

Animals suffer because we use them. Animals are sentient. They experience the world. They are someones, not somethings. That means animals don't want to be used by us; they want to live out their lives. They want to avoid pain and experience pleasure, like us. We don't need to use animals to have good lives. In fact, using animals is often bad for our health. It's also often bad for nature. Tradition, convenience, and pleasure are not good reasons to use animals. What good reasons do you have to keep using them?

Being fair means going vegan.

If using animals when we don't have to use them is unfair, using them "just a little," "humanely," or "only once in a while" is unfair. Using their bodies, their milk, their hair, their eggs, or their labour is unfair. Using some animals but not others is unfair. The only way to be fair is not to use animals. That means going vegan. Veganism is also the single most important thing you can do to help nonhuman animals short term and down the road. You can get started today!

In a nutshell, vegans don't use animals for food, clothing, entertainment or other purposes because vegans believe animals matter morally. Veganism is a matter of social justice and it's something we owe animals. It's not a form of deprivation or an act of charity.

Going vegan is easy, especially when you focus on how much animals endure for our most trivial interests. A steak or a milkshake are not worth a cow's life, are they? Of course not! Here's what you have to do to get started going vegan!

visit our  
website

for recipes, nutritional  
information, and more!



fast food  
vegan meal  
plan

familiar,  
budget-friendly,  
quick,  
tasty!

# HowDoI**GoVegan**.com

*Please ensure that any ready-made products (bread, preserves, frozen products, sauces, cereal, etc.) are suitable-for-vegans.*

## Day 1

### BREAKFAST

Mashed avocado on toast w/ spinach and tomatoes

### LUNCH

Quick pizza (pita bread or tortilla, spread with tomato sauce and veggies, and baked 10 mins at 200C)

### DINNER

Bean chilli: 1 can each kidney beans, chickpeas, tomatoes, and 1/4 cup broth. Season with chilli spices (optional cocoa). Simmer 5 minutes.

## Day 2

### BREAKFAST

Banana, peanut butter, preserves on bread or toast

### LUNCH

Vegetable soup (sauté an onion, add some minced garlic, top with vegetables and cover with suitable-for-vegans broth. Simmer until cooked).

### DINNER

Grains, beans, sweetcorn, avocado, and salsa

## Day 3

### BREAKFAST

Cereal with fruit and all-plant milk

### LUNCH

Baked potatoes with hummus and salad vegetables

### DINNER

Pasta with tomato sauce, olives, spinach, and pine nuts

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## Day 4

### BREAKFAST

Frozen hash browns or potato waffles with mustard and ketchup

### LUNCH

Pita bread stuffed with salad vegetables and hummus

### DINNER

Stir-fry vegetables with noodles

## Day 5

### BREAKFAST

Oatmeal made with water or all-plant milk, dried fruit, and cinnamon

### LUNCH

Tortilla with mashed sweet potatoes, black beans, and salsa

### DINNER

Chunky stew with lentils and sweet potatoes (sauté an onion, add garlic; stir in lentils, diced sweet potatoes, a can of tomatoes, and vegetable broth. Simmer until cooked)

## Day 6

### BREAKFAST

Smoothie (blend fruit, all-plant milk or juice, and a handful of oats)

### LUNCH

Suitable-for-vegans baked beans on toast with fried tomatoes and mushrooms

### DINNER

Chickpeas simmered in tomato sauce with Italian herbs and garlic powder. Serve with rice or a baked potato.

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## Day 7

### BREAKFAST

Overnight oats (1 part oats: 2 parts water or all-plant milk) with fruit, nut butter, and maple syrup

### LUNCH

Large salad with hummus; serve with nuts, seeds, or croutons

### DINNER

Baked sweet potato with mashed white beans, chopped bell pepper, red onion, and sriracha

**Serve all meals with vegetables of your choice on the side if and as desired. Don't forget to season to taste!**

**Snack on suitable-for-vegan food as desired! Fruits (fresh and dried), nuts, seeds, and raw vegetables make great, fast food snacks!**