traveler, I was among couples, mother-daughter duos, families, and friends of all ages that came along for the experience. Modeled after the same active fitness schedule as the full The Ranch Malibu experience, our days were filled with four intense 4-hour group hikes, 8 hours of low-impact activity, nap times, afternoon fitness classes, and daily massages.

The program was designed to allow us all to connect with Nature's healing elements while experiencing unique wellness modalities. Every day truly felt like I was pushing through a marathon, but in the best way. I enjoyed the strict hour-by-hour schedule, as the staff was never militant, but encouraging and kind. Every night when I hit the pillow I was completely exhausted, but honestly super-excited for the 5:30



a.m. wakeup call from one of The Ranch staffers over our group walkie-talkie radios. I was eager and ready to do it all again!

## DATA COLLECTED

The Ranch 4.0 Program partners with the adjoining California Health & Longevity Institute to offer specialized diagnostic testing that includes a comprehensive Integrative Lifestyle Physical for those desiring an in-depth look at their overall health. This insightful medical testing included measuring our body fat, with a machine called the "Bod Pod," and our resting metabolic rate with what's called the VO2 test. I was fascinated to learn about my overall body fat and muscle percentage, along with my cardio strength, and to find out what it all meant. After the tests, which are typically taken on the first day, the Ranch staff helps us break down the data and learn how to improve or maintain it, based on our fitness goals.



## HIKES + FITNESS CLASSES

We hiked a total of 37 miles! That might sound like a lot, but we were actually slated to do more! Unfortunately, due to heavy rain and thunderstorms, we could not take 2 of the 5 hikes scheduled. In fact, the 3 hikes we did endure turned out to be quite rainy, cold, and muddy. This made our mountain adventures more difficult, but I felt it challenged us more to push through and truly appreciate when the sun did shine to unveil the incredible mountains below us.

After starting a day with a hike, we would return to lunch, follow up with a nap, and then take on more fitness challenges to strengthen and test our bodies. Although the option to rest longer during the classes was tempting, I managed to go to every afternoon class offered and was able to learn about proper weight-training techniques, new yoga poses, and even the incredible power of guided meditation and healing sound therapy.

## HOTEL STAY

Although I was sad that I wasn't able to experience the actual Ranch for myself, where the longer programs (7.0, 10.0) are held, I was happily content with the elegance of the Four Seasons Hotel Westlake Village. It was a quintessential Southern California luxury resort that provided an ideal environment to relax and reset after all of our long, active days. While our mornings started at 5:30 a.m. and were spent on the Santa Monica Mountains, we were able to enjoy the hotel through the afternoon classes, which took place in the full-service private gym.

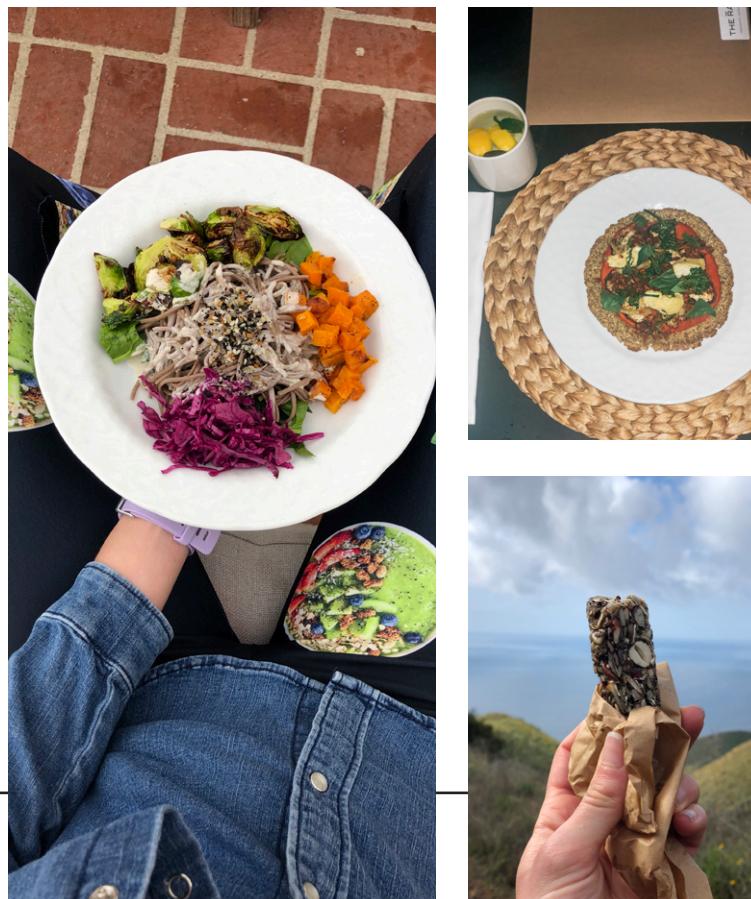
My personal favorite part was the in-room massages we had every afternoon. It was no surprise that the Ranch employed some of the best massage therapists that I've ever had the pleasure of meeting. It was here that I truly had the best massage of my life thanks to Dirk, one of their tenured therapists. I would go back just to have another healing massage!

Between the scheduled programs, I was able to spend quality time unwinding in my private room, which included a king-size bed and lush bathroom with separate shower and bathtub. I loved all the attention to detail, such as the Ranch-branded gifts that were waiting for me on my bed upon arrival, including a gym tote, picture frame, soap, bandana, socks, and even Epsom salts for our nightly baths. I found it especially amusing that they even removed the coffeemakers and minibars so that no one would be tempted during their "detoxing." We all also had access to the hotel's award-winning spa area, which included a sauna, steam room, meditation area, and indoor and outdoor pools. I, of course, explored and enjoyed every bit of it, with the exception of the outdoor pool due to the bad weather.

## AND, OF COURSE, THE FOOD

Although we were all "restricted" to a 1400-calorie-a-day meal plan, I certainly never felt as if I was missing out on flavor or substance. All of the food was wholesome and clean, with vibrant colors and rich flavors, and all purely from plants! The Ranch team has been cooking with plant proteins for more than 20 years, and their passion shows abundantly. We all came to the lovely Greenhouse space, where all our meals were served, famished from our activity, and always left satisfied and ready for the next adventure ahead.

The Ranch team uses ingredients sourced from their onsite certified organic garden and nearby local farms. Their chefs took classic comfort foods, like chili and



cornbread (my personal favorite meal we had) and made it clean and highly nutritious without stripping the dishes of their flavor. All meals were made of the finest fruits, vegetables, grains, pulses, legumes, and seeds while excluding alcohol, caffeine, dairy, soy, processed sugars, diet sweeteners, and gluten, to aid in the cleansing and revitalization process. I loved talking to each guest, as none of them was vegan, and hearing how amazing they all felt and how they want to continue this diet at home to feel like that all the time!

It was wonderful to use the mealtimes as an opportunity to discuss all of our goals and be educated by The Ranch staff on the tools for maintaining the healthy habits learned from our adventures. Along with being an avid foodie myself, the mealtimes were my favorite part to connect with my temporary community over our wonderfully nourishing meals.

## RETURN

It almost goes without saying, but most of my peers on the trip were returning guests: The Ranch has a return rate of nearly 45%. With all the thoughtful measures The Ranch takes, it's clear why guests build a trust in them to provide a memorable experience that impacts both their physical and mental health. Many guests I spoke with took away not only weight loss but also increased mental clarity and energy, healthy recipes, and new ways to keep to an active lifestyle in a sustainable way.

Many, if not all, of the returning guests told me that they try to come at least once a year!

If time would allow, I would happily do the same.



## ABOUT THE AUTHOR

**Courtney Garza** is a passionate vegan who brings her love for journalism, creativity, helping local businesses, and animals together with her compassionate social media agency, Sprinkles Creative, which she co-founded with her business partner Christina Bluford to aid businesses with their branding strategy. Courtney also owns and operates **VEGWORLD** Magazine, an international vegan lifestyle publication, as the Editor-in-Chief to curate and promote plant-based stories about vegan products, services, and individuals from all walks of life.

“FUNNY,  
YOU  
DON’T  
LOOK  
VEGAN!”

VEGANISM  
& BODY IMAGE

**by Destiny DeJesus**

**M**ost of us VEGWORLD readers know there's no such thing as "looking vegan."

Unfortunately, most other people don't. And that may include some of us.

Veganism is not synonymous with health, thinness, or athleticism, but Google seems to think otherwise. When you type "vegan person" into their search engine, you'll find photos of thin, able-bodied, and predominantly white people eating salads or drinking green juices. You might also find a few

Dalissa. "My family assumes that I'm vegan because I want to lose weight when, in reality, I'm just trying to keep the planet from dying."

As much as we like to believe that we live in a body-positive world, we seem to forget that some bodies are left behind. Fat, black, indigenous, disabled, and trans bodies are just a few that are overlooked when we think of veganism. Yet these are the bodies that receive the most policing from society.



photos of vegan celebrities and well-known vegan activists. But you'll rarely see images of vegans of color, overweight vegans, or disabled vegans.

This all stems from what society thinks of as a "vegan body."

There's this general misconception that veganism equals healthy and that healthy equals skinny. Of course, in actuality, health and thinness are not achievable for everyone.

"It's really frustrating that people automatically assume that I'm a junk-food vegan because of how fat I am," says







We live in a world where bodies are seen as public spaces for us to constantly comment on. Thanks to the media, we've become accustomed to judging people based first on how they look, followed by what they wear, what they eat, and how they live their lives. When we're taught to believe that thin bodies are healthy bodies, we can cause harm to those who don't fit in that small box. Commenting on someone's body or lifestyle without their asking you to do so can unknowingly cause trauma.

"Can Mexican people even eat vegan? Your ancestors weren't vegan!" These are just two of the statements that Adriana Soto, who's been vegan for three years and has opened a vegan Mexican food LLC, hears often when telling people about her vegan lifestyle.

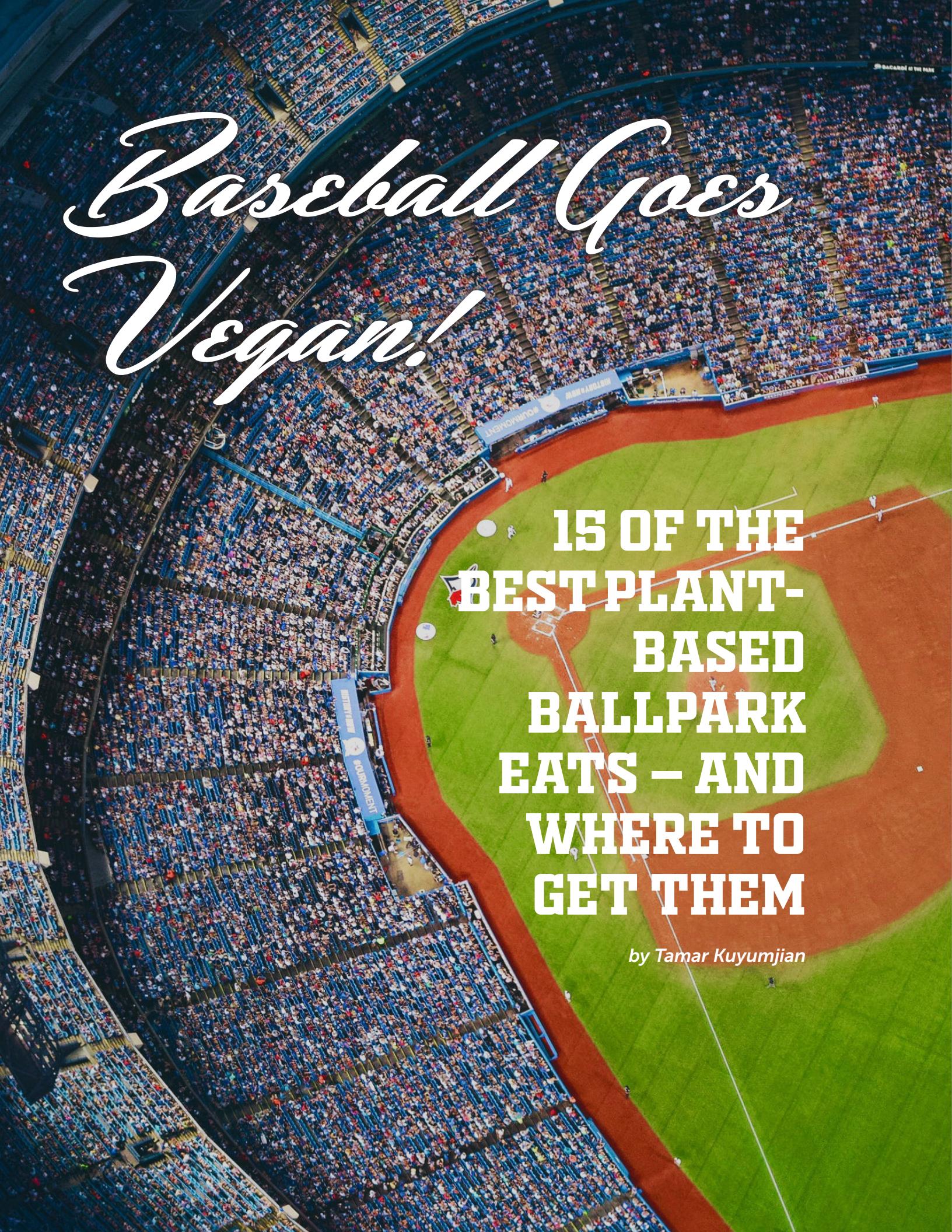
Veganism is not a diet. It is a lifestyle, and how people choose to live it is up to them. There's no "one size fits all" look to veganism and, as allies in the worldwide vegan movement, we should all step up and support each other's vegan journeys without commenting on appearances.



## ABOUT THE AUTHOR

**Destiny DeJesus** was born and raised in The Bronx, NYC, and currently lives in Dallas, TX. She's been vegan for two years and is passionate about making veganism affordable and accessible for marginalized communities. Destiny is a community organizer and coordinates vegan-friendly events for communities of color in the DFW area through Veggie Mijas ([www.instagram.com/veggiemijas](https://www.instagram.com/veggiemijas)). Follow her vegan journey on Instagram ([www.instagram.com/eatyodestiny](https://www.instagram.com/eatyodestiny)) or visit her website at [www.eatyodestiny.com](http://www.eatyodestiny.com).

# *Baseball Goes Vegan!*

An aerial photograph of a baseball stadium filled with spectators. The stadium has multiple levels of blue seating. The field is green with a red dirt infield. A large crowd is visible in the stands, and a few people are on the field. The overall atmosphere is vibrant and full.

15 OF THE  
**BEST PLANT-  
BASED  
BALLPARK  
EATS – AND  
WHERE TO  
GET THEM**

*by Tamar Kuyumjian*

**V**eganism and professional sports are having a moment. With athletes and Olympians turning to the lifestyle for a better competitive edge, like Yankees pitcher CC Sabathia, and investing in vegan meal delivery kits, like Tom Brady, it's no surprise that stadiums are taking notice — and fast.

Given that plant-based sales increased 17% in the United States in 2019, according to The Good Food Institute, ballparks can't afford not to serve vegan options.

So they do. The ultra-fast explosion of alternative options has already hit stadiums in every region, starting as early as 2018. And their vegan offerings are getting more unique over time, going way beyond the iconic hot dogs and Crackerjacks.

This summer, make time on your calendar to visit a ballpark and enjoy the vegan dumplings, dairy-free gelato, meat-free burgers, and so much more!

**Pro tip:** Some major and minor league baseball teams, including the Pittsburgh Pirates and the Brooklyn Cyclones, host regular vegan nights where guests are fed a special plant-based menu. Make sure to check your team's schedule now!



## The Best Stadium Eats Across America

### EAST COAST

#### 1 EDAMAME DUMPLINGS at Citi Field in New York City, NY

Although Citi Field has a wealth of vegan meat alternatives that mimic traditional baseball eats, do not miss these vegan dumplings! They can be found at Jim Beam Highball Club on the Promenade.

**Pro tip:** Don't forget the sauce(s): soy, citrus, sesame, and salsa.

Other plant-based venues and treats at Citi Field include: Beyond Burgers (and bratwursts), Yves Veggie Cuisine (veggie burgers and hot dogs), Daruma of Tokyo (vegetable rolls), and Dole Whip (sundaes and floats).

#### 2 VEGAN CURRY LETTUCE WRAPS at Citizens Bank Park in Philadelphia, PA

These curried cauliflower, fried chickpeas, and coconut milk lettuce wraps are only the start of what's going on at Citizens Bank Park. Find them at Harry the K's restaurant,

or get a veggie steak sandwich with vegan mozzarella at Camps in section 101.

Don't forget to grab a Fat Badger Bakery Vegan Cookie in section 128!

#### 3 SHROOM STEAKHOUSE BURGERS at Citi Field in New York City, NY

Found at the 100% vegan concession stand Marty's V Burger, this mushroom burger is topped with melted vegan mozzarella, sautéed mushrooms, and house-made steakhouse sauce on a sesame seed bun.





Needless to say, other vegan options like the Crabby Patty, Mac N Cheese, and Chili Fries are also worth bringing back to your seats.

#### **4 MUSHROOM & QUINOA CAKES** at Fenway Park in Boston, MA

These vegan cakes are a home run! Topped with a red beet purée, a mélange of local spring veggies, and micro greens, these delicious cakes take "veggie burger" to a whole new level. Don't miss them!

#### **5 VEGAN SUSHI & EDAMAME** at Yankee Stadium in New York City, NY

Yankee Stadium offers plant-based hot dogs and burgers, but what really sets this venue apart is their vegan sushi and edamame. Find them in section 127B.

Another can't-miss ballpark favorite is the Bareburger Guadalupe: a black bean patty, guacamole, spicy pico de gallo, pickled red onion, and green leaf lettuce on a sprouted wheat bun.

### THE MIDWEST

#### **6 HAWAIIAN POKE (WITHOUT SHRIMP)** at Kauffman Stadium in Kansas City, MO

This island-inspired dish is the only one like it in stadiums across the US. Made with bok choy, mango, carrot, scallion, edamame, soy ginger vinaigrette, and steamed jasmine rice. Just ask them to "hold the fish," and let the deliciousness begin! Get it at the Craft & Draft in section 300.

There are a number of gluten-free options at various eateries throughout the stadium, and Beyond Meat products are available on request.

#### **7 VEGAN BACKYARD BBQ GRILLED CHEESE** SANDWICH at Progressive Field in Cleveland, OH

Get to the stadium early to make a visit to Melt Bar and Grilled for vegan grilled-cheese sandwiches. Then plan to go back at the bottom of the 4<sup>th</sup>! From BBQ to chorizo and potato to bacon and egg, this plant-based grilled cheese vendor is a game-day treat.



## 8 SRIRACHA BRATS at Target Field in Minneapolis, MN

What's more iconic than a hot dog at a baseball game? Nothing. But add sriracha and onions and it becomes a game changer! Find it at Herbivorous Butcher.

## WEST COAST

## 9 BAO BUNS WITH BOK CHOY, TOFU, MUSHROOMS & VERMICELLI NOODLES at T-Mobile Park in Seattle, WA

These steamed buns will warm up any cold Seattle night and pair perfectly with a vegan beer such as Rainier. Get 'em at Din Tai Fung in section 132. Add on the Garlic Green Beans — you won't regret it.

**Pro tip:** Keep an eye on their calendar for Vegan Night!

Other winners from T-Mobile park are the Avocado Toast (gluten-free bread optional) with your choice of two toppings at The Natural (section 105).



## 10 TEMPEH TACOS at Dodger Stadium in Los Angeles, CA

Dodger Stadium is well known for its vegan options, and the best of the best is their spicy jackfruit Tempeh Taco. Topped with a Spanish slaw, pico de gallo, and a vegan avocado crema on corn tortillas, these are at least half the reason to go to the game! Find them at field section 252, reserve section 741.

Or, if you'd rather have nachos, don't miss the Citrus Marinated Tempeh Nachos in loge section 137 or reserve sections 23 or 24.

## 11 VEGAN GELATO at Oracle Park in San Francisco, CA

Ice cream holds as special a place in the hearts of San Francisco residents as the Giants do. The vegan gelato from Dri Dri Gelato is indeed something special. Their signature flavors are cherry, tiramisu, and pistachio, and they're constantly adding seasonal specialties.

**Pro tip:** Eat it in the Oracle Park garden!

The two bistros located inside the stadium, Hearth Table and Garden Table, offer healthy menus featuring fruits and vegetables picked fresh from the garden. This is a great place to learn about sustainability, urban farming, and healthy eating or to bring the family to stretch your legs.

## 12 RICE & NOODLE BOWLS WITH WOK-TOSSED VEGGIES & TOFU at Oracle Park in San Francisco

A rice and noodle bowl at a stadium built for a spring and summer sport seems out of place. However, these rice and noodle bowls are per-



fect for when the fog rolls in at 4 p.m. (which it always does).

Oracle is also known for its vegan tacos and burritos, nachos with vegan-style queso, falafel and grape leaves, açai bowls, and Caribbean BBQ Cha-Cha Bowl (just ask for no meat).

## 13 BLACK BEAN TAMALES at Globe Life Park in Arlington, TX

Every bite of these vegan tamales is deliciously worthwhile. Made with black beans and spices, rolled in masa, and steamed, these Mexican staples are perfect for those wanting something other than a meat-free ballpark standard.

## INTERMOUNTAIN REGION

## 14 CAMELBACK BURGERS at Chase Field in Phoenix, AZ

The Camelback is the ultimate ballpark-burger bucket list item!

This new burger from Paradise Valley Burger Co., located near section 121 is, well, everything.

Piled on top of a grilled vegan burger patty on a vegan bun, you'll discover brown sugar-truffle ketchup, jalapeño relish, avocado, lettuce, herb mustard, cucumber, and crispy onion flakes. What more could you ask for?



