



POCKET GUIDE  
FOR  
NEW VEGANS

BY  
MATTHEW LOVETT

# Digital♥Sages

Holistic Solutions for Personal Development and Self-Mastery

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## Pocket Guide for New Vegans



by Matthew Lovett

**It isn't hard to go vegan.** In fact, it's never been easier.

There are so many tasty meat and dairy replacements that even major fast food chains and supermarkets are stocking this stuff.

You can replace ground beef with Gardein beefless crumbles, chicken with Quorn products and the Boca "turkey" burgers taste just like regular burgers. No need to eat any animal. Meat eaters cannot tell the difference and neither can most vegans.

Also Field Roast Italian sausage is really good, too. There are so many alternatives.

I have had several people ask me about plant based, dairy free eating.

Here are some resources to start you on the path to a better diet:

## Essential Vegan Documentaries

Forks Over Knives

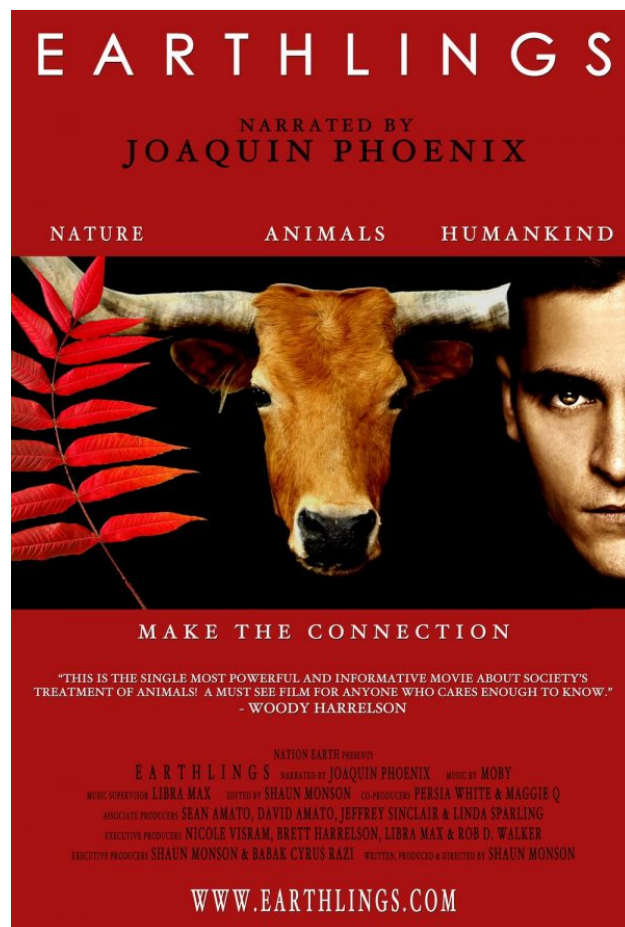
What the Health

GMO OMG

Dominion

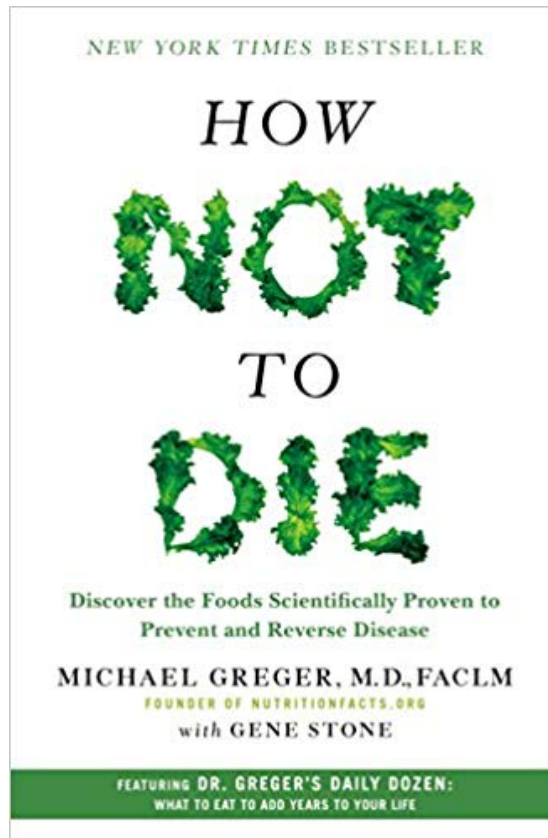
Cowspiracy

Earthlings



# Essential Vegan Reading:

[How Not to Die](#)



[The China Study](#)  
[Plant-Based Muscle](#)

## Vegan Facebook Groups:

[Vegan Beginners 101](#)  
[Live Kindly](#)  
[Plant Based News](#)  
[Plant Based and Loving It](#)  
[Phyto Physique](#)  
[What Vegan Children Eat](#)  
[Vegan Shreds 101](#)

## Favorite Dairy Free Products:

So Delicious vanilla creamer.  
Ripple, Calafia milks. Nada Moo mint chocolate chip nondairy ice cream.



Tofutti sour cream.

Earth Balance or Miyokos butter.

Miyokos or Kite Hill cream cheese.

Follow Your Heart, Violife or Chao cheese.

Any JUST products, JUST Ranch, JUST Chipolte mayo, JUST Mayo, JUST egg.

Helmanns Vegan Mayo – literally tastes the same as regular and is actually good for you.

There are lots of dairy free ice creams provided by Breyers and other companies.

Monk fruit sweetener, Agave syrup, maple syrup, coconut sugar instead of processed sugar and honey.

