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 HowDoIgoVegan.com for recipes, nutritional information, and more!

Fast food vegan meal plan familiar, budget-friendly, quick, tasty!
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

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 onion, add garlic; stir in lentils, diced sweet potatoes, can tomatoes, & 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.

Day 7
BREAKFAST
Overnight oats (soak 1 part oats to 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!

©2018 Gary L. Francione and Anna E. Charlton. Distribution by other individuals or organisations does not necessarily indicate approval by the authors of any views other than those contained herein.