## 15 FRITO PIES at Globe Life Park in Arlington, TX

This Frito Pie is full vegan, full Texas, and a treat you won't want to miss!

**Pro tip:** Try to get seats near section 16, where The Ballpark Vegan stand is located.

Other winners from Globe Life Park are street tacos with Beyond Meat beef crumbles, vegan ballpark nachos with vegan cheese and chili, and several kinds of meat-free hot dog and burger options.

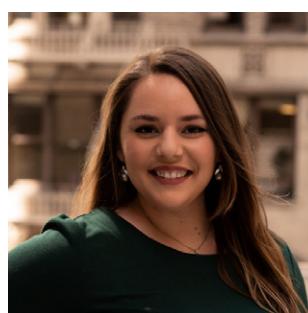
## OUTTA THE PARK! VEGAN FOOD HITS A HOME RUN

Let's face it, half the fun of going to a baseball game is indulging in the iconic ballpark eats in between root, root, root-ing for the home team.

The best part? The demand for vegan options has grown beyond ballparks to most major venues. To find out whether arenas, fields, rinks, and other venues near you offer vegan options, check the VeggieHappy directory (<https://www.veggiehappy.com/listings>) before you go.

For now, we're calling the growing explosion of cruelty-free game-day eats across America a vegan home run!

## ABOUT THE AUTHOR



**Tamar Kuyumjian** is a San Francisco-based writer who became passionate about the plant-based and vegan lifestyle when it helped fix her chronic health conditions. She is also the Head of Content and Partnerships at plant-based WeTheTrillions Healthcare. You can follow her on Twitter [@tkuyumjian](https://twitter.com/atkuyumjian).

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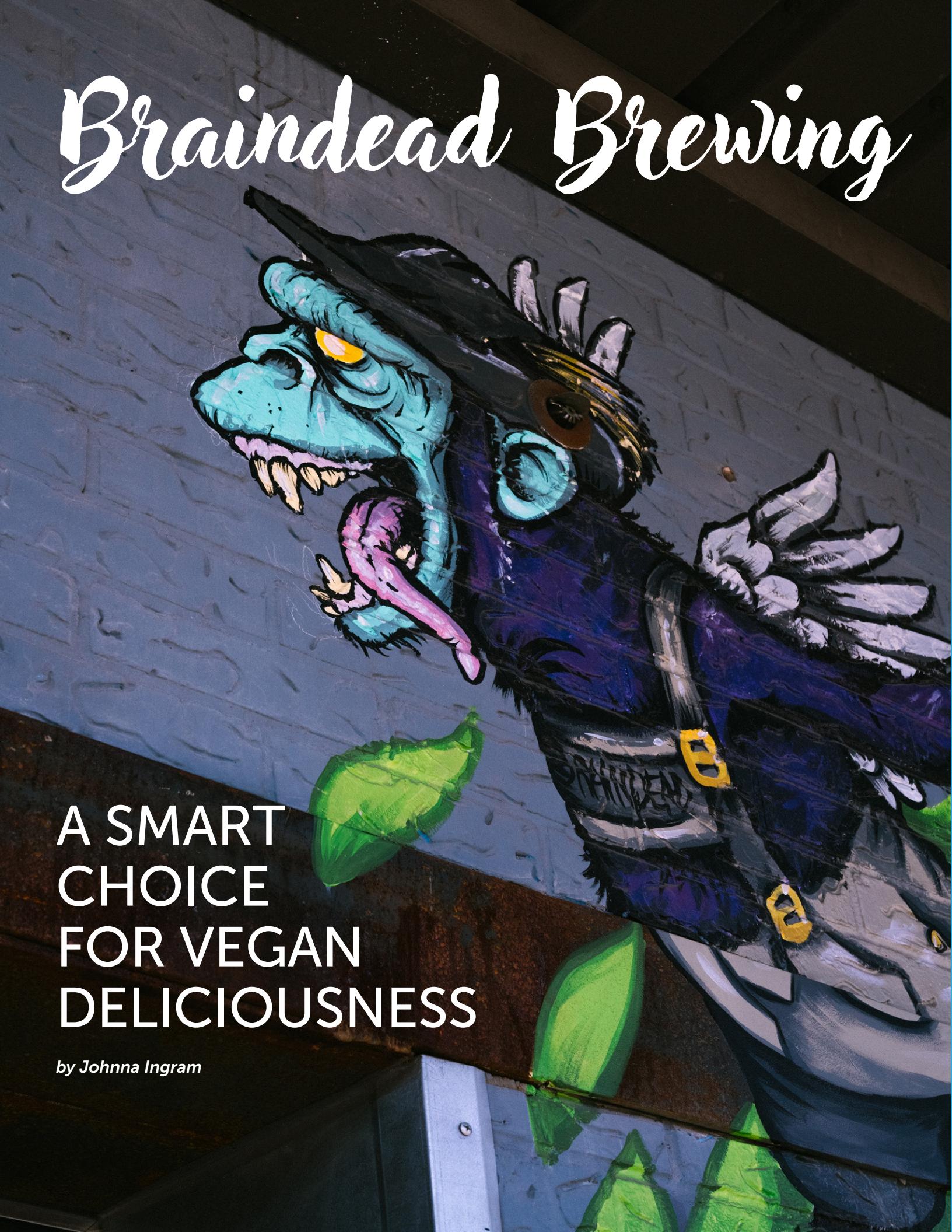


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# Braindead Brewing



A SMART  
CHOICE  
FOR VEGAN  
DELICIOUSNESS

by Johnna Ingram

The vegan community in North Texas has bloomed within the last decade with over 10 completely plant-based restaurants as of this year. This is a momentous achievement, considering that Texans do love their BBQ! Perhaps as a consequence, many restaurants offer typical Southern recipes that Texas is known for while dipping their toes into the magical world of veganism.

Braindead Brewing and Sugar Fang Bakery (tucked inside the brewery) do this intricate dance very well. Located in Deep Ellum – an eccentric, late-night corner of Dallas akin to the quirky spirit of Austin, Texas – this hybrid, innovative foodie pair deliver with unrivaled flair and flavor.

Much of the success of Braindead Brewing's vegan fare comes from their vegan chef and pastry master, Amaris Riddle. Growing up, Riddle gathered inspiration from her grandmother, who excelled in homestyle comfort food. This influence can be seen in dishes like the best-selling BBQ sandwich, Hail Seitan, and the Vegan Biscuits & Gravy with Hash Browns, which is available during brunch on Sundays (11 a.m.-3 p.m.). These homegrown recipes showcase classics in a new, vegan light that fits in perfectly with the casual, trendy cuisine of Deep Ellum. And, of course, there are Crispy BBQ Cauliflower Bites for the vegan wing fiends. With these kinds of dishes taking the hearts of many Texans, Riddle has certainly bridged the gap between indulgent bar food and veganism.

The unexpected star of Braindead Brewing – aside from their tasty beer – has to be Sugar Fang Bakery. What once was a small, vegan bakery on the brink of extinction has now elevated to celebrity status, having baked spooky treats for Billie Eilish when she performed in Dallas. From the popular Churro Skulls to homemade strawberry pop-tarts, Sugar Fang pastries are decadent, playful, and highly in demand. With treats so delicious, it won't be long before Sugar Fang cements itself as a go-to bakery in Dallas for vegans and nonvegans alike. So yes, if a craving for a rich chocolate cupcake and a milky stout comes up, Braindead Brewing won't disappoint.

As if Braindead Brewing couldn't get any better, of around 30 beers, almost all of them are free of animal products. With the most prominent and consistent season in Texas being summer, there are many





beers available that beat the heat. Happiness Comes from Within and Agave Wheat are two options that are bright and easy on the palate, complementing the sun with their yellow haze. Braindead's beers have pleased the Dallas community so much that the brewery will soon distribute select beers around the city.

Braindead Brewing and Sugar Fang Bakery make a great, funky duo that will inevitably leave a mark on Deep Ellum and Dallas as a whole. There is no other place in Dallas where a vegan can get freshly brewed beer, brownies, and bar food handcrafted with love, and that's what sets them apart. With the three Bs covered, new, exciting recipes and beers continue to be released, so keep up with their success on Instagram or Facebook!

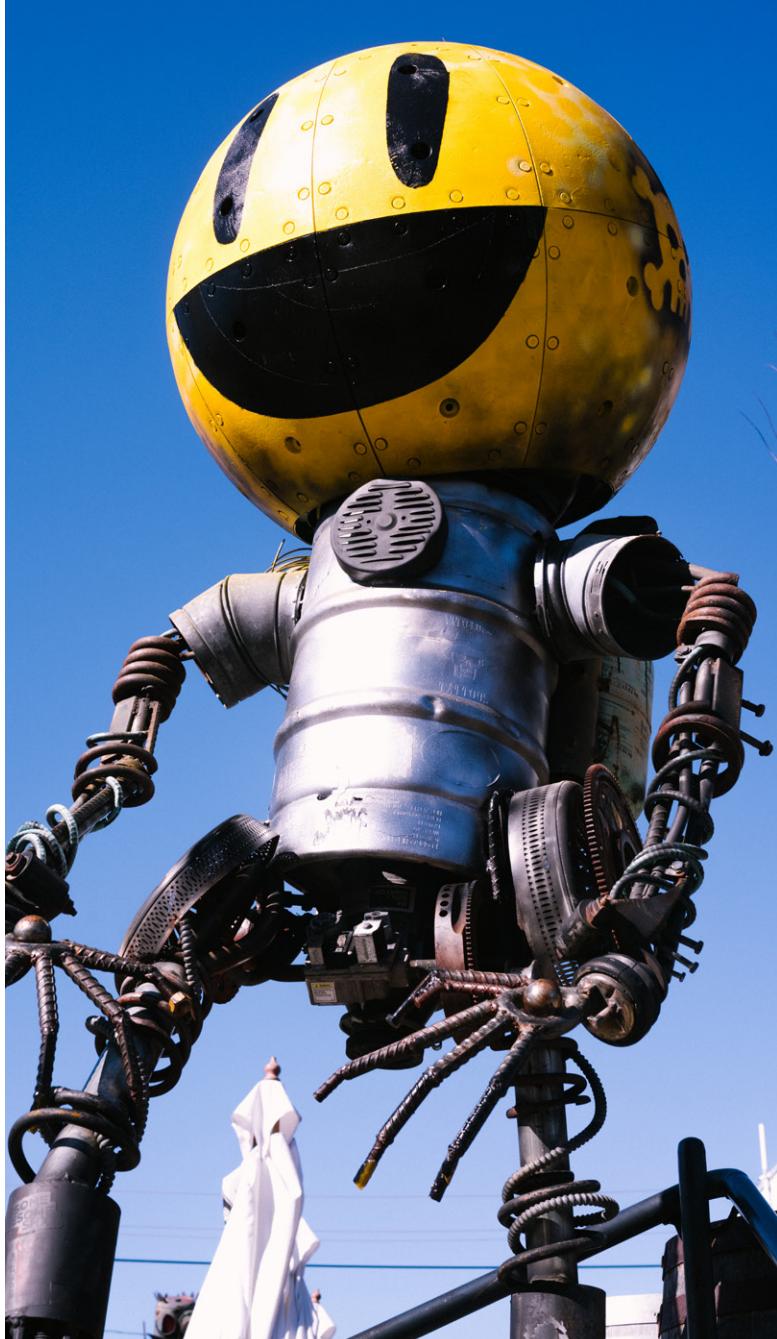
@Braindeadbrew  
@Sugarfangtx



#### ABOUT THE AUTHOR

**Johnna Ingram** is a freelance creative with a special interest in all things local and vegan. Nurturing the vegan community in Dallas, TX, while supporting small business is her number-one priority. Through writing, videography, and photography, she helps Dallas businesses thrive.

 @johnnaingram



# Oh, You Fancy, Huh?

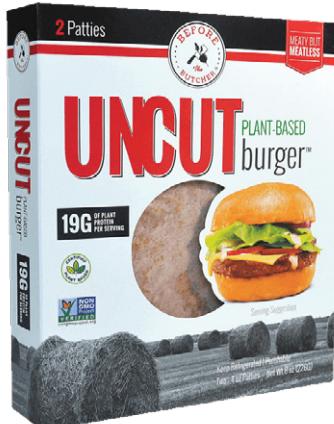
## Check Out These Fantastic Vegan Finds From The Fancy Food Show!

by Sherry White

THE SPECIALTY FOOD ASSOCIATION'S FANCY FOOD SHOWS ALWAYS PROMISE AN AMAZING ARRAY OF DELICIOUS DELICACIES, AND THIS YEAR'S WINTER SHOW, HELD IN SAN FRANCISCO IN JANUARY, DID NOT DISAPPOINT. THANKFULLY, THE CITY'S ROLLING HILLS GAVE ME AN OPPORTUNITY TO WALK OFF SOME OF THE SPECTACULAR SAMPLES!

HERE ARE JUST A FEW OF THE FANTASTIC FAN-FAVORITE VEGAN FINDS I DISCOVERED.

### UNCUT PLANT-BASED BURGERS



Before the Butcher's founder Danny O'Malley is a long-time vegan who was formerly part of the Beyond Meat team. O'Malley explains he wanted to create a line with variety, and UNCUT offers the first family of plant-based patties with original, chicken, and turkey burgers as well as breakfast sausages. They're all gluten-free and non-GMO, and they boast lower sodium levels than competitors' products; perhaps most importantly to me, as a taste-tester, they all delivered amazing flavor and texture.

These delicious protein-packed patties launched in restaurants around the country in 2018, gaining mass approval. They became available in retail stores just recently, and they're already in 800 stores with the number growing rapidly. I'll definitely be looking for them at my local grocer!

### PIGOOUT PIGLESS PORK RINDS

When you're searching for a salty snack that really hits the spot, you'll definitely want to pig out on Outstanding Foods' PigOut Pigless Pork Rinds! Vegan entrepreneur and investor Bill Glaser partnered with Chef Dave Anderson — the popular vegan chef, restaurateur, and former executive chef of R&D for Beyond Meat — to create this deliciously addictive line of crunchy creations. Luckily, they are also non-GMO and packed with healthy ingredients and great nutrition.

Glaser shares that one of his favorite things about the snacks is that normally, when we indulge in something like chips, we feel guilty and sluggish after, but PigOut snacks are actually good for you. In fact, one bag contains more protein and fewer calories than two Cliff bars! Their flagship flavors include Original, Cheddar, Chipotle, and Kansas City BBQ. I really can't decide which is my favorite, so you'll have to try them for yourself. Luckily, they are available all over the country, so you grab a bag next time you're out and try 'em all!





## VEGAN HEAVENLY DELIGHTS

This company has something delicious for before, during, and after your main meal! Founder Brooke Henzel switched to a vegan lifestyle after being told by a doctor that her health was making her a "walking time bomb." Within nine months of adopting a plant-based whole food diet, she lost 90 pounds and no longer needed to take prescribed medication. When she saw what a difference healthy eating made in her own life, she embarked on a mission to make delicious, nutritious foods available for everyone.

Her offerings include Plain, Garlic, and Ricotta cashew spreads, which can be used as delicious dips or to perk up pastas and baked dishes, as well as a luscious line of "cheezecakes" in Key Lime, Dark Chocolate, Blueberry, and Strawberry flavors. Vegan Heavenly Delights are available all over Florida now and coming to the rest of the country soon. Want to try them? Ask your grocery store to carry them!



## SORBATTO

What do you get when you cross sorbet with gelato? Sorbatto! This absolutely delicious — and nutritious — frozen treat came about when a family of berry farmers wanted to make the most out of their grandmothers' frozen fruit recipe, tweaking and developing it into a smooth, creamy treat.

Jeff Weijohn developed the "Heart & Soil" philosophy behind Sorbatto and, along with his wife, Terri, who has a dairy allergy and a background in nutrition, loves to play with new flavors to add to their line. It's a priority to the Weijohns to source their ingredients naturally and organically from their own farm and from farmers they know. Their current flavors include Blackberry, Raspberry, Lemon, Passionfruit, Grape, and Dark Blue (dark chocolate blueberry!). You can find Sorbatto in many locations in the Northwest United States and Canada and can order it online.

## ABOUT THE AUTHOR

**Sherry White**, Freelance Writer, Natural Products Enthusiast and Founding Partner of Concept to Consumer <https://concept2consumer.org>.



## ECLIPSE

This startup, founded by dynamic duo Aylon Steinhart and Thomas Bowman, launched in November 2019 with a focus on creating plant-based dairy products indistinguishable from their dairy counterparts. The milk substitute they've created functions the same as a dairy milk, making it possible to achieve that ever-elusive texture in ice cream, cheeses, or anything else that would be made with traditional dairy.

The first product to launch is an ice cream that is available in the best of the best shops from coast to coast, including Oddfellows in New York. Eclipse's milk alternative is used to create ice cream mixes. They have Neutral for chefs and ice cream shops that want to create their own flavors, and Chocolate and Vanilla for soft serve machines for burger joints, universities, and fast-casual restaurants. They also offer frozen tubs for any food service locations that don't have the ability to spin ice cream but still want incredible plant-based ice cream without having to develop it in-house.

These deliciously dairy-free ice creams aren't available in retail yet, but if I scream and you scream, I bet we can get Eclipse ice cream in our favorite restaurants!



# TECHNOLOGY IS HELPING PROTECT THE ENVIRONMENT. HERE'S HOW.

*by Brad@TurnOnVPN*

Photo by Felix Mittermeier from Pexels.com

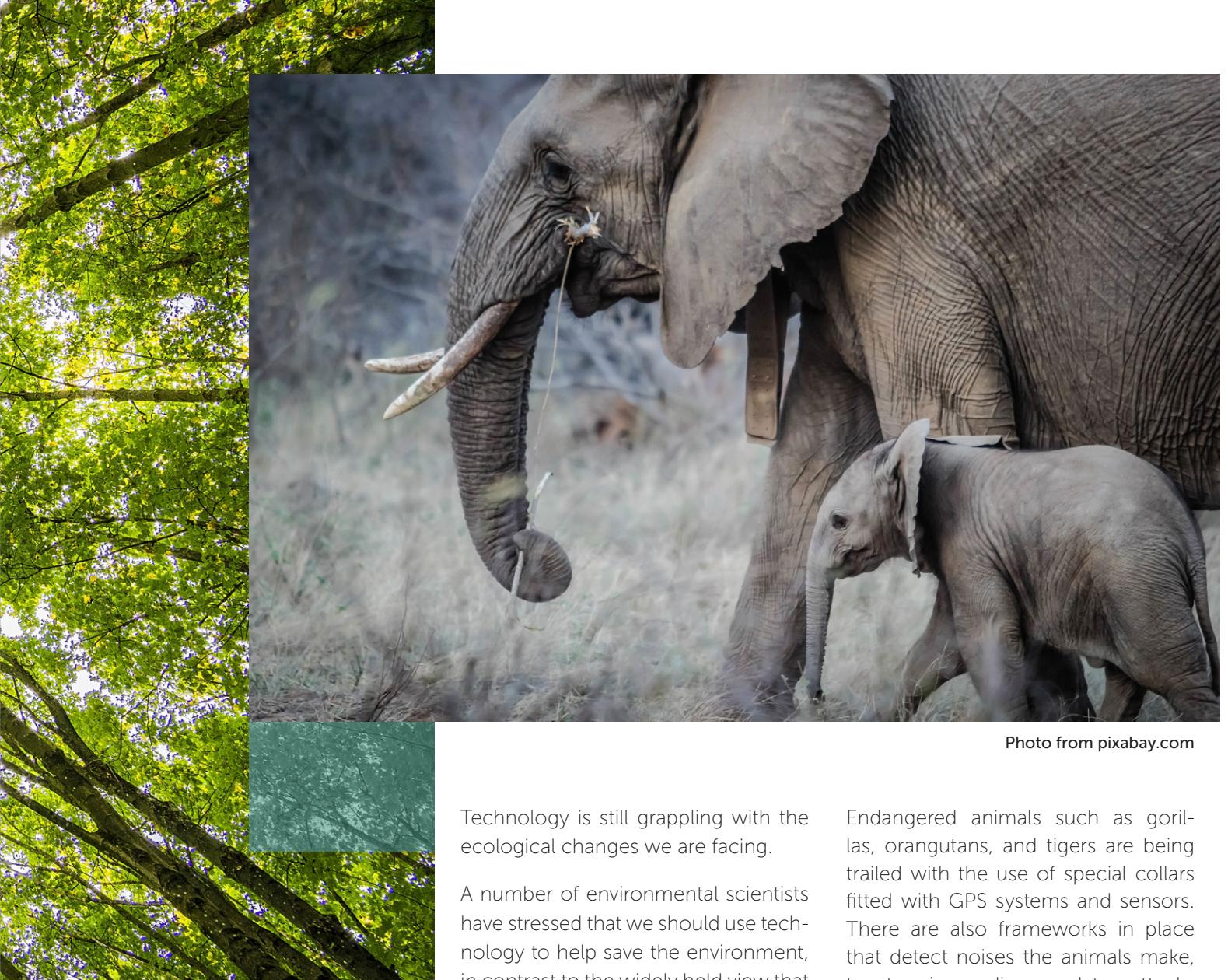


Photo from pixabay.com

As most of us know, technology has been highly efficient concerning the matter of making human lives easier. With the aid of technology, the world has been made into a global village, some chronic diseases have been eliminated, and numerous issues plaguing the world have been resolved. In fact, advancements in technology are made every day (often making it harder for people to keep up with them).

However, a matter of increasing concern that technology has not adequately addressed is the pressing and important issue of human-caused degradation of the environment.

Technology is still grappling with the ecological changes we are facing.

A number of environmental scientists have stressed that we should use technology to help save the environment, in contrast to the widely held view that technology and the environment do not relate to one another.

## WHAT'S HAPPENING NOW

There are several ways technology is already helping the environment. Some of the methods environmental scientists are using include the internet of things, otherwise known as IoT. This and other methods environmental organizations use are listed below.

**HELPING to Preserve EARTH'S endangered species.** Technology is now extensively used to preserve endangered wildlife. The methods by which this is achieved varies.

Endangered animals such as gorillas, orangutans, and tigers are being trailed with the use of special collars fitted with GPS systems and sensors. There are also frameworks in place that detect noises the animals make, to stop impending predator attacks or save them in natural disasters such as earthquakes, forest fires, volcanic eruptions, and more.

More specifically, a team from Cornell University in New York has set out to record sounds elephants make, to develop an "elephant dictionary." This helps to align different types of elephant sounds to varying situations the elephant could be in. When the cries detected indicate that the community is under threat, experts rush to the scene to rescue the endangered wildlife.

Also, smart SIM-based collars are used on animals to transmit data about the location and behavior of the animals,

such as migration patterns. Through extensive analysis, researchers can determine which regions to avoid when constructing human-based settlements, helping to ensure that human interference with wild animals is minimized as much as possible.

Technology is also being used to enhance gene sequencing to help protect animals from developing diseases, including cancer. In addition, drone technology aids in early detection of natural disasters such as forest fires, saving many animal lives.

**Using blockchain to help prevent illegal fishing.** The World Wildlife Fund (WWF) has partnered with the blockchain technology firm ConsenSys and others to create a system designed to make use of blockchain tech to monitor tuna fish migrations, starting with a pilot program in the Pacific Islands. The goal of this surveillance is to discourage illegal and unregulated fishing in the tuna industry. The system built by ConsenSys works via the use of radio-frequency identification (RFID) tags, quick response (QR) code tags, and detection devices to gather data on individually tagged tuna fish as they migrate to different points in the supply chain.

The information-gathering starts as soon as the tuna is caught. The fish is tagged with a reusable RFID tag that sends data to the blockchain once it

Illustration created by freepik - [www.freepik.com](http://www.freepik.com)

gets to the processing factory. The QR code tag facilitates tracking all the way through the tuna fish's journey to the point of sale.

#### **Using IoT to battle deforestation.**

Global Forest Watch (GFW), an online platform that tracks forests' changing condition using satellite images, is working with many other organizations to reduce deforestation. In its bid to save the forests, which now cover less than a third of the Earth's biosphere, GFW provides these organizations with real-time data by identifying areas of tree-cover loss. This helps to make certain forests are being managed and it stamps out illegal deforestation.

The technology firm International Business Machines Corporation (IBM) developed a software, InfoSphere Stream, that reduces the amount of time required to assess climate information from months to mere minutes. Sensor networks placed in various countries across South and North America feed the software with information. The data is then broken down and evaluated by InfoSphere Stream

to avert potential natural disasters from happening by predicting them accurately.

The nonprofit organization Rainforest Connection has started up a program having the potential to put an end to deforestation. Recycled phones are strategically fixed in varying locations in the rainforest to ensure the detection of chainsaw sounds. The moment a chainsaw starts up anywhere in the forest, rangers receive a notification.

- While acknowledging IoT's undoubtedly usefulness in helping the environment, it must be noted that IoT technologies, while powerful, are highly vulnerable to hacking. They can only be fully protected if the traffic is properly encrypted with VPN or Wi-Fi network encryption.

Nature gives life to technology. For instance, the observance of occurrences in nature such as the flight of birds gave inspiration for the development of the airplane. Nature practically hands us references with which we can make creative inventions to better our lives.

Humans have always taken vast resources from Nature. Perhaps it's time for us to give back, with technology that has the power to transform the Earth for the better.



#### **ABOUT THE AUTHOR**

**Brad Smith** is a technology expert at TurnOnVPN, a nonprofit promoting a safe, secure, and censor-free internet. He writes about his dream for a free internet and unravels the horror behind big techs.



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# OUR FAVORITE THINGS

From Oprah to Ariana Grande to Julie Andrews, many people look forward to their favorite things. At VEGWORLD Magazine, we are happy to be blessed with so many fun, new products that make checking the mail a little bit like Christmas every day! We are excited to share with you our staff's favorites.

1



## GOMACRO

GoMacro is a mother-daughter owned business with a mission to spread awareness for a balanced, plant-based lifestyle with products that have positive effects on the world. Their MacroBars are a scrumptious way to get clean, sustainable, vegan protein. Plus, a portion of the proceeds from four of their MacroBars goes to community organizations. We love the variety of flavors they offer and the values their company stands for!

<https://gomacro.com>

2



## WHOLLY WHOLESOME GLUTEN-FREE PIE SHELLS

Frozen, ready-to-bake pie shells?! AND they're gluten free? Yeah, our freezer is definitely stocked full of them now! We've had fun making veggie-loaded vegan quiches with these for that weekend perfect brunch treat! Wholly Wholesome uses responsibly sourced palm fruit oil in their gluten-free pie shell, which is also allergy friendly and does not contain any of the top eight allergens (milk, eggs, wheat, shellfish, fish, peanuts, tree nuts, soy) or corn!

<https://whollywholesome.com>

3



## COCOKIND

Cocokind offers clean, conscious, and accessible beauty for all. Woman-owned and 100% cruelty-free, we love that their gentle and effective products are made from natural and organic ingredients.

<https://cocokind.com>

5

## JUST EGG

Made from plants, not chickens! JUST Egg means there's no need to miss out on omelettes or breakfast scrambles any longer. Whisked, scrambled, folded, or fried, JUST egg gives us endless opportunities for all of our favorite egg-based dishes—veganized!



<https://ju.st>

4



## HIGH PEAKS SAUSAGE

These sweet, savory sausages are so unique, they can pair with any breakfast or “brinner” meal! It’s made with such simple, delicious ingredients, such as white beans, cranberries, maple, and cinnamon. We have never had such a blend of spices in a hearty, vegan sausage like this!

High Peaks Sausage founder Stacie Waters is a third-generation sausage maker that changed the game by turning the company fully plant-based to properly fuel active lifestyles. Talk about a game-changer!

<https://highpeaks.life>

6



## POPOZERO CHILI LIME

With just the right amount of kick, Chili Lime is packed with protein and is the perfect post-workout refuel or afternoon pick-me-up. PopZero uses a combination of 3 core ingredients, popcorn, algae oil, and sea salt, that creates a simple popcorn that's not only nutritious but also full of flavor.

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# VEGWORLD Style & Beauty

THE VEGAN FASHION REVOLUTION IS ON THE RISE, INSPIRING DESIGNERS, STIMULATING CREATIVITY, AND SAVING ANIMALS AS WELL AS, IN MANY CASES, THE ENVIRONMENT. CHECK OUT SOME OF THE LATEST TRENDS, TIMELESS PIECES, AND THE UP-AND-COMING INNOVATION OF VEGAN PRODUCTS.

# TRUE BEAUTY

by Sharon McRae

This month, I want to share a couple of new skincare products I've been including in my regular lineup as well as my new favorite brow product for a finished and put-together look.

First, I've really fallen in love with the **Herbivore Botanicals** product line: Their products are so clean and effective, and I love that they are a 100% vegan company. Their Blue Tansy Resurfacing Clarity Mask is a fun and effective product that's become my new favorite weekly treatment! Although this mask is described as best suited for oily and acne-prone skin, and my skin type is normal, I decided to try it because of the exfoliating properties of the ingredients. It contains white willow bark, a natural beta-hydroxy acid (BHA); fruit enzymes, which are natural alpha-hydroxy acids (AHA); and blue tansy oil, which helps tone down redness and soothe any dryness. I prefer to apply it with a face brush, but fingers are fine, too! I apply the mask after cleansing and patting my skin dry and leave it on for 20 minutes; sometimes I get a very slight tingle that's not at all unpleasant, and it feels refreshingly cool. Then I rinse it off and follow with Herbivore Botanicals Lapis Oil, and my skin is always glowing the next morning!

Next, I kept reading about **Pleni Naturals**, so I finally decided to look into them, and I was delighted to read about their mission statement! The word Pleni means "full" in Latin, and each of their products is full of healthy vegetable and



Photo by Jernej Graj on Unsplash

fruit ingredients! The founders focus on veggies and fruit because what we put on our skin goes into our body, and they wanted to use ingredients that are packed with vitamins, antioxidants, and essential fatty acids. And they believe that it's important to expose children to healthy food in any way we can, since kids are always watching and mimicking what we grownups say and do.

Pleni's mission is "To inspire a deeper connection with healthy foods through our nutritious fruit- and veggie-filled products and inspired packaging." I love everything about this! Most of the Pleni Naturals products are geared towards babies and children, but the newest product, Enzyme Cleansing Oil, is for us grownups. It's a certified nontoxic formula that removes makeup, dirt, and debris and cleans out pores as it gently exfoliates with enzymatic papaya. It also contains cucumber seed oil, which aids in soothing the skin and replenishing moisture, and broccoli seed oil, which nourishes and protects skin after rinsing and provides a unique blend of essential fatty acids and vitamins.

The directions are to apply 3 to 4 pumps to dry fingertips and massage into dry skin...this includes the eye area, as it does a great job removing

eye makeup. Leave it on your skin for up to 10 minutes as a mask, then massage the skin with wet fingertips to create an emulsion and rinse clean with a splash of warm water or a washcloth. I love that this product is really three products in one (makeup remover, cleanser, mask), and my skin feels totally clean and smooth after I use it. I'm definitely enjoying this product and plan to keep it in my rotation; it will be great for travel, too!

Lastly, one of the things I learned in my years working as a freelance makeup artist that has stayed with me is how important filling in the brows is to frame the face and add a fresh, polished appearance. I've tried many pencils and, although they're easy to apply, they typically don't last throughout the day. I finally found an exception: **Ere Perez Almond Brow Pencil** has become my favorite



Photo by Angélica Echeverry on Unsplash

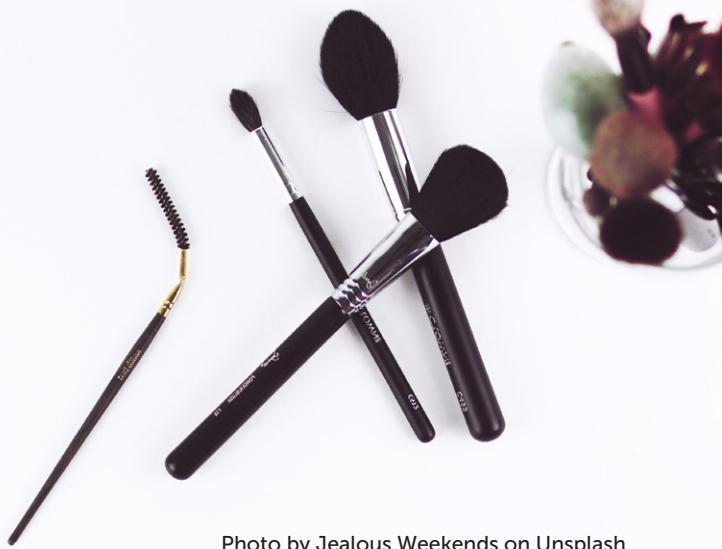


Photo by Jealous Weekends on Unsplash

go-to brow product! It's easy to apply, comes with a little brush on the end, and has just the right shade to match my brows...it's described as a light brown-grey shade that will suit everyone, and I would guess this would be pretty close to true, though there will always be exceptions. The formula contains sweet almond oil, rich in saturated fats and essential fatty acids — which give it hydrating and strengthening properties — along with sesame and jojoba oils and candelilla wax. I like to brush my brows into place using the little brush on the end; apply the pencil using a gentle hand and short strokes to fill in any gaps (making sure both brows look as even as possible); then brush the color through again and set it with my Inika Organic Mineral Mattifying Powder. Surprisingly, the color stays in place all day, which makes this pencil a staple in my makeup bag!

## ABOUT THE AUTHOR

**Sharon McRae** is a wife and the mother of two young adults and one teen as well as a certified health coach and PCRM Food for Life instructor, residing in Columbia, MD. She has been adopting and applying principles of health and nutrition in her own life for more than three decades. She became a health coach to fulfill her passion of helping others take control of their health by making better lifestyle choices and adapting a whole food vegan diet.



# 3 Products in 3 Minutes!

by Brandy Edwards

I assume you're familiar with the phrase that goes something like this: "The key to wearing makeup is to make it look as if you aren't wearing any at all."

While you could certainly spend an hour putting on your makeup to make it appear you just naturally woke up with dewy skin — highlighted cheekbones, glistening in the sun, and perfect matte lips, with a hint of shine — you're busy, and your time is valuable. Plus, you could lose the whole effect if you start sweating!

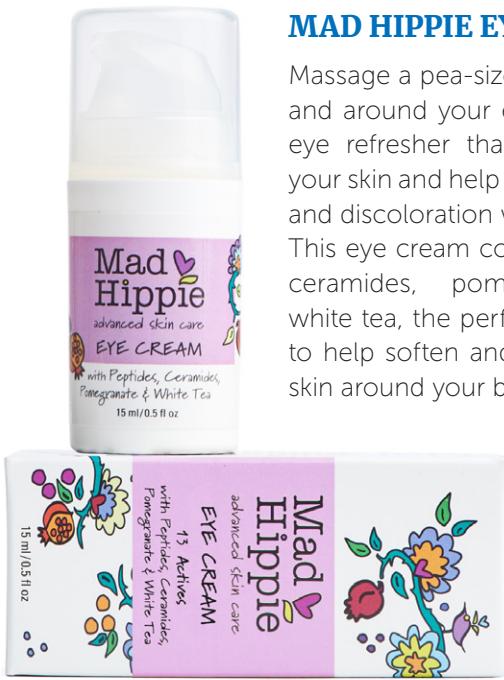
You're an in-demand person with various goals and commitments to attend to. Whether you're working up a sweat presenting a powerful presentation in the boardroom or balancing on your toes in a barre class, you need sweat-proof makeup products that don't take forever to put on and will stay in place, especially when you're in a pinch for time or want to keep things simple.

I do it, and you can, too.

To avoid makeup streaks when you start to feel your face sweating, use products that are as strong as you are. The best part is that the **3 products** here can be applied for a simple yet polished look in **3 minutes or less!**

Photo by halayalex - [www.freepik.com](http://www.freepik.com)

## MAD HIPPIE EYE CREAM



Massage a pea-size amount under and around your eyes for a quick eye refresher that will condition your skin and help prevent wrinkles and discoloration with regular use. This eye cream contains peptides, ceramides, pomegranate, and white tea, the perfect eye cocktail to help soften and rejuvenate the skin around your beautiful eyes.

## MAD HIPPIE FACE CREAM



Massage a quarter-size amount all over your face and neck to hydrate your skin. This face cream, for all skin types, contains peptides, argan oil, and resveratrol. It absorbs into your skin without leaving an oily residue and, used consistently, helps reduce the appearance of wrinkles.

## THRIVE TRIPLE THREAT COLOR STICK

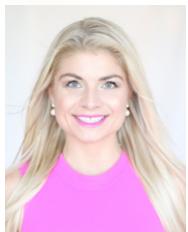


Apply this waterproof and weightless cream formula on your lips, cheeks, or anywhere else on your face or body, such as your collarbone or your cheekbones, where you want a hint of color and shimmer. The evening primrose oil in this cream conditions your skin, and the sunflower seed oil instantly hydrates and makes your skin glow. Blend this gorgeous cream in with the built-in brush, and keep this product handy when you need to pack lightly — it does so much! The hardest part will be selecting which of the four gorgeous colors to use, and where. Of course, you can always create your own blend by using two or more of the color sticks for a beautiful glow that's just as unique as you are.

You can always wear more skin products if you want to. But why bother when you have products that are quick and easy to use and will stay in place, period.

Stick with these 3 essentials to simplify your busy life — and look gorgeous doing it!

## ABOUT THE AUTHOR



**Brandy Edwards** is an attorney turned Empowerment Speaker and Coach in Dallas, TX. She is the Founder of The Self-Love Challenge and emphasizes the importance of self-love, confidence, and courage. Her self-discovery journey led her to be strong and courageous, to take action despite fear, and to follow her happiness to create a life she loves. Her magnetic energy captures the attention of both youth and adult audiences, and her inspiring vulnerability empowers listeners to bridge the gap between fears that hold them back and bravery that can propel them

forward. Learn more by visiting [www.SelfLoveChallenge.com](http://www.SelfLoveChallenge.com). Speaking, coaching, and collaboration inquiries may be sent to [TheSelfLoveChallenge@gmail.com](mailto:TheSelfLoveChallenge@gmail.com).

# MY BEAUTY DIARY

## Behind the Scenes with Model and Actress Emma J.



by Emma J. Purvey

### *Let's talk skincare.*

Maintaining glowing, healthy skin is part of my job. And as a vegan I'm aware of everything I put on my skin, knowing my skin will absorb it. So, needless to say, I'm extremely selective with the skincare I use. I've fine-tuned my routine to a few products that work year-round, and I adjust and tweak depending on the season and climate I'm in. It's a joy to share my must-haves with you in My Beauty Diary for that Pop! Pow! glow....

### I'VE RETURNED TO CLEANSING OIL

So fresh and so clean. Let's start with my favorite cleansing oil by **Mad Hippie**. I recently returned to using a cleansing oil as I find it gently cleans my skin while replenishing it and maintaining the moisture levels. Since I'm a city girl, my skin has a lot of pollution to deal with, so I need a cleanser I can rely on. This cleansing oil deep-cleans and nourishes with rosehip oil, pumpkin seed oil, and ginger, and its travel-friendly size is a bonus.

## I'M SERIOUS ABOUT SERUMS

I'm all about layering my skincare, and I'm a lover of serums. Vitamin C serum by Mad Hippie is my first choice, followed by Perfect C Pro Serum by **MyChelle**. Vitamin C serum brightens skin and protects it against free radicals, making it a superior barrier against the elements. I follow this layer with my all-time-favorite hyaluronic acid serum by **Reviva Labs**. I literally feel my skin drinking this serum and glowing with gratitude! For extra hydration, I use Luxe Oil by **SIBU Beauty**, a fabulous moisturizer that effortlessly amps up my glow.

The serum that gets to sleep with me is the vitamin A serum by Mad Hippie. I'm also a huge fan of the remarkable retinal serum by MyChelle: This bedtime essential encourages healthy skin production and evens skin tone (if my skin needs extra moisturizer I will use the SIBU Luxe Oil). I wake up with radiant, happy, glowing skin.

Finally, I have to share what I use for those unwanted visitors called pimples. My ultimate go-to product by **Juice Beauty**. This blemish-clearing serum works every time, and I've been using it for years now.

## I PARTNER WITH MY SKIN

Our skin is our largest organ and talks to us, so listen to it. Love up your skin, support and nourish it and the result is gorgeous skin. Until next time glow with me.



## ABOUT THE AUTHOR

Emma J. Purvey's modeling career began at the age of 7 in England for the Tesco school uniform campaign. Fast-forward to London College of Fashion, where Emma received her B.A.Hons in Broadcast Journalism. While interning at *Good Morning America* on the ABC network, Emma fell in love with New York City. Emma's modeling career allowed her to relocate to Miami Beach after graduating, where she was represented by the prestigious Michele Pommier model agency. It was here that Emma discovered acting. After being cast in the supporting role for the short film *Ballad of a Soldier* and receiving critical acclaim on the festival circuit, Emma relocated to NYC to study her craft at the American Academy of Dramatic Arts. Emma was the featured fashion editor for *Social Life Magazine* while studying, and her first major skincare campaign is out now for SIBU Beauty. Emma's model work includes editorials in magazines all over the world and New York Fashion Week. As an actress, Emma has performed in Venice, Italy, with the Oxford Shakespeare Company and off Broadway and in the feature film *Straight Outta Tompkins*. Emma lives in Manhattan where she works as a model and actress and is represented by Expressions Models.

Emma thrives on empowering other women, and her tee shirt is on sale now at **Moulton-by-Emma-j. myshopify.com**; all proceeds go directly toward her directorial debut. Hers is a story of empowerment through nutrition.

# A PLANT-BASED WONDER FROM DOWN UNDER!

by Emily Erickson

Australian Samuel Mussared started out in the world of bodybuilding 10 years ago — and started his life as a vegan just five years later. He credits his vegan lifestyle with helping him take his health, competitiveness, and career success to the next level.

An ICN (ICOMPETE NATURAL) Pro Bodybuilder and Max's Australian-sponsored athlete, Sam is now a qualified personal trainer certified in plant-based nutrition and competition prep and co-owner of bodybuilding coaching company The Base with wife Michelle in Adelaide, South Australia. There, Sam helps his clients succeed in their own bodybuilding journeys or simply build lasting diet and fitness habits for a healthier life.



## SHARING – AND CARING

In the spirit of vegan athletes everywhere, Sam is passionate about sharing his knowledge on plant-based nutrition and inspiring his clients and followers to live a healthier life, yes, but also a kinder one.

Sam shared his bodybuilding journey with VEGWORLD, stressing how a plant-based diet keeps him performing at his best.

"I began bodybuilding in 2010 as a 20-year-old junior. I didn't place in my first year, but it gave me a huge insight into how hard I'd have to work to improve," he says.

"The next year I came back and won my division and the overall category as well as my division in the National Championships. Since then, I've won a few other state and national shows, totaling around 30 competitions.

"My best achievements to date would be winning my Pro Card for the ICN and winning my division at the IFBB [International Federation of Bodybuilding and Fitness] Australian Arnold's Amateur show."

## SAM BECOMES A VEGAN

Sam says a visit from friends sparked his interest in veganism by opening his eyes to the truth about the animal agriculture industry.

"I made the change to a plant-based diet in March 2015. Previously I doubted [the value of a vegan lifestyle] for sure, but I realize now it's because I was ignorant," he says.

"We had some friends over for dinner who were vegan, and we asked them why they changed. They said they watched a speech on YouTube by Gary Yourofsky called, 'The Greatest Speech You Will Ever Hear,' and it changed them.

"After they left, my wife and I watched it for ourselves, and it changed me."



Although inspired and eager to adopt a plant-based diet, Sam says the initial social pressure and backlash from friends and colleagues was confronting.

"It was extremely difficult for me. I work and compete in an industry where everyone thinks the only way to get protein is to eat meat or drink whey protein. My peers and some people I considered friends alienated me, all because I was against the pain and suffering of other sentient beings on this planet, which is just crazy!"

## PRAISE FOR THE PLANT-BASED LIFESTYLE

Sam points out the many advantages of a plant-based diet.

"There are way too many benefits to mention," he says, and then goes on to enumerate them: "My skin, mood, energy, sleep, strength, endurance, [and] blood work [are] phenomenal eating this way."

"There's always been this myth that you will not get enough protein on a vegan diet. [Protein] is in pretty much everything in different quantities and different spectrums of amino acids. As long as you are eating a large variety and eating whole foods, everything should be sweet."

Sam says he's seen a shift within the bodybuilding industry over the past couple of years, with more and more athletes adopting a plant-based diet.

"Since *The Game Changers* documentary came out last year, I've seen the biggest shift I've ever seen, which is super-refreshing."

Eating around 3,000 calories a day, Sam says he enjoys loading up on beans, tempeh, rice, potatoes, and other veggies, with a meal of sweet potato, lentils, and vegan Bolognese sauce one of his favorites.

For those thinking of making the switch, Sam recommends keeping it simple and sticking to foods in their most natural form.

"Eat less processed vegan foods and eat more whole foods, that's where the magic is at. Most importantly, be kind to others from all walks of life, humans and animals."

Follow Sam on Instagram [@samyzest1](https://www.instagram.com/samyzest1).

For more information on The Base, check out <https://www.thebasesa.com> or [@thebasetransformations](https://www.twitter.com/thebasetransformations)

### ABOUT THE AUTHOR

**Emily Erickson** is an Australian freelance writer and journalist based in Dublin, Ireland. Through her business, Emily Erickson Creative, she provides blog management, copywriting and virtual assistant services to vegan business owners to help grow their online presence.



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# THE SPECTACULAR VASCULAR VEGAN

**Professional Wrestler Austin Aries  
Recounts His Journey from the Heart of  
Dairyland to Plant-based World Champion**

*by Clay Garrett*

Austin Aries is no stranger to the limelight. As a professional wrestler, he's been entertaining (or angering) fans across the globe for two decades. With stints in Impact Wrestling and WWE, and as one of his monikers — "The Belt Collector" — would suggest, Aries is no stranger to success, either. But increasingly, Aries is becoming as well known for his vegan lifestyle as his in-ring prowess. His Instagram feed is filled with pictures of tasty vegan cuisine along with the obligatory workout pictures.

But Aries didn't just show up to the party because veganism is having its mainstream moment. Aries has been beating the drum for veganism for a decade, and for vegetarianism before that. Two of his nicknames include "The Spectacular Vascular Vegetarian" and "The Most Valuable Vascular Vegetarian." I recently sat down with Aries for a long, entertaining talk about his wrestling, stem cell therapy, and, most importantly, his vegan journey.

**I THINK PEOPLE WHO DON'T HAVE  
SELECTIVE COMPASSION ARE JUST  
BETTER HUMAN BEINGS.**

## Hailing From the Dairy Capital of the US

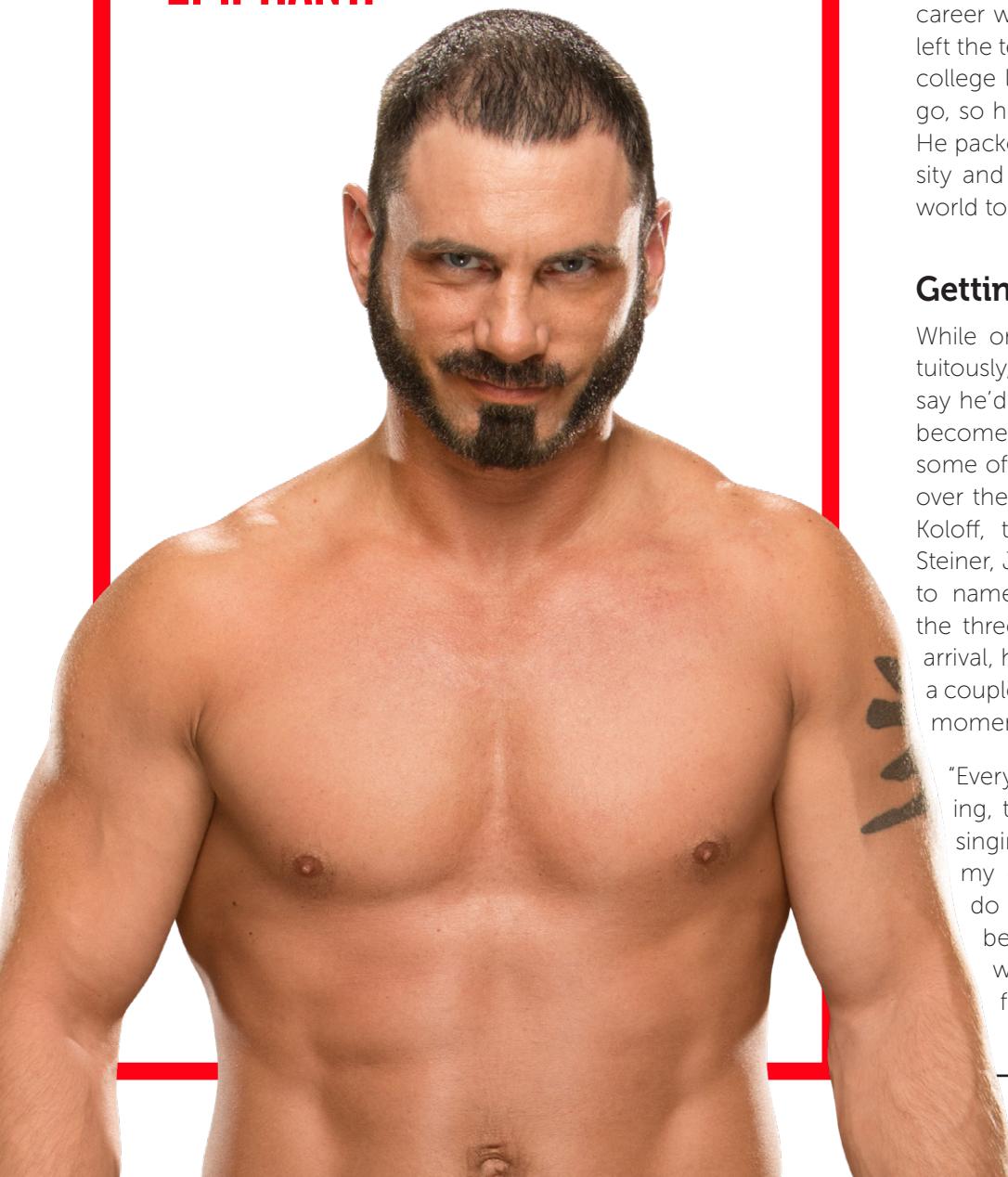
Aries was born Daniel Solwold, Jr., in 1978. He grew up in Waukesha, Wisconsin, a small town outside Milwaukee. Since Wisconsin is commonly known as the dairy capital of the United States, saying Aries grew up in a not-so-vegan-friendly environment would be an understatement!

Aries recalls how deeply ingrained animal products are into the Midwest culture. Green Bay Packers fans wear yellow foam cheese hats on their heads. The Milwaukee Brewers baseball games feature sausage races in which individuals dressed as sausage mascots race around the field to entertain fans between innings. The Milwaukee NBA franchise, the Bucks, is named for the male deer Wisconsinites seasonally slaughter and then transport the lifeless ruminants' corpses on their station wagon roofs.



# TRAINING TO BE A WRESTLER

**EVERYONE JOKES ABOUT THE CLOUDS PARTING, THE LIGHT SHINING DOWN, AND THE CHOIR SINGING, AND THIS WAS THAT MOMENT. IT WAS MY EPIPHANY.**



Aries remembered watching his first live wrestling match when he was 4 years old, before the monolith that is now the WWE. Aries said he gravitated more toward the National Wrestling Alliance, the largest and most influential wrestling organization, until the WWE's national expansion in the mid-80s. Aries also recounted how he would rush home to ensure he wouldn't miss the Texas-based World Class Championship Wrestling's weekly show on ESPN at 3:00 p.m. As these regional wrestling promotions were bought out, most of his favorite stars (and mine) would eventually find themselves in the WWE or Ted Turner's WCW by the early 90s.

Aries played many sports growing up, but he considered baseball his favorite. After a successful high school career as a left-handed pitcher, Aries hoped to continue his baseball career at Winona State University. However, he quickly realized that a professional baseball career was most likely not in his future, so he left the team. Without baseball, Aries didn't see college leading in any direction he wanted to go, so he left and searched for a new course. He packed his stuff up at Winona State University and took a meandering trip out into the world to find a life direction.

## Getting in the Ring

While on his road trip of self-discovery, fortuitously, Aries' longtime best friend called to say he'd begun training with Eddie Sharkey to become a professional wrestler. Sharkey taught some of the industry's most popular wrestlers over the last 40 years — Bob Backlund, Nikita Koloff, the Road Warriors, Rick Rude, Rick Steiner, Jesse Ventura, and Sean Waltman, just to name a few. Aries enthusiastically made the three-hour drive to visit his friend. Upon arrival, he saw the ring set up in a garage and a couple of guys wrestling. Aries describes this moment as life-changing.

"Everyone jokes about the clouds parting, the light shining down, and the choir singing, and this was that moment. It was my epiphany." He thought, "Wow, I can do this!" But he couldn't actually do it because, with \$500 to his name, he was \$2500 short of the required \$3000 for training. Seeing how badly Aries

wanted it, Sharkey worked out a payment plan with him so he could finally get in the ring. With that, Aries took up residence on his friend's couch and started training and working matches. It would take four years of wrestling before he was able to quit all his side hustles and make enough money to call himself a professional wrestler. It would take another four years before he would make a comfortable living wrestling — what he described as his "money years."

## Wrestling with Veganism

Throughout his journey, Aries increasingly met individuals outside his midwestern roots. More than once he was told about the deleterious effects of eating meat. For the first time, he saw slaughterhouses. He realized how far removed these houses of horrors were from the idyllic settings he'd been raised to believe them to be. The seeds that would eventually sprout into veganism had been planted.

All this new information and new life experience, along with his lifelong discomfort with many outdoor "sports," resulted in Aries' committing to vegetarianism in 2000, the same year he began his wrestling training — which, it turned out, pertained to his transition to vegetarianism. Aries said, "Eating animals never really set right with me. I wasn't into fishing or hunting." He continued, "Combine that with what I'd been learning about the health effects of meat, and it

was easy. There was no big transition; I just went to the store and bought MorningStar Farms."

A decade later, Aries watched *Forks Over Knives*, and he realized it was foolish to hold on to the few nonvegan staples (whey protein, cheese) in his diet. He said dairy products were by far the most difficult items to finally eliminate: "My Wisconsin roots were the last thing to fall. Dairy is tough

to give up when you're raised in the dairy capital of the world. Those dairy cows don't get slaughtered right away, but their life might be worse. I finally pulled my head out of the sand on that one." Today Aries eats a more whole foods plant-based diet.

Despite their common stereotypes, Aries said he's had little if any resistance from his fellow wrestlers. He believes this is because he is strong in his beliefs and genuinely willing to listen to people who have a different point of view. In fact, most people who engage him are more curious than com-

bative about veganism. He said, "I've definitely had more curiosity than negativity about the whole thing. And I think that's because the only argument that stands up is, 'I don't care.' If you know the health, environmental, and animal advantages of veganism and you just don't care, then there is no arguing. I'm not going to try to convince you that you

WHY VEGAN?  
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...BUT WHERE DOES HE GET HIS PROTEIN?



@austinhealyaries

# INSPIRING FANS TO CHANGE

THAT WILL ALWAYS BE MORE REWARDING THAN ANY MATCH I'VE HAD. I'VE BEEN FORTUNATE ENOUGH TO HAVE THAT HAPPEN OFTEN ENOUGH THAT IT KEEPS ME PUTTING MYSELF OUT THERE, DOING INTERVIEWS, AND POSTING ON INSTAGRAM DESPITE THE DUMB COMMENTS.

are a terrible person. Still, I'm also not going to let you make a bunch of antiquated, bullsh\*t arguments. That I won't do. It's not in my nature."

I asked Aries if the success of the documentary *The Game Changers* had given him any extra ammunition to back up his plant-based points. He said it merely lent credence to all those things he'd been saying for almost 20 years. "People I said this stuff to five years ago were coming back to me and saying, 'Did you see *The Game Changers*? That's good stuff!' I'm like, 'Yeah, Dude! I told you that like five years ago, but Chris Paul told you about it, so now it's the truth....That's cool.'"

Aries told me the question he's most often asked is, "What was the most difficult part of becoming vegan?" He offered an answer I had yet to hear previously — ego. "I hope you put this in the magazine. People always ask me what the hardest part about going vegan is. I think about all the different components, and what I have settled on is your ego accepting that you've been a f\*#@#ing fool! You were lied to, and you believed it. Your ego has to take that hit. That barbecue, that luau, that turkey and dressing at Thanksgiving was a lie. For every little tub of yogurt you bought with a pink ribbon on it to [help] find out what causes breast cancer, it's that very tub of yogurt causing breast cancer. Most people don't want to accept that, so they go, 'No, that's not it.' It's just too hard for their ego."

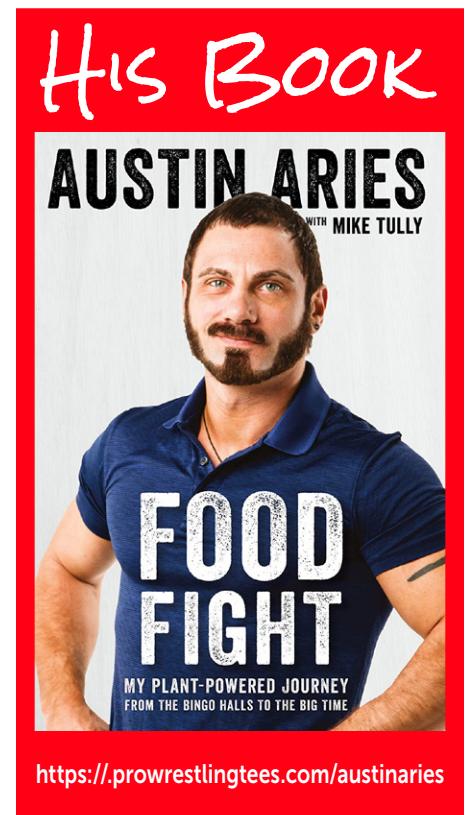
Aries believes we each have control over our health, happiness, and our destination in life. As individuals, we have real power to influence food companies, because we vote with our dollar every time we buy a product. With every purchase, we cast a vote for the type of food system we want in America. Aries casts his vote for a cruelty-free, environmentally conscious, and healthy food system.

## Compassion: Aries' Signature Move

"I think people who don't have selective compassion are just better human beings." A few years ago, Aries was approached with an idea for a new project — writing a book about his vegan journey. His profile was on the rise after a successful run in TNA wrestling, and the story of a vegan professional wrestler seemed like an exciting topic. Released in 2017 and coauthored by Mike Tully (cohost of the popular *Jason Ellis Show*), *Food Fight: My Plant-Powered Journey from the Bingo Halls to the Big Time* was written to answer the most common questions Aries is asked. To hear Aries describe it, "It's not a wrestling book, and it's not a how-to-go-vegan book. Instead, it's the story of how I went from this kid from Wisconsin growing up around cheese curds, hot dog races, hunting, and fishing to a plant-based athlete amid a successful run."

Aries' book inspired a 15-year-old 300-pound Chilean fan named Mat-

thew to go vegan. *Food Fight* opened Matthew's eyes, and now he has lost 150 pounds. Aries said, "His life was going to go one direction, and now it's going another direction. He's awake, taking care of himself, and feels good about himself. He's on this journey now." Matthew's story was a big inspiration for Aries. "That will always be more rewarding than any match I've had. I've been fortunate enough to have that happen often enough that it keeps me putting myself out there, doing interviews, and posting on Instagram despite the dumb comments."



<https://prowrestlingtees.com/austinaries>

# Why HE JOINED BioXCELLERATOR

AFTER BREAKING DOWN MY BODY AND OTHERS BODIES FOR SO LONG, I'M REALLY EXCITED TO BE PART OF SOMETHING THAT CAN HELP PEOPLE REBUILD AND REPAIR. IT'S REALLY COOL.



## Stem Cell Superstar

As a professional wrestler who's suffered his fair share of injuries, Aries has always maintained an open mind about the best way to keep his body as healthy as possible. Advancing technology in stem cell therapy has benefited fellow wrestlers like Kevin Nash, John Morrison, and Rey Mysterio; Aries wondered if he would also benefit from it. He got the opportunity to find out when BioXcellerator invited him along with several other athletes to their facility to give stem cell therapy a try at a reduced cost. So Aries — along with UFC Champion Frank Mir; Super Bowl Champion quarterback Jim McMahon; and former baseball great Jose Consec — traveled to Colombia to experience BioXcellerator for himself.

Aries was so impressed by BioXcellerator's outcomes that he has joined BioXcellerator as Director of Athletic Performance Division. Aries works to get BioXcellerator in front of athletes and influencers to grow BioXcellerator's footprint. "I think of myself as someone who helps people — my book was all about helping people. So, I'm involved with BioXcellerator because they can help people. To offer something that can take away people's chronic pain, something that can ramp up your immune system, or can help people be healthy is something I'm really proud of."

Aries believes there is a lot of symmetry between a plant-based diet and stem cell therapy. Aries also saw an

opportunity to promote the anti-inflammatory advantages of a plant-based diet as part of the pre- and post-therapy protocols for patients. He is now working with others to develop a protocol to roll out to patients that gives the stem cells the best internal environment to do their work. "After breaking down my body and others bodies for so long, I'm really excited to be part of something that can help people rebuild and repair. It's really cool."

There is no doubt Austin Aries will continue to promote the overall benefits of a vegan diet as he hopes to inspire and educate fans and fellow athletes. Make sure to follow him on Instagram for Instagram live videos, Q&As, interviews, and more.

 @austinhealyaries



## ABOUT THE AUTHOR

**Clay Garrett** is a husband, father, marketer, graphic designer, and vegan from Texas. After a lifetime on the standard American diet, Clay dealt with gallbladder, sinus, and gastrointestinal issues. In his early thirties, Clay transitioned to a vegan diet, curing his health ailments and his cognitive dissonance. Listen to his story on the *Plant Yourself Podcast*, <https://plantyourself.com/190>. Now, Clay spends his time working on projects more aligned with his values.



<https://claygarrett.com>

# 17 YEARS (HALF MY LIFE!) OF BEING A VEGAN ATHLETE — AND BUSTING VEGANISM MYTHS

by Karina Inkster

In 2003 I made the ethical decision to go vegan. In the 17 years since then, it's branched out into many more motivations, including improving my own health, doing my part to prevent environmental destruction and climate change, and increasing my athletic performance.

When I first went vegan, many people didn't know what that meant. "So...is all you eat vegetables?!", they'd ask. Things have clearly changed since then (Beyond Burgers, anyone?), but myths about veganism still persist.

Because of these myths, many of us still feel as though we've got something to prove:

- You can build muscle and high levels of strength eating only plants!
- You can get all the protein, vitamins, and minerals you need as a vegan!
- And you can operate at an elite level of athleticism without consuming animal products!

As a fitness and nutrition coach for vegans around the world, I work with an incredible variety of athletes and strength trainees. They motivate me every day to "walk the talk" and be consistent with my training — and to keep up with all their incredible feats of strength!

Many of the best-known vegan athletes come from endurance disciplines. There's a growing contingent of vegan strength athletes, but we need more so we can continue to bust myths such as, "You can't get super-strong on just plants."

I'm currently training for the kettlebell Iron Maiden challenge: a strict tactical pull-up, a pistol squat, and a one-arm overhead press — all with a 24kg (53lb) kettlebell. This ambitious goal takes most strength coaches several years to achieve (my own coach trained for 3 years to be able to do it), but I'm willing to put in the consistent hard work and, in the process, keep showing the world what plant-based strength is all about!





## ABOUT THE AUTHOR

Vegan since 2003, **Karina Inkster, MA, PTS**, is a fitness and nutrition coach, the author of two books, and a magazine writer. She holds a master's degree in Gerontology, specializing in health and aging. Karina hosts the No-Bullsh!t Vegan podcast, busting myths and providing evidence-based advice to kick butt with your health and fitness — on a vegan diet. Her award-winning online coaching programs help vegans worldwide live their healthiest, most plant-strong lives.

karinainkster

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

# GOT GAME? GETTING FIT, RIPPED, AND HEALTHY WITH ANGIE SADEGHİ, MD

by **Cathy Katin-Grazzini**

Having competed in fitness, gastroenterologist Angie Sadeghi, MD, knows all about using the power of plants to get fit and strong. She works with folks from all walks of life, including elite athletes and bodybuilders, teaching them how to win without compromising their health. My interview with her was so packed with information, we've split it in two. Our fitness discussion follows below, and her compelling health story and advice for healing the gut will appear in our next issue.

## **So, how long have you been plant-based and into fitness?**

I had grown up chubby and never looked fit but was always very enthusiastic about athletics. I started lifting weights at 15, swam competitively in high school, and was a figure skater in college. You name it, I've done it! About 6 years ago at a conference, the speaker was discussing the deleterious effects of dairy on health and how to get fit. He said, "If you're trying to lose weight, why are you eating dairy? That's just baby calf growth fluid."

That was the push I needed. I had already stopped eating meat years before but thought I still needed protein from dairy. At that moment I went 100% plant-based. I had always worked out, but I wanted to lose weight, have a bodybuilder's six-pack, and compete in fitness. I figured I might not gain muscle eating this healthy, but at least I should preserve my muscle and lose weight. If I could do that, I'd be happy.

What happened after was miraculous! There were extraordinary improvements to my health, and my gym game went through the roof! I would work out every day without taking time off because my recovery time was enormously fast, thanks to all the phytonutrients and antioxidants I ate. I had an immense amount of energy and felt like I was 20 again, though I was in my 40s. Before, I could do 5 to 6 pushups, but after, it got to a point where I could do 75 decline pushups with my feet up and my hands on the ground, or 100 straight pushups! My trainer began to put weight on my back to make it harder. Eventually, I could do 10 pushups with a 45-lb plate on my back, which is just crazy even to imagine.

## **Is that when you decided to compete in fitness?**

Yes, things were going so well that in two months I signed up for an NPC bikini fitness competition. Back then, I

had enough muscle and I just wanted to cut [fat]. I didn't care about my macros. I was just worried about getting a certain number of calories. I lost about a pound every two weeks, nice and slow. Cutting and cutting, I got down to 14% body fat, which is incredible for a woman, right? Within nine months I was stage-ready and competed. I won a little trophy to prove it!

It was such an exciting time in my life because before, I looked like Dr. Mom. But after only 9 months, everyone thought I was a professional fitness model. At the gym people would ask advice on working out. I told them, "Don't ask me how I work out. The right question is, 'What do you eat?' I would tell them about my plant-based journey. No one believed it. People would



be, like, "Uh huh. Yeah, right, you're probably working out two hours a day." I'd say, "No, I'm working out 25 minutes a day." That was nothing compared to what I used to do before I went plant-based. I started eating healthier and cut the time of my workouts, worked out harder in the given time, and got incredible results.

But it had to be sustainable. I'm a mom. I run a clinic with employees and other practitioners. I needed to make sure that I had enough time and energy to work out every single day of my life. Twenty-five minutes a day is all you need if you eat healthy. And that's how I transformed my body and my health.

#### **How does eating plant-based improve athletic performance?**

Eating plant-based is advantageous. You can beat your competition out of the water if you're healthier. Eating plant-based gives you clean arteries, which means more blood supply to your tissues and more oxygen to your muscles, and that is exactly what you need when you're competing. Eating plant-based can give athletes an edge



over their competitors who are not eating plant-based.

When you eat a whole food plant-based diet, there is no cholesterol in your food, and the amount of saturated fat goes way down in your diet, which means cleaner arteries and better circulation of blood. Your circulation becomes more efficient. Thanks to all the antioxidants, phytonutrients, vitamins, and minerals plants contain, you can train twice as hard, recover more quickly, and prevent injury and sick days. That's what puts people ahead of the competition.

It gives you an athletic edge. You feel years younger with so much energy. Whatever your diet is starting out, try to go more plant-based. Just slowly



and progressively start adding more plants to your diet. You will see the difference. Then maybe you'd want to go further, and you'll stick with it because of how great you feel and how well you perform.

#### **Does a plant-based approach differ for athletes, bodybuilders, and regular folk who just want to be fit?**

Yes, your goals determine your type of fitness and your caloric and macro-nutrient needs. It comes down to how much you train, how you train, and what you eat. Plant-based diets for each group [athletes and bodybuilders] will differ, too. Let me explain:

Athletes have under 13% body fat in males, 18% in females. They don't weigh a lot. They have lean, tight muscles and are very cardiovascularly fit. Cardiovascular workouts require a lot of glycogen breakdown in your muscles, so these athletes need to eat a tremendous amount of healthy carbs.

Here's an example: I was asked to help a professional volleyball player who's 6'7" and needs lots of calories — 4,000, and on some days up to 8,000. He has to eat, eat, and eat because he burns so many calories playing volley-

ball for 8 hours a day. On the days he's playing, he's unable to get all those calories down. He compensates the day after or the day before. Otherwise he'd lose weight. Calories here are what's important for athletes like him, not protein, because athletes are not looking for bulky muscles. When you eat more calories, your fat, protein, and fiber intake all increase proportionally and balance out.

To consume enough calories to fill their glycogen stores and avoid losing weight, however, eating isn't enough! These athletes also have to drink lots of smoothies with high-calorie dates, nuts, and peanut butter, because otherwise they would have to eat large volumes of food, which is difficult. They typically eat a lot of tempeh, tofu, lentils, greens, and fruits because these are nutritious foods. They still eat sandwiches, pasta, and everything else like normal people.

Bodybuilders have about 8% body fat in males, 12% in females. They have a lot of bulky muscles with very little body-fat mass, so every little muscle fiber can show. They are ripped, but not as cardiovascularly fit as athletes, because their muscles are heavy and

bulky, making running hard on their joints. They work out really hard, push a lot of weight, and tear down muscle fiber. So they need a little more protein to build bulky muscles. Then, to look shredded, they cut their calories to lose fat.

Most bodybuilders eat for aesthetics, not particularly for health, and what you see on the outside can be different from what goes on inside the body. I've seen fitness competitors in their 20s with 8% body fat and a six-pack have high cholesterol, cardiac problems, and hormonal imbalances. Some of these fitness com-



petitors have really messed up their gut microbiome, hormonal balance, and GI tracts, and years after they stop competing, they continue to suffer the consequences. Unfortunately, what you see on Instagram and on the stage doesn't always tell the story. If you compete in fitness and want to obsess over a macronutrient, then please obsess over how much fiber you eat, not protein. Most bodybuilders eat too much protein, but more is not necessarily better in this case. The ones who compete following a whole food, plant-based diet do much better healthwise.

Bodybuilders don't need as many calories as athletes. They're lifting for around two hours a day. For that, they need to consume about 3,000 to

and great health, however, you'd want to get down to 15% and 18%, respectively. This is completely doable with a little bit of exercise and eating a whole food plant-based diet without obsessing over protein, carbs, fats, and calories. For example, for me, now that I'm not competing and just want to be healthy, I eat a whole food plant-based diet without counting calories or worrying about protein.

When you eat a whole food plant-based diet, nature balances out the macronutrients very nicely at around 20% protein, 20% fats, and 60% carbs. When we say carbs, we are *not* talking about sugar; we're talking about fiber-rich carbs, which help you burn fat; improve your musculoskeletal system; have a healthy, diverse gut microbi-

a bodybuilder. Otherwise, honestly, it's a waste of time.

Trainers are usually fitness competitors, but they're giving their regular clients their diet. You must understand, a bodybuilder's diet is for aesthetics, not for health. They're eating for that five minutes of glory on stage. I'm not making fun of them — I did it, too, remember! It's what you *have* to do to get ready for competition, but it's not the healthiest choice, and a lot of people make the mistake of overdoing it on protein.

*The body is very, very intelligent. It doesn't care if the extra calories consumed come from carbs, protein, or fat. It understands one code: What isn't burned is stored as fat.*

Why? Because we've evolved to dip into our bodies' fat stores to survive at times of famine. What's the best way to store calories? Muscle? No. While it might not be the most attractive way, it makes sense that your body stores fat, not muscle, because it's lighter to carry around, not as hard on your joints, and more efficient to convert into energy.

The bodybuilding industry makes a big mistake pushing protein. Too much protein puts a huge load on your kidneys. Refined protein in powder form, just like refined sugars and oils, is stripped of its fiber. The excess protein consumed escapes digestion and goes through a process of fermentation in the colon. This in turn causes the production of toxins like ammonia and hydrogen sulfide, which can cause leaky gut as well as inflammation, such as colitis.

Choosing the refined products such as protein powders may be more convenient, but it's not the healthy choice. I don't recommend them to any of my athletes or bodybuilders.

So there you have it: three approaches for getting fit and healthy inside and out. Whatever your fitness goals are, Dr. Sadeghi has you covered!



3,500 calories. That's not hard to do; just eat over your calorie expenditure to bulk up and decrease calories while maintaining a certain amount of protein, about 1.5 grams per kilogram of lean body mass, when you cut. When I was bulking, I ate sweet potatoes, tofu, vegetables, brown rice. When I was shredding, still pumping weight very hard, to reduce calories I'd just cut out the rice, for example, because it has the least amount of protein.

Regular fit people typically have body fat around 20% in males and 25% in females, or more. For general fitness

and balance out your hormones.

**Let's talk about gym culture and its emphasis on eating and supplementing with protein. What are macronutrients, and why focus on macros?**

There are four macronutrients: fats, proteins, carbohydrates, and water, but of course there are thousands of micronutrients (though no one seems to care about them!). My focus is mostly on micronutrients: How many phytonutrients and cancer-fighting antioxidants are you eating? It only makes sense to count macros if you're

# ABOUT ANGIE SADEGHI, MD

Dr. Angie Sadeghi understands that no single approach is right for every individual, so she offers a complete range of services to help individuals with gut problems, obesity, diabetes, heart disease, arthritis, chronic fatigue, and chronic pain, as well as with anti-aging and overall disease prevention. Combining evidence-based medicine, her expertise on the digestive system, and her passion for physical fitness and plant-based nutrition, Dr. Angie has developed a comprehensive approach to helping patients recover from illness and live a healthy life. Additionally, she is part of a new movement called "The Plantrician Project," empowering individuals with the knowledge and benefits of whole food plant-based nutrition.

Dr. Angie Sadeghi is a diplomate of the American Board of Internal Medicine and a diplomate of the American Board of Gastroenterology. She has extensive training from the prestigious University of Southern California (USC), and she demonstrates exceptional commitment to excellence in treating diseases of the digestive tract.

She is featured in three documentaries as a leader in the field of plant-based fitness for health and weight loss. She also published *Trifecta of Rejuvenation and Health*, with health expert Dan Holtz, and was recently published on the cover of *Vegan Health and Fitness Magazine*, where she shared a health-related article on making nutrition and fitness fun!

*"I want to leave a legacy of a doctor who prevented disease in her patients using the mastery of combining integrative medicine [and] western and eastern medicine, rather than simply using pharmaceuticals."*

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## ABOUT THE AUTHOR

Cathy Katin-Grazzini is Food Editor for VEGWORLD Magazine and a contributing writer. A plant-based personal chef, culinary instructor, and coach in the NYC Metro area, Cathy creates beautiful, healthful dishes that help us look and feel our best. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a Rouxbe-trained chef. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University. Cathy lives with her husband Giordano in Ridgefield, CT.

Find Cathy's events, recipes, videos, and blog at [www.cathyskitchenprescription.com](http://www.cathyskitchenprescription.com) and a gallery of her dishes at [www.instagram.com/cathyskitchenprescription](https://www.instagram.com/cathyskitchenprescription).



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# VEGAN HEALTH

## Nutrition Researcher Reveals Seven Tips To Reduce Anxiety

Seven mood-boosting tips from nutrition researcher Neal D. Barnard, MD, can help people during the coronavirus pandemic and beyond. In his new book, *Your Body in Balance*, Dr. Barnard examines the scientific literature and draws on his own original research and interviews with patients.

"Studies suggest that plant-based foods have a mood-stabilizing effect for many people, and some foods, like citrus fruits and broccoli, may offer an immune-boosting bonus," says Dr. Barnard. "In addition to basic protections like handwashing and social distancing, adopting a healthful diet helps keep illness at bay."

Dr. Barnard is a faculty member of the George Washington University School of Medicine, a fellow of the American College of Cardiology, and president of the Physicians Committee for Responsible Medicine—a nonprofit of 12,000 doctors.

The following mood-boosting tips are from Dr. Barnard's book, which was listed among *Publishers Weekly's* adult nonfiction best-sellers just a few weeks after its release. He notes that depression is dangerous and can have many causes and complicating factors, so it's important to get professional help and to use this information as part of a treatment program, not to replace it.

**Boost Your Mood With Fruit and Veggies.** Two large studies point to the mood-boosting effect of fruits and vegetables. In a study of nearly 50,000 individuals in the United Kingdom, those consuming more vegetables and fruits reported substantially better mental well-being and life satisfaction, compared with others who neglected these healthful foods. And the more vegetables and fruits they ate, the better they

did on these measures. Another study in Taiwan examined the diets of 1,609 older adults, finding that those who ate the most vegetables were 62% less likely to develop depressive symptoms.

**Focus on Folate.** In explaining the apparent antidepressant effect of plant-based foods, researchers have credited folate, a B vitamin found in broccoli, spinach, asparagus, and many other vegetables, as well as in beans, peas, lentils, and chickpeas. Folate appears to play a role in the synthesis of serotonin, a neurotransmitter involved in mood.

**Power Up on Plant Protein.** It's easy to get all the protein you need from beans and other plant sources—even if you are an athlete—and avoiding meat is likely to benefit your mood. A large study in Spain found that people eating very little meat were less likely to experience depression. The researchers found that diets built mainly from plant sources were associated with a 26% reduction in the risk of depression—and there seemed to be a particular benefit from beans, nuts, and fruits.

**Fill Up on Fiber.** Plant foods provide fiber, which helps the digestive tract. In turn, that seems to protect against depression. Data from the National Health and Nutrition Examination Survey showed that the more fiber people ate, the less likely they were to be depressed. Beans, vegetables, fruits, and whole grains provide fiber, but there is zero fiber in meat, eggs, and dairy products.

**Enjoy Soy!** Soy products like tofu and soy milk contain isoflavones, which



may help stabilize mood. Studies suggest that consuming two to four soy servings per day may significantly boost mood. Another reason to choose soy milk over dairy milk is that dairy products contain casomorphins, or mild opiates that are released as milk is digested. Swedish researchers discovered that, when highly concentrated, casomorphins can have a dramatic effect on the brain.

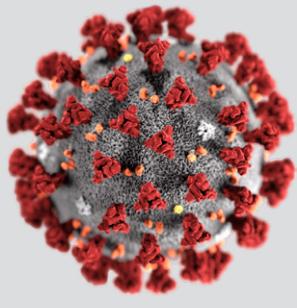
**Calm Inflammation.** Inflammatory foods can affect the body, and they may also affect the brain. And that suggests an explanation for the antidepressant effect of plant-based diets—they allow you to steer clear of inflammatory foods. Researchers have suggested that an excess of arachidonic acid, an inflammatory fat found in chicken, eggs, beef, sausage, and fish, can promote inflammation in the brain and interfere with normal brain function.

**Get Your Heart Beating.** Studies show that, for many people, exercise prevents and counters depression. Researchers at Duke University in North Carolina compared the antidepressant effect of medication, exercise, or both. The study suggested that exercise was as effective as medication.

"No matter what we eat, this is going to be a stressful time; however, we have discovered that when animal products—meat and dairy—are removed from the diet, it improves mood and decreases depression and anxiety," Dr. Barnard says.

# Coronavirus Spotlighting Meat as Transmitter of Infection

by Diana O. Potter, VEGWORLD Senior Editor



**G**etting the word out about the benefits of plant-based eating is more important than ever.

We all know that our veganism makes us healthier on a daily basis — and may well prolong our lives. But now there's evidence that eating plant-based may **save** lives at risk for coronavirus worldwide. This is especially likely in regions like China, where eating meat is a dietary "must," animal agriculture is poorly regulated — and the coronavirus pandemic began.

Evidence is mounting that, in addition to human-to-human contact, exposure to and eating animal flesh can transmit viral infection to humans. This includes coronavirus as well as the viruses that caused earlier infectious disease epidemics, including SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome).

Scientists now agree that all three as well as other infections can be transmitted from animals to humans, sparking the swift spread of human-to-human contact and disease.

Coronavirus typically starts with symptoms similar to the common cold but can lead to pneumonia, other severe respiratory illnesses, and, in vulnerable persons such as the frail elderly, to death.

## WHAT HAPPENED IN CHINA

Animal-to-human viral transmission is happening in areas like China, where coronavirus appears to have originated and where animals raised for food are kept in dirty, crowded conditions and often sold in so-called "wet markets," where, for the sake of "freshness," live animals are slaughtered and skinned at the point of sale.

That's right: Customers *stand and watch* as their chosen victims, which often include exotic and wild animals, are murdered right in front of them.

All this while the buyers breathe in the fleshy, filthy particulates that can result from violent murder with knives.

One such market, in Wuhan, China, is believed to be the original source of the coronavirus infection.

## WHAT'S HAPPENING NOW? ENTER PLANT-BASED EATING

According to the online publication *Tech Buzz China*, "This may be the epidemic that finally makes it completely socially unacceptable" for Chinese people to eat mainly meat, especially meat bought at wet markets. For now, it's clear that many more people in China are searching out and eating non-meat alternatives.

Even plant-based meat products are being produced there! Examples include Omnipork, in Hong Kong, and Zhenmeat, in Beijing. Soy-based "fake meat" has been available in China for some time, thanks to Buddhist vegetarians, and is reportedly increasing in popularity.

## WHAT HAPPENS NEXT?

But you don't have to be a genius to recognize that all this is too little, too late to stop the coronavirus pandemic currently raging around the globe.

Will the growing preference for plant-based eating help beat back the spread of coronavirus, or will we need to suffer its full horror — and passively hope that what's been learned will help prevent the next viral onslaught?

As vegans, now more than ever before, we need to encourage the adoption of plant-based eating in every way we can, everywhere we can. For our personal health, yes. For the animals, yes. For the environment, yes.

For our species' survival? Could be.

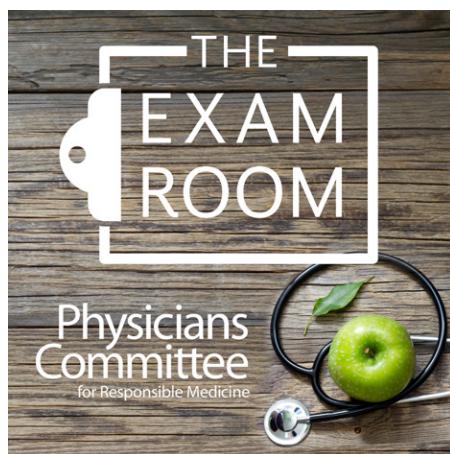
# NEWS

## PCRM Continues to Move Forward

**A**ll of PCRM's programs, including those most important for replacing animals in laboratories, promoting plant-based diets, and conducting clinical research—are moving full-speed ahead. In some cases, their work has taken on new urgency.

The search for a COVID-19 vaccine has highlighted the urgency of moving beyond painfully slow animal tests. And concerns about infection have many people asking about the immune-strengthening power of a healthy diet. The Barnard Medical Center is beginning a new telemedicine program to allow people in Maryland, Virginia, D.C., New York, and Missouri to have medical visits online—which is a huge relief for people who are unable or unwilling to travel.

By taking advantage of their resources and current channels available to communicate during this time, there is now an expert commentary on The "Exam Room" podcast, on social media, and on [PCRM.org](http://PCRM.org). Even in China, their nutrition outreach program continues to reach hundreds of new people every week!





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# ANOTHER VEGAN VERITY

## Plant-Based Foods for a Healthy Thyroid

by Karen Ranzi M.A.

Today an estimated 27 million Americans have thyroid problems. As a vegan, you're in a strong position to make sure that you aren't one of them.

Why? First, because animal products aren't needed and aren't beneficial for proper thyroid functioning. So you're home-free there!

Second, and most important, because there's an abundance of plants containing nutrients that help promote

healthy thyroid function. Here's what you need to know about them.

### IODINE

Foods rich in iodine work best for thyroid problems.

For example, sea vegetables are high in iodine, making them a good option to benefit thyroid health.

Seaweeds like kelp and dulse are a natural way to get iodine into your

diet. However, you need to be aware that these sea vegetables can sometimes interfere with the body's absorption of a B12 supplement. According to Dr. Michael Klaper, you shouldn't eat these foods on the same day that you take a B12 supplement. That way, your body can absorb the B12 supplement properly.

Strawberries and cranberries are also excellent for thyroid health. In fact, cranberries are among the most iodine-dense food sources on the

planet! It's best to purchase them organic, because berries of all kinds have been listed on the Dirty Dozen list of most highly sprayed crops.

## SELENIUM

In addition to iodine, selenium is a vital mineral for maintaining healthy thyroid gland function. Selenium-dense foods include Brazil nuts, sunflower seeds, mushrooms (button, shiitake, cremini), asparagus, spinach, and broccoli.



## OMEGA-3 FATTY ACIDS

These are also crucial for regulating your thyroid. Omega-3-rich foods reduce inflammation throughout the body, helping to prevent cancer cell growth and keeping your blood from clotting excessively, to name a few of omega-3s' benefits. Many nuts and

seeds are high in omega-3s, such as walnuts, chia, pumpkin, and flax seeds.

Fruits and vegetables also contain omega-3s; many are high in these essential fatty acids that are critical to your daily diet. (In fact, cantaloupe and papaya have more omega-3 than omega-6.) Some vegetables containing omega-3s include dark greens such as kale, spinach, broccoli, and seaweed. These natural fruits and vegetables are high in essential fatty acids that are critical to your daily diet.



Eaten in small amounts, nuts and seeds can be very beneficial for the thyroid. Sun-dried tomatoes provide smaller amounts of copper, whereas herbs such as basil, oregano, thyme, and parsley are all high in copper.

Finally, dark leafy greens such as spinach and collards are wonderful sources of iron. Dried fruits, such as prunes and raisins, also provide plenty of iron. Furthermore, your body can better absorb the iron if you eat iron-rich foods along with foods that provide plenty of vitamin C. For example, combining a dressing made with red pepper or oranges with a nutritious leafy green salad can be excellent for iron absorption from the greens.

As you can see, there are many nutritious whole plant foods abundant in iodine, omega 3-fatty acids, selenium, copper, and iron, all necessary for a healthy thyroid. Animal products are not needed and not beneficial for proper thyroid functioning. Add the above natural plant foods to your diet, and your thyroid will thank you!

## COPPER AND IRON

Copper- and iron-rich foods are also important to healthy thyroid function. Eaten in small amounts, nuts and seeds can be very beneficial for your thyroid. Nuts high in copper include hazelnuts, Brazil nuts, walnuts, pistachios, pine nuts, pecans, and almonds.

## HELPFUL LINKS

- <http://fitday.com/fitness-articles/nutrition/vitamins-minerals/10-foods-rich-in-selenium.html>
- <http://voices.yahoo.com/top-5-foods-promote-thyroid-health-7094342.html>
- <https://myfoodata.com/articles/high-copper-foods.php>
- <https://youtu.be/0ZDlnTVfYIg>



## ABOUT THE AUTHOR

**Karen Ranzi, MA**, is an award-winning author, Holistic Health Coach, International Speaker, Director of the Raw Vegan Coaching Certification Course, Retreat Leader for Plant-Based and Raw Food Wellness Events, and Host of The Power of Raw Foods Summit. Karen has been a vegan health educator and health coach for over 20 years.



[FeelFabulouswithFood.com](http://FeelFabulouswithFood.com)   [SuperHealthyChildren.com](http://SuperHealthyChildren.com)

# PROTEIN AS A VEGAN, WHAT YOU NEED TO KNOW

by Jeannie Hudkins

## DOES ANY OF THE FOLLOWING SOUND FAMILIAR?

My sister's granddaughter, Zella, is a pint-sized softball superstar. Her Gold All-Star morning games are prefaced by a request for a show of hands from her coach: "Girls, who had your protein at breakfast today? Who had eggs? Who had sausage? Milk? Bacon, anyone?" With most hands up, she pronounces, "Okay, then, we are ready to score!"

Then there's my tennis friend Helen, who was on a low-carb, high-protein diet. She ate lots of meat, fish, eggs, and cheese, and drank a large protein shake before bed to maximize her protein load. She lost seven pounds the first week, and, satisfied with her weight loss, she ended the diet. Three weeks later, she had regained all seven pounds.

Finally, stopping at Poppo's Taqueria for a lunch of custom-designed grain bowls, my husband and I first selected the type of bean we preferred. The server piled on a large scoop of pinto and black beans and then asked, "And what type of protein would you like?", ignoring the fact that we had already selected a protein-rich food. Noting that we were both plant-based eaters, she said, "I was vegan for a while, but I had to stop because I wasn't getting enough protein."



Photo by prostooleh - www.freepik.com



## GETTING AT THE FACTS

These commonly held notions about protein show how revered this one nutrient is in our society — and also how utterly misunderstood it is, much to the detriment of our health. Prevalent misconceptions regarding protein include:

- That only meat, dairy, and eggs have protein,
- That the more protein a person consumes, the better,
- That animal protein makes strong muscles, and
- That plant protein is inferior to animal protein.

These beliefs have been thoroughly debunked by solid science, yet they continue to thrive with help from the powerful meat and dairy industries via massive amounts of money spent for TV advertisements, lobbying, and a flood of dietary misinformation.

Let's take a look at the truth about protein.

## WHAT IS PROTEIN?

The basics: There are six nutrients that our bodies must have in order to function properly: water, vitamins, minerals, carbohydrates, fat, and protein. The latter three, carbohydrates, fat, and protein, make up the bulk of our diet. Carbohydrates provide energy, fats store energy, and protein's job is to build and repair the body's structures and keep it functioning.

## HOW PROTEINS "WORK"

Proteins provide the structural building blocks for a healthy body.

Proteins are made up of amino acids bound together in a chain, much like beads on a string. Every human body has 20 different amino acids and combines them in unique sequences to form various kinds of proteins for many different purposes. Of the 20 amino acids, your body can make 11, and these are termed "non-essential." The remaining 9 amino acids are termed "essential" because our bodies can't make them; they must be acquired from the food we eat.

But your body can't use the protein you eat right away: It must first digest it — break it down into usable forms that your cells can absorb. Regardless of whether the protein came from an animal or a plant, all protein chains are broken down into individual amino acids.

These separated amino acids are then transported to your blood-stream, where they are combined to make whatever proteins your body needs. The newly constructed protein chains will differ depending according to their purpose:

- Repair bones or skin,
- Break down food particles for digestion,
- Form antibodies to fight a virus or an infection,
- Become hormones that take messages to organs,

- Transport nutrients throughout the body,
- Regulate glucose levels, and
- Build cells for growth.

New proteins are being made all the time, either to replace degrading proteins or to fill a need of the body for growth, repair, or defense.

## WHERE DOES PROTEIN COME FROM?

As you probably know, protein comes from two food sources: plant foods and animal foods.

Animals, like humans, get amino acids from eating plants. Once the food is digested, animals' bodies get busy assembling amino acids into protein chains for their own uses, just as our bodies do. The protein chains that animals make are identical to the protein chains that humans make: Every chain contains all 9 essential amino acids.

All plants also contain the 9 essential amino acids, but in varying amounts. Some plants, such as whole grains, legumes, nuts, and seeds, have high amounts of some amino acids and low amounts of others. This has led some people to conclude that animal foods are better, more complete sources of protein, but that is simply not true.

What is true is that different plants contain different low-to-high amounts of the 9 amino acids. So by eating a variety of plant foods every day, your body collects a pool of all 9 essential amino acids and selects whatever amino acid is needed to complete a protein chain.

Thus, there is no need for any concern about protein shortage when you follow a plant-based diet: A whole-foods, plant-based diet that is sufficient in calories cannot be deficient in protein.

In fact, plants are so protein-rich, they meet the protein needs of the earth's largest animals: elephants, gorillas, rhinoceroses, hippopotamuses, giraffes, horses, and cows. The protein needs of humans are relatively small compared to those of giant plant-eaters!

## THE DANGERS OF EATING ANIMAL PROTEIN

Countless studies have shown that as the amount of protein in the diet increases, so does the incidence of chronic disease. Most well-known is the investigation called The China Study, led by Dr. T. Colin Campbell. Initiated in 1983 and published in 2004, the findings of this study explained the direct connection between our health and the foods we eat. The study also revealed that when intake of animal protein (including fish) is high, it becomes a very destructive protein in our body, significantly increasing the risk for cancer, heart disease, stroke, osteoporosis, Alzheimer's disease, and kidney stones. And more damage is caused by 1) the fats, cholesterol, and acidity in animal protein and 2) the pesticides and other toxic residues ingested by the animals and stored in their tissues.

## THE BENEFITS OF PLANT PROTEIN

As we've seen, a plant-based diet of vegetables, fruits, whole grains, legumes, mushrooms, berries, nuts, and seeds will naturally give us enough protein. Eat these plant foods until you are pleasantly full, and you've gotten the amount of protein your body requires. In addition, you'll be absorbing lots of fiber, vitamins, minerals, antioxidants, phytochemicals, calcium, and healthy fat, which help you achieve your best health and vitality.

As a bonus, you'll no longer be consuming harmful dietary cholesterol,





animal protein, hormones, trans-fats, and laboratory-made chemicals found in animal flesh and processed foods containing it. The final bell-ringing bonus is that your diet will be naturally low in calories and high in fiber, so you can eat a larger quantity of food, feel full, and maintain a healthy weight with ease.

## HOW MUCH PROTEIN DO WE NEED?

No gram-counting required! As noted above, If you're eating a variety of plant foods, you're getting the right amount of protein your body needs. According to Alona Pulde, MD, and Matthew Lederman, MD, people who eat a whole-foods, plant-based diet thrive without searching for rich protein sources. As they state, "[M]ost of us should never worry about how much protein we're getting, any more than we should worry about the perfect number of breaths we take in a day."

That said, if you must know how much protein you need, some simple math can put your mind at ease: Calculate your body weight multiplied by 4 and divided by 10, which is a generous estimate. So, per day, a 100 lb. person needs 40 grams, a 140 lb. person needs 50 grams, a 180 lb. person needs 70 grams, and a 200 lb. person needs 80 grams. You should find that the amount of protein your body needs is basically 10% of your daily caloric intake.

To ease your concerns further, note below just how easy it is to consume enough plant protein without counting.

FOOD	SERVING SIZE	CALORIES	PROTEIN (gm)
Pinto Beans	1 cup	394	22
Peas	1 cup	118	8
Whole wheat bread	2 slices	120	4.8
Broccoli	1 cup	31	5
Potato	1 potato	130	4.3
Oatmeal	1 cup	158	6
Whole wheat pasta	2 oz., dry	198	8

Focus on eating whole, naturally healthy plant foods, and your protein needs will be met without counting grams or obsessing about protein deficiency.

## WHAT ABOUT SPECIAL PROTEIN NEEDS?

Athletes, pregnant women, and children may require more protein and should consult their healthcare providers to learn the amount they need. Then, by simply increasing the volume of food they eat, their protein needs will be met. (Just as with animal foods, when you eat more plant food, you absorb more protein.)

In America, our problem is not getting enough protein; it is that we are getting too much, specifically too much of the wrong kind: Most Americans are consuming twice the protein they need from meat and dairy foods. Our bodies can store carbohydrates and fat, but not protein. Any excess animal protein must be eliminated from the body, which puts a heavy burden on the liver and kidneys. This stress can trigger osteoporosis and kidney stones. When animal protein levels decrease and plant protein intake increases, cholesterol is reduced, and cancer and chronic disease risk is reduced.



Photo by Jannis Brandt on Unsplash

## HOW THE PROTEIN MYTH EVOLVED

The main protein myth, that animal protein is superior to plant protein, was born in the early 1800s when several German scientists declared meat was the superior source of protein that our bodies required. Their conclusions were reached through observation mixed with some illogical inferences. This was a time when modern medicine was in its early stages, and disease was seen as an evil spirit with cures that involved bleeding and induced vomiting. Nevertheless, because these were highly renowned scientists in their time, the "protein-is-best" and "protein-means-meat" misconceptions were accepted and began to spread at the rate of a chemical reaction.

As time went on and scientists continued to study how humans make and utilize protein, the meat and dairy industries began expanding rapidly toward today's corporate powerhouse status. With financial support from government subsidies, meat and dairy foods have remained attractively cheap. Coupled with a hefty advertising budget, unforgettable ads filled TV screens with slogans that stuck, such

as, "Beef. It's What's for Dinner," "Milk: It Does a Body Good," "The Incredible Edible Egg," "Got Milk?", "Pork: The Other White Meat," and "Where's the Beef?". In addition, a cozy relationship with lawmakers translated to soft regulation, allowing the industries to operate under laws that increased their profits and prevented regulation that would impair sales.

This comfortable ride was nearly derailed when a government nutrition report issued in 1977 boldly suggested that, for their health, Americans should eat less meat, dairy, and eggs. Meat and dairy struck back quickly and

fiercely. To appease the powerful food corporations, the report was refashioned to provide a softer message. It was decided to stop pointing the finger at individual food categories and speak instead in terms of nutrients, especially protein, carbohydrates, fats, and vitamins/minerals.

From then on, food labels began boasting of their individual nutrients, and protein claims were stamped on bars, jars — everything except the greens and beans sitting quietly in the produce aisle. It wasn't long before doctors, nutritionists, and families began to think in terms of nutrients, instead of simple foods, as requirements for good health.

The end result? Society's acceptance that meat is needed for protein, and the more protein ingested, the better one's health. Protein bars and powders are sold next to cash registers everywhere, and the higher the gram content the "better." If we get sick, our doctors, who receive little or no nutritional education in medical school, tell us to eat less salt and saturated fats rather than to eat more plants. Our children learn about the federal Dietary Guidelines Advisory Committee's *Dietary Guidelines for Americans* in school and believe from a young age that milk builds strong bones and that meat is a daily requirement. Yet



Photo by Ella Olsson on Unsplash

the "committee" creating this guide contains representatives from McDonald's, Coca-Cola, the American Meat Institute, candy bar companies, the sugar industry, and the egg and dairy boards!

The Protein Myth is perpetuated at all levels in our society, by corporations, doctors and nutritionists, schools, and especially by family tradition. Our society believes so passionately in the health power of meat and milk that it is difficult to break out of that paradigm.

But yet we do. Some of us take baby steps with Meatless Mondays. Some of us stop eating red meat. Some of us become vegan. We who read about the benefits of a plant-based diet know that the most important step to be healthier is to change the way we eat. So, for all who strive for a better diet with all the required nutrients, my message is this:

*Eat as simply as you can. Eat whole, unprocessed, plant-based foods as you much as you can.*

Besides being healthier, you will also be making a difference in a larger way. By no longer consuming meat, you will helping to create a more civilized world, for your diet will no longer abet the torture and slaughter of animals. In addition, you will be making a beneficial impact on our planet's land, air, and water.

You can indeed make a difference: a better you, a kinder society, and a greener planet. There is tremendous serenity and joy in that.



## ABOUT THE AUTHOR

**Jeannie Hudkins** was an elementary educator for over 30 years. Having earned eCornell's Plant-Based Nutrition Certificate, her current focus is nutrition education. She has been a chef at Plant-Based Nutrition Support Group ([pbnsg.org](http://pbnsg.org)) for five years.

Jeannie is the author of *Eat Like You Give a Damn: For the Animals, For Your Health, For Our Planet and Dietology 101: Be Slim, Be Full, Be Well.*

**"TAKE THE BROAD VIEW OF WHAT VEGANISM STANDS FOR – SOMETHING BEYOND FINDING A NEW ALTERNATIVE TO SCRAMBLED EGGS ON TOAST OR A NEW RECIPE FOR CHRISTMAS CAKE. REALIZE THAT YOU'RE ONTO SOMETHING REALLY BIG, SOMETHING THAT HADN'T BEEN TRIED UNTIL SIXTY YEARS AGO, AND SOMETHING WHICH IS MEETING EVERY REASONABLE CRITICISM THAT ANYONE CAN LEVEL AGAINST IT. AND THIS DOESN'T INVOLVE WEEKS OR MONTHS OF STUDYING DIET CHARTS OR READING BOOKS BY SO-CALLED EXPERTS. IT MEANS GRASPING A FEW SIMPLE FACTS AND APPLYING THEM."**

**THE EDIFICE THAT SURVIVED ALL ATTACKS ....IS NOW CRUMBLING BECAUSE OF THE INHERENT WEAKNESS OF ITS OWN STRUCTURE. WE DON'T KNOW THE SPIRITUAL ADVANCEMENT THAT LONG-TERM VEGANISM OVER GENERATIONS WOULD HAVE FOR HUMAN LIFE. IT WOULD CERTAINLY BE A DIFFERENT CIVILIZATION, AND THE FIRST ONE IN THE WHOLE OF HISTORY THAT WOULD TRULY DESERVE THE TITLE OF BEING A CIVILIZATION."**

- Donald Watson, British activist



# FITNESS AFTER THE FALL

by Rose Bruno Bailey

I was watching the film *Brittany Runs a Marathon* on Amazon Prime as I mused about my injured leg and my former athlete self. I needed inspiration to get me through the healing process.

To be exactly clear, I was a dancer who fell in love with fitness and running. I ran a 5k, and another 5k, and another where I ended up missing the turn and ran my first (accidental) 10k. I also accidentally found my runner's high. I had my Spotify playlist, and I hoped to run a half-marathon at the end of 2020.

That was all before I injured my knee — and shredded my New Year's fitness goals. I needed to figure out how to navigate this new normal.

If you find yourself injured, I believe you can still get through it and back to normal, even though it feels now as though you've really lost everything you worked for. It's like going from 10 to zero. Now is the time to practice self-love and invite yourself to heal. It's especially important to be kind to yourself. Here are five of the tips I'm using to help me through the challenges of being injured, as I await my comeback moment.

## TIP 1. NUTRITION IS KEY TO THE HEALING PROCESS.

My vegan plant-based nutrition and watching my portions keep me accountable and help me avoid unnecessary weight gain during this time of healing. You find yourself not being as active as you are accustomed to being. Now is not the time to binge-eat as you watch Netflix. Stick to whole vegan foods, and keep treats and cheats to a minimum. A little piece of vegan dark chocolate goes a long way. Drinking tart cherry juice and eating ginger and turmeric can help ease pain. Treat your body like a temple, with vegan foods worthy of it. Oh, and I actually lost 5 pounds!

**AND AT THE  
END OF THE  
DAY, THERE IS  
NOTHING BUT  
THE JOURNEY.  
BECAUSE  
DESTINATION  
IS PURE  
ILLUSION.**

— RICH ROLL



## TIP 2. GET AS MUCH REST AS POSSIBLE.

If you can, take a few weeks off work after getting checked out by your physician. To be honest, I didn't have the ability to take off from my job, and I most likely aggravated my injury more. As I write this, my job is on lockdown from the coronavirus pandemic: The silver lining is that my knee is starting to heal! It needed rest. This isn't how I wished to get the opportunity to heal, but it's obvious after a week off that I'm already much better, and I no longer limp as I walk. The takeaway? Rest your injury.

## TIP 3. MAINTAIN YOUR UPPER-BODY STRENGTH.

There are so many upper-body exercises you can do if you've injured your ankle or knee. Use a chair to sit and exercise your upper body. If you can't use your arms, do legs and cardio that won't worsen your injury. Can you use a bike or an elliptical? Look for creative ways to stay active. Swimming is a wonderful option, as is pool running, if you can't do anything high-impact. Yoga and stretching are healing; I found knee stretches on YouTube that really helped relieve my pain and improve my mobility. Important: Always consult your physician and, as my doctor said, let pain be your guide. There's joy and learning even in the journey of healing.

## TIP 4. INSPIRE YOURSELF EVERY WAY YOU CAN.

I watched the movie *Brittany Runs a Marathon* because I felt low and needed something to inspire me to move forward when my body was ready. I suggest you immerse yourself in movies that will inspire you, music that will inspire you, stories that will inspire you. I read a story about an elderly lady named Jessica Slaughter who went vegan and walks 3,000 steps a day in her tiny apartment! If she can do it, so can we, as we heal. Fill your tank up with inspiration, so you won't be on Empty when your body says, "Ready, set, go!"

## TIP 5. VISUALIZE!

We are visual creatures. Visualize yourself crossing the finish line, wearing a brand-new workout outfit, or picturing whatever you wish to take place when you are healed. There's a scene in the movie when Brittany is visualizing the day of the marathon. She sees what she's wearing. She's manifesting her future goals. This will help you mentally as your body heals. See it in your mind, believe it, and you will achieve it when you are fully healed.

Baby steps become giant leaps. Your fitness may have taken a fall, but you are still an athlete.



### ABOUT THE AUTHOR

**Rose Bruno Bailey** is a poet/writer, vegan weight loss/philanthropic blogger, and author of *Camellia in Snow*. Her work is published online and in print magazines. She was born in Chicago and raised in Cleveland, OH. Her background is in theater with an emphasis on dance. Her life journey has taken her from New York to West Hollywood, CA, and she now resides in Texas. Her partners in this journey are her husband James and two beloved Siamese cats, Spanky and Max.



# STRENGTH GOES BEYOND THE BODY

by Wendie Pett

**H**enry Ford once said, "Whether you think you can, or think you can't — you're right." With that quote in mind, how often do you think you can, or you can't?

Your thoughts can either push your body to new physical strengths and abilities or keep it complacent, status quo... less than your body, and you, could be.

Tension brings about strength. There are about 320 identical bilateral muscles in the body. They work together, especially when pushed to their maximum. Tension of mind and body must also occur together for you to perform on a greater level. Otherwise, when your body stalls in performance due to overuse, strain, and pain, your mind can take your body places it never intended to go.

Now, before you scratch your head and ask, "What??", let me unpack this a bit.

Almost any athlete knows this tension of mind and body firsthand. Whether it's busting through the plateau of "best" or recovering from an injury or just going on despite the pain of wear and tear, the mind must push the body. Eventually the body catches up to the mind, but it takes multiple doses of this mind-pushing to achieve a consistent response.

Think of the marathon runner, for example, who at mile 18 gets a leg cramp and must push through for eight more miles. Or the tennis player who feels every hit of his racket as it reverberates to the pain in his elbow. Or even the ballerina pirouetting on the toes of her shoes — the same shoes that hide her gnarled, calloused, and bloody feet from the mind/body tension that she practices. It's a daily tension found in persevering.

However, this tension of mind and body can work on the flip side as well. Have you ever lacked the desire to work out? I know I have, and that's coming from someone who teaches health and physically trains people for a living. "I don't feel like working out!" are words I often hear. In this instance (and in my own life), I've noticed that the tension of body and mind shakes loose *once movement occurs*. It's a simple physiological response. Positive endorphins are released in your brain once strong movement starts progressing toward a physical goal. So-called "happy hormones" such as serotonin and dopamine are released in your body; as they move happily through your system, your mind soon catches up with the tension of your body's actions.

Let me give you an example. Her name is Sheila. Sheila was in a severely depressed state of mind, so much so that she'd been living in her pajamas for a couple of weeks, couldn't get herself to work, and couldn't muster

Another illustration of the power of strength going beyond the body is the specific style of exercises I've taught for over two decades. Isometrics and dynamic tension are two very close styles of training. Dynamic tension takes the flexed bilateral muscle groups

weight back down by your side. If you do this often enough, you'll begin to understand the mind and body connection in a more intimate way. Not to mention that you'll be reaping the benefits of building strength through tension without putting wear and tear on your joints, tendons, or ligaments.

## *Our whole world shifted, not only regarding what we were eating, but with how we were going to be spending our time.*

up the energy or desire to be the wife and mother that she needed to be.

Sheila was stuck. Her mind/body tension actually needed tightening. She needed a shift, but didn't "feel" like doing anything.

It was a bitterly cold January day in Minnesota when I got Sheila's call. Grateful to be on her lifeline list, I instructed her to put on her coat, boots, hat, scarf, and gloves over her pajamas, take a walk around the block, and then phone me afterwards. Based on the sigh I heard at the other end of the line, I don't think this was what Sheila expected or wanted to hear from. But she obliged anyway.

When she phoned me 30 minutes later, Sheila sounded like a new person. It was as if the depression had lifted and the mind and body tension joined together to work "bilaterally," if you will. Sheila was giggling and thanked me over and over. The truth is, sometimes we need to be pushed into that tension, because it's not a comfortable place to be until we get there and go beyond. I mean, even baby eagles need to be pushed out of their nest in order to learn to fly. (But I digress. You can Google that one.)

- Of course, I'm not saying that simply taking a walk can medically relieve severe depression. Only your health provider can treat such conditions.

through an arc of movement; in contrast, with isometrics, these muscles are in a static contraction or "fixed" flex. Both types of flex are accomplished by the mind first, through a visualization process that brings about the physical tension to build strength.

Entertain me for a moment as I walk you through an exercise. Imagine you have a heavy weight in your hand. With your arm down and by your side, think about the bicep (the front of your arm) as you flex and tense with all your might. Then, slowly bring the imaginary weight up for a bicep curl. Now, with the same level of dynamic tension, slowly bring that imaginary

Where do you need to experience tension today? Is it in your level of strength? Or maybe it's in flexibility. Or maybe it's in re-establishing your mindset. Whatever it is...get uncomfortable. Embrace the tension to exceed, go beyond the natural, the norm, the status quo.

You were born with greatness in mind. Think about it!

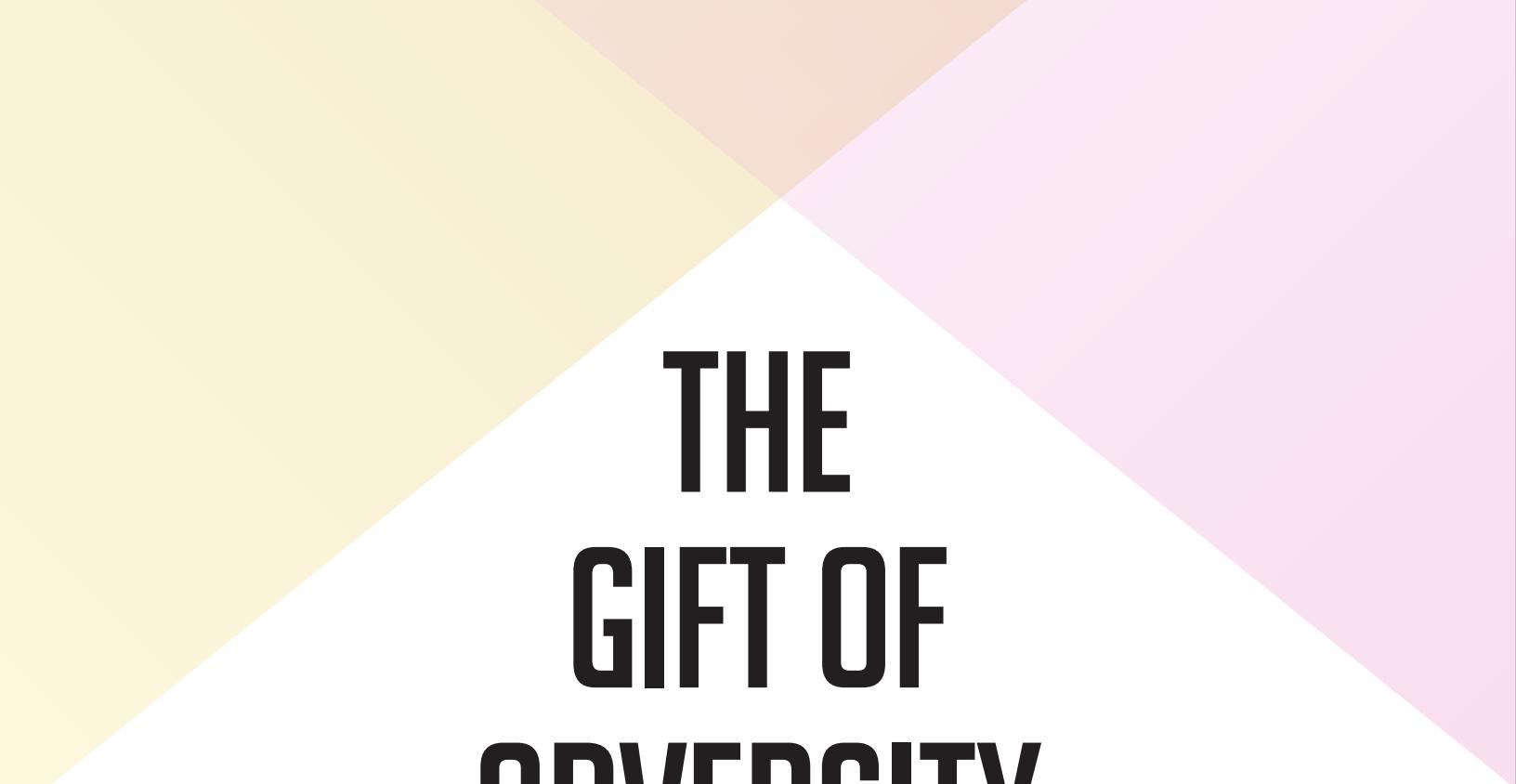
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### ABOUT THE AUTHOR

**Wendie Pett** is a full-time business owner of Visibly Fit as well as a naturopathic doctor, wife, mother, fitness expert, author, speaker, TV host, and part-time volunteer. Her business consists of whole-food plant-based wellness coaching, emotional healing, personal online training, educational and motivational speaking, and creating new products/tools to assist clients along their wellness journey.

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





# THE GIFT OF ADVERSITY

## *Growing Our Own Food!*

by Natalie Norman

As I sit here writing this article for the VEGWORLD summer issue, COVID-19 is in full swing, spreading worldwide and causing lockdowns and shortages in many industries. I'm pretty sure that by now many of us are tired of Netflix and YouTube, and we are wondering what our new normal will look like going forward. I am especially grateful to our hardworking VEGWORLD Editor-In-Chief, Courtney Garza, for her patience as I finish this piece in the presence of my restless kids, whose school has been canceled indefinitely.

Through this widespread adversity I am reminded how positive innovation often occurs as a result of pressure applied to us, and this virus certainly meets that criterion.

In short, I think COVID-19 might change how we source our nutritional needs, and for the better.

One of the industries negatively impacted by the pandemic involves food supply chains. You may have experienced trying to order foods you took for granted before, only to find quantities were vastly limited or totally unavailable. It spans across countries and affects large- and small-scale supply. Whether it's Italy, worried about losing its suppliers of wheat from Russia, or the average American family's not being able to buy lettuce, carrots, kale, or strawberries, it strikes me how, now more than ever, we can benefit from growing as much of our own food as possible. We might not be

able to source our food 100% from our own homes, but we can do a lot more, with ease, and that's a great thing.

Growing our own food not only helps shorten the length of the supply chain, which helps reduce pollutant emissions, but it also delivers arguably superior plant-based nutrition. Plants transported long distances are often picked when unripe and can also lose some nutritional potency the longer they remain in transport or in storage. Being able to visit our own yards or kitchens for fresh food makes the journey from "farm to table" a distance of mere feet, with your feet!

What now presents itself as a crisis may wind up being the catalyst for change

that empowers communities and individuals in ways never before imagined by most. Sure, there have always been a few of us out here living a bit like a modern-day *Little House on the Prairie*, but really, don't we all rely rather heavily on modern conveniences? There is great opportunity to evolve and take better charge of our nutrition – if we avail ourselves of it.

This article was originally intended to be about how fresh plants can help with recovery for runners and active people in general. (I'll still include a simple and tasty smoothie idea that's loaded with energizing complex carbohydrates, vitamins, and minerals!) But each time I wrote a draft of this piece, it seemed to be missing the elephant in the room: the availability of basic produce going *into* those smoothies. How could I honestly preach about eating your kale when right now many of us can't get our hands on any?

So I reworked this piece to simply talk about the easy and bountiful foods I have grown for years at home, both outdoors and indoors. We might not be able to grow our own bananas and pineapples, but there is a lot we can grow, giving ourselves healthy, plant-powered nutritional sources at our fingertips.

Mind you, I'm no green thumb. Let's be extra-clear on that! I am a bona fide princess-y girly girl who wears high heels, has a perfect manicure, and probably wears more perfume than you're comfortable with (true confession). I am not a master gardener, and I am not going to make this a step-by-step gardening tutorial. I can't tell you much about the pH of your soil, but I can tell you it is easy to grow big, healthy, bountiful plants at home. In fact, it's mostly a no-brainer. You just have to decide to do it, and start somewhere.

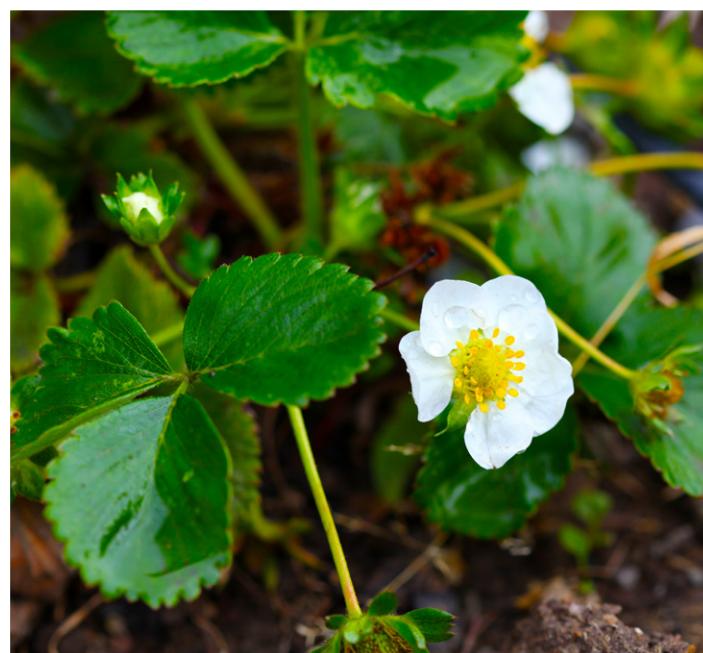
Against my non-gardener background, I am just here to plant the idea (see how I did that!) in your mind that *everyone can grow something*. If I can grow nutritionally potent and delicious plants, I promise you can, too. There are innumerable educational sources online to get you started. Just buy some seed, some soil, and some pots, hop on YouTube and Google, and start the transformation in your lifestyle! You will be growing and producing food in no time.

Even if we ignore the global ripple effect COVID-19 is having on food supply chains, there are still numerous powerful reasons why we should be growing food at home as often as possible. More specifically, growing our own food is cost-effective, even downright *dirt cheap* (there I go again!). Starting plants from seed requires minimal initial investment and produces a high return on nutritional density and flavor.

The flavor of home-grown food is unbeatable, too. Have you ever tasted home-grown herbs, lettuce,



## "BEING ABLE TO VISIT OUR OWN YARDS OR KITCHENS FOR FRESH FOOD MAKES THE JOURNEY FROM "FARM TO TABLE" A DISTANCE OF MERE FEET, WITH YOUR FEET!"



tomatoes, berries, melons, or any other edible plant you can think of? How do you remember that food tasted when you picked it ripe from your own yard or indoor pot? Amazing, right?

Many plants, like the fresh wheatgrass pictured in this article, grow in very small spaces inside your home with almost zero effort and in a broad spectrum of environments in terms of temperatures or the amount of light available. So even if you have a very small apartment kitchen and little direct sun, you can still grow very potent foods.

Again, I am not a gardening guru. Please use this article as a source of inspiration to get you to *explore more*. Head to your local gardening store, talk to the employees, and have them help you pick out supplies to begin. Many supplies can be ordered online these days, too. We can do a lot to transform our households, be they standard homes in suburbia or small apartments in the city. We can turn our homes into robust centers of food production using fewer resources and yielding tremendous nutrition. Got room for a few pots, or a relatively small tray? You've got space to grow plants! If you have a yard, replace grass with edible plants! Dig that grass right on up!



Pictured in this article are some of the food sources I have growing on my property:

**1. KALE.** This stuff never dies! Plant it for decoration instead of flower beds or bushes. Plant all varieties you can get your hands on! For the most part, it just keeps going even through winter. Kale can even survive the snow! In this photo, you are seeing beautiful, robust kale that is still growing from last summer's planting. The only maintenance it gets is occasional watering. Oh, and in summer, just make sure you hose off any aphid clusters, or those little suckers will cover the leaves in time. Kale is a very inexpensive, hearty plant you can pick as needed to supply incredibly nutritious leafy greens for your smoothies and salads.

**2. LEMONS.** I realize citrus won't be able to grow everywhere. If you can't grow lemons in your yard, investigate indoor lemon bushes and see if it's possible to grow a little one inside. I live in Northern California, and this bush produces hundreds of giant juicy lemons each year. They are so delicate that you can drink the lemon juice plain and even juice the peel.

**3. STRAWBERRIES.** I first began planting strawberries when I was totally new to gardening. Now I know why The Beatles sang the line, "Strawberry fields forever," because these things grow like weeds. They will overtake your garden and yard! And they,



too, stay alive through winter. You can plant them in pots, as well. There is no greater pleasure than walking out into your garden with bare feet, picking fresh and totally ripe, sweet strawberries, and eating them right there with your feet in the dirt. I have had to remove some strawberry plants to make room for other crops because they keep growing, and growing, and growing! Again, very cheap, and very, very easy. You can do this!

**4. APPLES.** I bought some small fruit trees at a local hardware store years ago. Pictured are beautiful pink apple blossoms. This particular tree produces more apples than you can shake a stick at! (I also have a plum tree in my front yard that is so bountiful, I have to give them away.)

**5. WHEATGRASS!** What a champion of a plant! As you can see, I grow this indoors using a very small physical footprint, tucked away on the kitchen countertop. I sprout the seeds by soaking them in water, and in a matter of days I have a big beautiful tray of wheatgrass that will often yield two full growth cycles and gifts me with a lot of potent wheatgrass juice. You can also grow herbs or microgreens on your countertops. Wheatgrass is just one example of what I have growing right now.

## (MOSTLY) HOMEGROWN SMOOTHIES!

Lastly, as promised, the smoothie suggestion as pictured involves lots of kale, stems removed, and lots of fruit, both fresh and frozen. As you can see, I began with placing the kale at



the bottom of the blender first, filling it about halfway. (That's about one bunch of kale that would typically be sold in stores.) Then I loaded it with 2 peeled oranges, 2 cups of frozen strawberries, and about a cup of pineapple.

Exact measurements in green smoothies are not needed. You can adjust quantities however you like; I want you to be confident in your abilities! This is just a visual to get you started. And of course, if you are using your own home-grown foods, you might not have oranges or pineapple, but

you could easily add more strawberries and any other fruits you can grow yourself.

Here's to all of us continuing to innovate and empower ourselves, becoming stronger in the face of our shared global challenges. Start small and simple, have fun with the process, and just keep going! You'll be amazed by what you are capable of, and how you can creatively transform your living space into a food-producing garden.

Just make that decision, and start!

Happy growing!



## ABOUT THE AUTHOR

**Natalie Norman** is proud and honored to be an ongoing contributor to VEGWORLD and pleased to have joined with its editorial team to be able to share the raw vegan lifestyle with all of you. Please reach out to her and be sure to visit her website at <https://www.natalienorman.com> for recipes and additional support. You can also find her on Instagram @rawnatalie and on Twitter @natalienorman. She looks forward to connecting with you!

# Dear CHEF AJ



If I want to lose weight, is bread entirely off-limits, or is it just a question of how much? Are certain whole-grain or sprouted brands preferable? What if it's homemade 100% whole wheat sourdough bread?

As my mentor Dr. Alan Goldhamer often says, "Just because something is less bad doesn't mean it's good." And regardless of the type of bread, it is still very calorically dense at about 1400-1500 calories per pound and therefore not favorable for weight loss. You would be

much better off eating the whole grains that the bread was made from, which contain only 500 calories per pound. Whole grains are cooked in water, which not only lowers the overall caloric density but also makes them infinitely more filling. To give you an example: When you eat rolled oats without cooking them, they are 1800 calories per pound. When you cook them in water, they drop to only 365 calories per pound.

There are probably some people who could eat bread and not be overweight; if you are overweight, that probably isn't you. For most people to lose weight, they need to keep their average caloric density to fewer than 600 calories per pound, including fruits, vegetables, whole grains, and legumes. Bread and flour products are simply too high in caloric density for the majority of people to consume and still lose weight or maintain their weight.

In addition, most bread is very high in sodium, which is hidden so you can't even taste it. There's also increasing evidence of a strong link between gluten and Hashimoto's thyroiditis. Many food-addiction experts say all gluten, even in its whole form, should be avoided by people who suffer from food addictions. If someone insisted on eating bread, I would recommend a salt-free, gluten-free, sprouted grain bread. When I feel the need for something bread-like, I make either potato waffles or sweet potato toast.

I know we need to try to stay away from a lot of prepackaged foods, but in this day and age, some of us are moving really fast. For

## **quick meals-on-the-go for days when there is no time to stop and eat, what do you recommend for a fast grab at home and out the door?**

You probably aren't going to like the answer to your question, but I would recommend you look at your life and make changes so that you don't have to be eating food on the go. One of the things I tell many of my clients is that they don't really have a weight problem but they have a time management problem; once they find ways to create more time for themselves, they can actually create permanent habits for their self-care, like eating healthfully and exercising. Start by looking at areas of your life where you are overcommitted and doing things that you really don't want to do or have to do. For example, how much time are you spending on Facebook or playing video games? That said, if you absolutely must eat on the run (which, by the way, is not optimal for your digestion), I would choose something light and easy to digest, such as a smoothie composed mostly of greens with perhaps a small amount of fruit. I also tell all of my clients to never leave home without a cooked potato or sweet potato for a quick snack.

You are so right about processed food's not being healthy! It may be readily available, easily affordable,

and socially acceptable, but it is not food. While considering fresh fruit as the ultimate fast food, I would still recommend you really look at your life and make some changes so that you have time to actually prepare, and enjoy eating, real food.

## **Chef AJ, I wonder if you have an opinion about Butler's Soy Curls? Are they a safe option as a substitute for meat? They say it's minimally processed and made from whole non-GMO soybeans.**

As the author of *Unprocessed*, I am not a fan of processed food in general. I believe that we are meant to eat our food WHOLE from a plant rather than processed in a manufacturing plant. My litmus test for whether or not I personally eat food is whether or not I can make it easily at home. For example, I will use canned salt-free beans that have one ingredient on the label: beans. I know that I can easily and inexpensively cook beans from scratch in my electric pressure cooker, but having canned beans in the pantry is our great time-saver. On the other hand, foods like agave, maple syrup, coconut oil, and olive oil, to name just a few, I cannot make in my own kitchen.

When food is processed, it becomes

calorie-rich and nutrient-poor because the most important components of the whole food are removed: the water, fiber, vitamins, minerals, antioxidants, and micronutrients. For example, beets have about 195 calories per pound, but when you process them into sugar they become 1800 calories per pound -- more than nine times calorically dense. Everything that was good about the beet is thrown away in its processing. The same thing happens when you process olives into oil. It takes over 40 olives to make a mere tablespoon of olive oil. Most people I know don't eat 40 olives in a sitting, but they consume way more than a tablespoon of olive oil.

All that said, if occasionally enjoying a product like soy curls, preferably with lots and lots of nonstarchy vegetables, is going to keep someone from eating something less healthy, like animal products, this may be a useful addition to their diet. As soy is one of the most heavily genetically modified crops, be sure to eat only soy that is organic. An even healthier way to enjoy soy would be eating edamame — soy in its whole food form.

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## **ABOUT THE CHEF**

**Chef AJ** has been devoted to a plant-exclusive diet for over 41 years. She is the Host of the television show *Healthy Living with Chef AJ* and the YouTube show *Weight Loss Wednesday*. She is the creator of the Ultimate Weight Loss Program and conference and the author of the popular book *Unprocessed* and the bestselling book *The Secrets to Ultimate Weight Loss*. In 2018, she was inducted into the Vegetarian Hall of Fame; she is proud to say that her IQ is higher than her cholesterol.

Watch the free summit: <https://therealtruthaboutweightloss.com>  [www.EatUnprocessed.com](http://www.EatUnprocessed.com)



# BODACIOUS BEET SALAD

by Chef AJ

My dear friend Shayda, who lost 100 pounds on my Ultimate Weight Loss Program, gave me this incredible recipe, which I tweaked to my liking.

## TO MAKE THE SALAD

### INGREDIENTS

- 8 oz. steamed or roasted beets
- 8 oz. mango
- 1/4 cup finely chopped red onion
- 1/4 cup fresh mint (about 1/4 oz., or more to taste)

#### Notes:

You can buy beets already steamed at Trader Joe's or Costco and diced organic mango at Costco if you don't want to cut your own.

If you don't care for mint, substitute another fresh herb such as cilantro or Italian parsley.

### DIRECTIONS

- Dice beets and mango so they are the same size and place in a bowl.
- Finely chop the mint and red onion and add. Refrigerate while you make the dressing.

# To MAKE House DRESSING 2.0

This is my favorite salad dressing and so easy to make from three simple ingredients. (Because I previously had a delicious house dressing, I named this one 2.0.)

## INGREDIENTS

- 2 Tablespoons lime juice (add zest if using fresh)
- 2 Tablespoons low-acid (4%) Balsamic vinegar (Example: Napa Valley Naturals Grand Reserve)
- 1 Tablespoon salt-free mustard (I use Westbrae) or your favorite low-sodium Dijon mustard

**Note:** Mustards and vinegars vary widely in taste, so make sure to use brands you love on their own.

## DIRECTIONS

- Whisk together all ingredients.
- When making a large quantity, use a blender.

### To Serve

- Whisk the dressing together and pour over the salad.
- Serve chilled. This looks beautiful over a bed of arugula!



# RICE CAKE AND WHITE BEAN SOUP

by Joanne Lee



**E**ven during spring, every once in a while, I'm in the mood for soup. It's so easy to prepare and, when you add lots of greens and beans, it can be one of the healthiest ways of getting your daily dose of fiber and antioxidants. One of the ways I like to "jazz" things up is to add rice cakes — a traditional Korean ingredient that always reminds me of my father, who makes pretty darn good rice cake soup! Rice cakes are also great since they look and feel like pasta, but are naturally gluten-free. WIN! This hearty rice cake and white bean soup really hits the mark: super-duper simple to make, full of healthy ingredients like kale, beans, and miso, and so tasty, you'll want to double the recipe next time!

**Prep Time** 20 minutes

**Cook Time** 20 minutes

**Makes** 4 servings

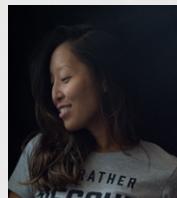
## INGREDIENTS

- 1 Tablespoon extra-virgin olive oil
- 1 shallot (julienned)
- 1 carrot (rough-chopped)
- 1 celery stalk (rough-chopped)
- 1 yellow potato (cubed)
- $\frac{1}{4}$  cup leeks (chopped)
- 3-4 cloves garlic (minced)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 Tablespoons miso paste
- 1 teaspoon rice wine vinegar
- 8 cups vegetable broth
- $1\frac{3}{4}$  cup white beans
- 1 cup rice cakes (fresh or frozen)\*
- 6 leaves lacinato kale (cut into ribbons)
- $\frac{1}{2}$  jalapeño pepper (thinly sliced)
- Optional:  $\frac{1}{2}$  teaspoon chili oil

\*You can find rice cakes cut into discs (as pictured) in either the prepared food section or the frozen foods section of an Asian grocery store. You can also find them online.

## DIRECTIONS

1. In a large pot (preferably a Dutch oven), add extra-virgin olive oil over medium heat.
2. When pot is hot, add shallot, carrot, celery, leeks, potatoes, and garlic.
3. Cook for 2 minutes, and then add salt and pepper.
4. Cook for an additional minute and then add miso paste (I used two different kinds, but you can use whatever you have).
5. Stir vegetables so they are evenly coated with miso paste. Remove from pot and set aside.
6. Deglaze the bottom of the pot with rice wine vinegar and scrape up any brown bits with a wooden spoon.
7. Add back vegetables, add vegetable broth, and bring to a boil.
8. Reduce heat to medium-low and cook until potatoes are tender, about 15 minutes.
9. Add rice cakes, beans, and kale and continue to cook until rice cakes are soft, about 2-3 minutes.
10. Garnish with jalapeño and a drizzle of chili oil (if desired) before serving.



## ABOUT THE CHEF

**Joanne Lee** is the founder and creator of The Korean Vegan, a social media platform on which to share veganized versions of traditional Korean recipes. Since its inception in 2016, The Korean Vegan has been featured in numerous publications, the hit Food Network television show *Cooks vs. Cons*, and other popular food and recipe blogs. Joanne is currently writing her first cookbook, which is tentatively scheduled for release at the end of 2020.



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thekoreanvegan

# 7-Layer Loaded Potato Nachos

## WITH CILANTRO AND LIME SOUR CREAM

by Alena Schowalter



**H**ere's proof that following a whole food plant-based vegan diet is a lot less boring than some may think! With a little bit of creativity, you can make delicious comfort food with a few easy tweaks. These easy and tasty low-fat nachos are the perfect example of a filling, scrumptious meal that you can load on your plate and not put on any unwanted pounds. We love serving this colorful dish to our guests during picnics or garden parties or while gathering to watch a great movie at home.

**Prep Time** 10 minutes   **Cook Time** 30 minutes   **Makes** 2 servings

## INGREDIENTS

### To Make the Nachos

- 1 large sweet potato, sliced into rounds
- 1 large white potato, sliced into rounds
- 1 teaspoon smoked paprika
- ½ teaspoon ground turmeric
- ½ teaspoon ground cumin
- 1 cup cooked black beans, canned or cooked from scratch
- 1 red bell pepper, diced
- 1 large tomato, diced
- ½ avocado, diced
- ½ cup frozen corn, thawed
- 2 spring onions, diced
- Salt and pepper to taste

### To Make the Cilantro and Lime Sour Cream

- 1 small zucchini, peeled and diced
- ¼ cup unsweetened almond milk
- 2 Tablespoons nutritional yeast
- 2 Tablespoons fresh lime juice
- 1 Tablespoon pickled jalapenos
- ¼ cup fresh cilantro, roughly chopped

## DIRECTIONS

1. Preheat your oven to 400°F.
2. Line a large baking sheet with a piece of parchment paper.
3. Toss both types potato rounds with paprika, turmeric, and cumin until well coated.
4. Season with a pinch of salt and pepper and arrange on the prepared baking sheet, making sure the potatoes are not too crowded.
5. Roast until cooked through and crispy around the edges, around 20-25 minutes.

While the potatoes are roasting, prepare the cilantro and lime sour cream:

1. Steam or boil zucchini until soft, around 5-10 minutes.
2. Drain well and transfer to a blender along with almond milk, nutritional yeast, lime juice, jalapenos, and cilantro.
3. Blend until completely smooth and creamy.
4. Season with a fat pinch of salt and pepper.
5. Store in the fridge to chill.

## TO SERVE

1. Once potatoes are done, spread them out on a large plate.
2. Start layering potato nachos with black beans, red pepper, tomato, avocado, corn, and spring onions.
3. Drizzle the cilantro and lime sour cream on top — and devour!

Enjoy!



## ABOUT THE CHEF

**Alena Schowalter** has been a vegetarian since childhood and vegan since 2012. Together with her husband, she founded *nutriciously* in 2015 (later turning their passionate hobby into a full-time gig!) and has been guiding thousands of people through different transition stages towards a healthy plant-based diet. She's received training in the fields of nutrition, music therapy, and social work — currently, she's studying for her Vegan Nutritionist Diploma. Alena enjoys ethical discussions around veganism, walks through nature, and creating new recipes. You can find actionable vegan nutrition and transition guides, whole food plant-based recipes, meal plans, eBooks, and a free online course on the *nutriciously* website, or follow Alena on Facebook, Instagram, and Pinterest.

# SPICY THAI VEGETABLE CHOWDER

by Julieanna Hever and Ray Cronise

A chowder is defined as a thick soup or stew, commonly made with seafood, vegetables, potatoes, onions, and seasonings. Here, oyster mushrooms and sweet corn take center stage, infused with classic Thai flavors of lemongrass, ginger, and lime in a creamy, spicy chowder brimming with texture and complexity.

**Prep Time** 15 minutes   **Cook Time** 30 minutes   **Makes** 6 cups

## INGREDIENTS

- ½ teaspoon coriander seeds
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 1 Tablespoon minced fresh ginger
- 2 Tablespoons finely chopped lemongrass
- 1-4 Thai chiles, deseeded and minced, to taste
- 1 cup diced carrots
- 1 cup diced red bell pepper
- ½ cup Simple Stock (**recipe included**) or low-sodium vegetable broth
- ½ teaspoon crushed red pepper flakes (optional)
- 4 cups frozen corn kernels, thawed and divided into 2 portions
- 2 cups plain coconut water
- 1 cup unsweetened nondairy milk
- 2 cups sliced oyster mushrooms
- 1 teaspoon low-sodium tamari
- ¼ cup minced fresh cilantro leaves
- ¼ cup freshly squeezed lime juice





## DIRECTIONS

1. In a large pot, lightly toast coriander seeds over medium heat for 30 to 60 seconds.
2. Add onions, garlic, ginger, lemongrass, and chiles.
3. Sauté over medium heat, stirring often, for 3 to 5 minutes. (Add small amount of water or broth if pan gets too dry.)
4. Add carrots, bell pepper, and vegetable broth.
5. Cook, stirring often, 3 to 5 minutes longer.
6. Add red pepper flakes (if using), 2 cups of the corn kernels, coconut water, and nondairy milk.
7. Bring to a boil over high heat.
8. Cover, reduce heat to low, and simmer 10 minutes.
9. While the chowder simmers, sauté the oyster mushrooms with tamari in a separate medium pan until the mushrooms release their liquid: 3 to 5 minutes.
10. Using an immersion blender, carefully blend the chowder until smooth and creamy.
11. Stir in remaining 2 cups corn kernels and the sautéed oyster mushrooms.
12. Simmer over medium-low heat for 5 minutes longer.
13. Stir in the cilantro and lime juice.
14. Remove from heat and serve hot.

Excerpted from *The Healthspan Solution*, reprinted by permission of Alpha Books, a division of Penguin Random House LLC. Copyright © 2019 by Julieanna Hever and Ray Cronise.



## ABOUT THE AUTHORS

**Julieanna Hever, MS, RD, CPT**, The Plant-Based Dietitian, has a BA in Theatre and an MS in Nutrition, bridging her biggest passions for food, presenting, and helping people. She has authored five books, including *The Healthspan Solution*, *Plant-Based Nutrition (Idiot's Guides)*, and *The Vegiterranean Diet*, and two peer-reviewed journal articles on plant-based nutrition for healthcare professionals. She was the host of *What Would Julieanna Do?*, gave a TEDx talk, and instructed for the eCornell Plant-Based Nutrition Certification Program. She's appeared on *The Dr. Oz Show*, *Harry*, and *The Steve Harvey Show*. Julieanna is the co-founder and nutrition director for Efferos, and she speaks and consults with clients around the globe. Find her at <https://plantbaseddietitian.com/>, on Facebook @PlantBasedDietitian, on Twitter @PlantDietitian, and on Instagram @JulieannaHever.

**Ray Cronise, BSc**, is a scientist-innovator focused on diet and nutrition and co-founder of Efferos, a lifestyle transformation company. He co-authored *The Healthspan Solution* and *Plant-Based Nutrition, Second Edition (Idiot's Guides)* with Julieanna Hever and is the mastermind behind Las Vegas magician Penn Jillette's plant-based diet and 100-pound weight loss. A former NASA scientist and Matthew Kenney and Blue Lotus Culinary graduate, he's collaborating with leading academic researchers at institutions such as Harvard and the NIH to publish work at the intersection of healthspan and plant-based diets. He's been featured by *Wired Magazine*, *TEDMED 2010*, *The New York Times*, *ABC Nightline*, *The Atlantic*, *Men's Journal*, *USA Today*, *Presto!: How I made 100 pounds magically disappear*, and *The 4-Hour Body*. Find him at <https://healthspansolution.com/>, on Facebook @RayCronise, on Twitter @RayCronise, and on Instagram @RayCronise.

Ray and Julieanna co-host a podcast together, "Science & Saucery," at <https://healthspansolution.com/science-saucery/>

Photo Credit: © Alpha: Kelley Jordan, 2019.

# SIMPLE STOCK

**O**n the shelves of most grocery stores across the United States are dozens of stocks and broths made from chicken, beef, "bones," more chicken, more beef, and more "bones." Often, there are one or two vegetable options, but it is more challenging to find low-sodium vegetable broth or low-sodium no-chicken broth (one of our favorites). Making your own homemade version is a simple solution to save money, completely control ingredients, and enhance flavor.

**Prep Time** 15 minutes   **Cook Time** 1 hour, 10 minutes   **Makes** 2 quarts

## INGREDIENTS

- 4 cups roughly chopped yellow onion (about 4 onions)
- 2 cups roughly chopped carrots (about 4 carrots)
- 2 cups roughly chopped celery (about 4 stalks)
- ½ cup sliced shiitake mushrooms
- 3 bay leaves
- 1 teaspoon black peppercorns
- 10 cups water

**Note 1:** This stock is neutral in flavor, making it a good base for many recipes. Consider adding any of the following for a stronger flavor:

- 1 bunch scallions
- 5-6 sprigs flat-leaf (Italian) parsley
- 5-6 sprigs fresh thyme
- 3-4 Swiss chard leaves

**Note 2:** To make Suppen-grün (German soup base), use celeriac (celery root) in place of celery stalks, and leeks in place of yellow onion.

## STOVETOP DIRECTIONS

1. In a large stock pot, dry-sauté scallions for 3 to 4 minutes until golden and translucent, adding a splash of water if needed to prevent burning.
2. Add carrots, celery, mushrooms, bay leaves, peppercorns, and 10 cups water.
3. Bring to a boil and cook, covered, for 15 minutes.
4. Reduce heat and simmer covered for about 35 minutes. Add water as needed to keep the vegetables covered.
5. Strain stock into a large bowl, squeezing as much liquid as possible from vegetables.
6. Discard solids.
7. Transfer stock from bowl to quart-size glass Mason jars for storage.
8. Store in the refrigerator for up to 1 week or in the freezer for 4 to 6 months.

## MULTI-COOKER DIRECTIONS

1. Using the SAUTÉ function, dry-sauté scallions until translucent, adding a splash of water to prevent burning.
2. Add carrots, celery, bay leaves, mushrooms, peppercorns, and 10 cups water.
3. Set the PRESSURE function for 40 minutes.
4. When cooking is done, allow the pressure to naturally release for 10 minutes, then manually release it (follow safety precautions to avoid skin burns).
5. Strain stock into a large bowl, squeezing as much liquid as possible from vegetables.
6. Discard solids.
7. Transfer stock from bowl to quart-size glass Mason jars for storage.
8. Store in the refrigerator for up to 1 week or in the freezer for 4 to 6 months.

# CURRIED CHICKPEA SALAD

by Ameera Ataya and Robin Paone

Sweet and savory, this vegan curried chickpea salad is a beautiful combination of creamy and crunchy textures with a POW! of delicious curry flavor! It's ideal as a quick and tasty lunch or dinner.

**Prep Time** 15 minutes   **Makes** 4-5 servings



## INGREDIENTS

### For the salad

- 2 (15.5 oz.) cans chickpeas, drained and rinsed
- 1/3 to 1/2 cup red onion, diced small
- 3/4 cup celery, diced small
- 1/3 cup carrots, matchstick cut
- 1/2 to 3/4 cup Gala apple, unpeeled, diced small
- 2 Tablespoons jalapeño, diced small
- 2 Tablespoons fresh cilantro, chopped

### For the dressing

- 1/4 cup unsweetened plain plant yogurt
- 1 Tablespoon + 1 teaspoon lime juice
- 1 teaspoon organic maple syrup
- 1 teaspoon tahini
- 2 1/2 teaspoons sweet curry powder
- 1/2 teaspoon coriander
- 1/2 teaspoon sea salt
- Pinch black pepper

### Optional:

- 2 to 3 Tablespoons golden raisins
- 1/4 cup roasted peanuts (lightly salted), chopped
- Additional chopped cilantro

## INSTRUCTIONS

1. Place dressing ingredients into a small bowl, whisk, and set aside.
2. Place drained and rinsed chickpeas into a medium-sized bowl and roughly mash them with a potato masher. (Do not turn them to mush.)
3. Add all the remaining ingredients, dressing, and any optional ingredients.
4. Mix well.
5. Taste test for seasonings.
6. Refrigerate and use within 4 days.
7. Serve on bread, toast, crackers, tortilla wraps, or lettuce wraps.



Photos by Ameera Ataya



## ABOUT THE CHEFS

**Robin Paone and Ameera Ataya** are a mother-daughter blogging team. Their blog, "Monkey and Me Kitchen Adventures," is a recipe and lifestyle blog for healthy vegans and those who follow a Whole Food Plant-Based diet. Their blog showcases posts that are fun and whimsical, coupled with beautiful food photography and wholesome recipes.

 [www.monkeyandmekitchenadventures.com](http://www.monkeyandmekitchenadventures.com)  
 [@monkeyandmekitchenadventures](https://www.instagram.com/monkeyandmekitchenadventures)



# ZHINGYALOV KHAT ARMENIAN HERB-STUFFED FLATBREAD

by **Cathy Katin-Grazzini**

What better way to welcome Spring than to make a batch of delicious, tender flatbreads, stuffed to the brink with a dazzling array of fresh herbs and tender greens! Zhingyalov khat hail from Armenia. My version tweaks the traditional recipes healthier, using white whole-wheat flour instead of white and ditching any butter or oils.

Serve with homemade soy yogurt for a real treat and a meal in itself!

**Prep Time** 1 hour   **Cook Time** 30 minutes   **Makes** 6-8 servings

## INGREDIENTS

### To Make the Dough

- 3½ cups white whole-wheat flour
- 3½ teaspoons vital wheat gluten (to strengthen the dough, improve its texture, and facilitate folding the dough without tearing)
- 1⅓ cups warm water

### To Make the Filling

- 1 (4 oz.) bag baby spinach
- 1 (4 oz.) bag watercress
- 1 (4 oz.) bag baby arugula
- 1 bunch carrot tops, washed well and dried

- 1 fresh bunch each dill, basil, tarragon, sorrel (if available), chives, cilantro, Italian parsley, and mint, washed and dried
- 1 big bunch garlic chives (aka Chinese leeks), if you can find them, washed and dried OR 1 head garlic, dry roasted, peeled, and crudely chopped
- 1 big bunch scallions, washed, dried, and cut in ½" slices
- 1 bunch fresh fenugreek (found in South Asian markets) OR ½ cup dried fenugreek leaves (aka methi leaves)
- Salt to taste (optional)
- 1-2 teaspoons Aleppo pepper flakes or to taste
- 2-3 teaspoons ground sumac
- A few grinds fresh black pepper

## DIRECTIONS

1. To roast a head of garlic: Peel off loose outer papery skins and roast in a 400°F (205°C) oven for 25-30 minutes. Cool, peel, crudely chop, and set aside.
2. In a large mixing bowl, add warm water and stir in flour and gluten. Mix well until dough forms, but don't knead yet. Set aside for 20-30 minutes to autolyze (undergo breakdown by internal enzymes).
3. On a lightly floured board, knead dough for 10 minutes, adding only enough flour to keep from sticking. Dough should be very smooth. Rest it 30 minutes while you prepare your greens.
4. Wash greens and herbs if they are sandy and/or not prewashed.
5. Dry all washed greens as well as you can with paper and clean, cloth dish towels.
6. Discard any discolored or wilted leaves and stems that are not quite tender.
7. Pulse in batches in a food processor to chop crudely but uniformly (do not overprocess), or chop by hand into  $\frac{1}{2}$ " pieces. Note: The moisture released by chopping is fine and will actually help steam

- the greens and tenderize the bread as it cooks.
8. Combine all filling ingredients and mix well. Season to taste.
9. Heat a good-quality nonstick skillet or flat griddle over moderate heat for 5 minutes.
10. For each 9-in. flatbread, start with a 2" ball of dough, keeping the rest of the dough covered to prevent drying.
11. On a lightly floured board, roll out a circle or oval about 9 in. long.
12. Generously pile about 2 cups mixed greens, leaving a  $\frac{1}{2}$ " border from the edges of the dough.
13. Gather two sides together in the middle of flatbread and pinch them closed.
14. Gently fold the edges together to one end like a dumpling, left over right, right over left, and so on until you reach the end. Fold up the last bit of dough at that end.
15. Repeat from middle down to other end of flatbread.
16. Finally, with the edge of your hand, smartly press down all along the seam to create a seal.
17. Lift filled flatbread, place seam-side down on your heated skillet or griddle, and cover with a lid for 1 minute or until golden and mottled on the underside.
18. Flip and cook another 1-2 minutes until golden.
19. Flip again, pressing with a nonstick spatula to force some of the liquid from the greens onto the surface of the zhingyalov khat to flavor and moisten the bread.
20. Flip one final time and press.
21. Remove to a cooling rack and cover with a cloth to keep warm.
22. Repeat for remaining dough and filling.

## TO SERVE

- Serve warm or reheat in a microwave for 20 to 30 seconds or lightly on your skillet or griddle.

Armenians enjoy zhingyalov khat as an appetizer, but they make a fine supper, too, especially if you serve with homemade soy yogurt (see <https://www.cathyskitchenprescription.com/product-page/soygreek-style-yogurt-free>).

Happy delicious Spring!!



## ABOUT THE CHEF

**Cathy Katin-Grazzini** owns Cathy's Kitchen Prescription in Ridgefield, CT. A plant-based culinary medicine educator, Cathy is a personal chef, cooking instructor, and Food Editor and Feature Writer for **VEGWORLD Magazine**.

Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a graduate of Rouxbe Cooking School's Professional Plant-Based Program. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University.

When she's not inventing recipes and fermenting veggies, she loves to run, hike, and adventure travel with her husband Giordano atop their trusty Ducati. Check out Cathy's original recipes, cooking videos, and nutritional blog at [www.cathyskitchenprescription.com](http://www.cathyskitchenprescription.com) and a gallery of her dishes at [www.instagram.com/cathyskitchenprescription](http://www.instagram.com/cathyskitchenprescription).

# KATHERINE'S OVERNIGHT OMEGA OATS

by Katherine Lawrence

## INGREDIENTS

- 1/2 cup steel-cut oats, raw
- 1 to 1½ cups plant milk
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 1 teaspoon hemp hearts
- 1/4 cup chopped fruit (e.g., strawberry, apple, pear) or whole blueberries
- ½ banana, chopped
- 1 Tablespoon chopped walnuts
- 1 Tablespoon dried cranberries

## DIRECTIONS

1. Add ingredients to a pint jar in the order shown above.
2. Soak overnight in the fridge and serve for breakfast!



## ABOUT THE CHEF

**Katherine Lawrence** is a nutritionist who owns Food Saved Me in Southlake, TX, where she offers free cooking and nutrition classes to the community. She's also online at [www.foodsavedme.com](http://www.foodsavedme.com). Katherine uses only the highest-quality, non-isolate

CBD from Your CBD Store in Southlake, because they give veterans free CBD and they ship free. As she says, "If you tell them you read my article in VEGWORLD Magazine, they may even give you a discount!"



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