## Plant Based meat (“faux” meat):

Beyond Burger

(Other Beyond meat)

Tofurky

Gardein products

Boca

A few protein sources (plant based meats also provide protein):



Spinach, kale, broccoli, mushrooms, cauliflower, cabbage, green pepper, spinach, asparagus, brussel sprouts, artichokes, argula, avocado, lentils, Quinoa, Green Peas, Black Beans, Chick Peas, Chia Seeds, Hemp Seeds, Pumpkin Seeds, Almonds, Peanut & Almond Butter and protein shakes.



Don't let anyone who has no idea what they are talking about lecture you on "protein." Plants have more than enough protein, and in the exact quantities and varieties that we need it in the most.

When you eat meat, your body cannot do anything with those proteins, they have to be broken down into amino acids. However, when you eat plants, you are mostly getting the specific amino acids in the pure form, without having to break them down. And no, you don't have to "combine foods," to get the right proteins, that is a **debunked myth**.

Hemp seeds, pumpkin seeds, chia seeds, peanuts, spinach, peas, etc. all have excellent amounts of protein, more than we could make use of in a single day, but don't get too caught up in the "protein rich foods" fad. Even fruits like apples and oranges have protein. All natural

food has protein, and despite what you may have heard, we don't really need all that much to be healthy.

It's far more important to get a wide variety of crucial vitamins, minerals, and phyto-nutrients. Protein will come on its own if you simply eat well.

## The Only Vegan Supplement You'll Ever Need

[Deva Vegan Vitamins Daily Multivitamin & Mineral Supplement](#)

[Other Vegan Supplements you should check out.](#)

If low in iron [black strap molasses](#) works well.

## Amazing Vegan Cookbooks:

[Forks Over Knives](#)

[How Not to Die](#)

[Thug Kitchen](#)

## Essential Pinterest Recipe Boards:

[Perfect Smoothie Recipes](#)

[Holistic Health](#)

[Vegan Ice Cream](#)

[Alkaline Diet Tips](#)

[Vegan Breakfast Ideas](#)

[Probiotics](#)

[Recipes With Chia Seed](#)

[Facts About Veganism](#)



Vegan Cake Recipes

Vegan Sushi Recipes

Vegan Protein Information

## Breakfast ideas:

Overnight oats

Avocado toast. We add tomatoes.

Dave's killer bread raisin toast with peanut butter or earth balance soy free butter

Protein shake or smoothie – Smoothie King also offers vegan smoothies if out and about

Make your own vegan muffins for the week.

Vegan waffles or pancakes

## Lunch:

Salad.

Veggie Wraps.

Peanut butter sandwich on vegan bread.

Tomato and lettuce/spinach sandwich with vegan mayo.

Also carrot sticks, fruit like dates.

## Dinner:

So many options, **anything you ate before has some kind of vegan form.**

If you're short on time, meal prep is the way to go.

Stir fry (so many different dishes you can make).

Spaghetti with veggie pasta, organic sauce, can add veggies and beyond meat crumbles if wanted.

Veggie tacos or faux meat tacos.

Lentil loaf, garlic mashed potatoes, veggies.

Jackfruit (pulled "pork") sandwiches with veggies.

homemade veggie soup in crockpot.

Black bean burgers, Roasted Brussels sprouts with sriracha, home made French fries.

## **Snacks:**

Cashews, other nuts.

Peanut butter & jelly.

Chocolate plant-milk.

Vegan Protein bars.

Fruit like dates, apricots, grapes, etc.

Veggies.

## **Meal Prep Advice**

Remember that fruit and veggie smoothies can be made to replace any meal. They are healthy (optimal nutrition) and filling. They just take a bit of prep, but not as much as cooking your average meal. There are literally thousands of combinations and flavors you can get when combining fruits and vegetables like this.

Invest in some plastic containers so that you can create whole meals like lunches beforehand and then eat them on the go. Sometimes stuff like fruit takes a while to cut up, so do it in waves. At the very least get used to allotting specific days and times to fruit prep, this will encourage you to eat healthier and not rely so much on “easy” snacks / processed foods.

## Detoxing

Keep in mind that chances are you have had a poor diet for most of your life. For years, your body has been working overtime to quarantine various toxins, and the body does this in a multitude of ways. In certain organs, stones form. In others, there is plaque-like build up. In others, it's mucus.

Your body has also built up defenses against the harmful acidic foods we eat on a continual basis, like meat and milk.

Once your body gets the signal that the “coast is clear” and that you are only getting real food and optimal nutrition, it will begin to detox.

Detoxing is different for everyone. Some people only need a small detox and may not even notice any real symptoms. Other people experience a wide range of symptoms, from upset stomach, to gas, to breaking out, hives, cramps, headaches, allergy-like symptoms, and more.

This is your body releasing years worse of built-up chemicals and acidic substances through the body for processing.

If you suddenly break out after going vegan, or find yourself with a lot of gas, it may be a sign of detoxing and is nothing to worry about. To facilitate the process, drink plenty of alkaline water, and eat as much water-dense fruit as possible (watermelons are perfect for this).

## Nutrition

Lastly, a word on nutrition.

Veganism is our biologically optimal diet. You do NOT have to worry about getting enough nutrients on a vegan diet.





The food pyramid and other material produced by the “government sanctioned” health and nutrition industry is a sham. No, adult mammals do not need “dairy.” No adult animal does.

And no, a frugivorous ape like homo sapiens does not need 2 – 4 “servings” of meat a day. It’s all nonsense.

Human beings are meant to subsist on a mostly fruit and green leafy vegetable diet, with the occasional nut and seed.

If you eat a varied diet full of organic fruits, vegetables, nuts, seeds, and legumes, you will be eating healthier than 99% of the planet. Period.

So if you worry that your “iron levels” are off, or that you aren’t getting enough B12, don’t immediately panic and wonder if you should get blood work done.

Case in point, where was all this worry for your vitamin levels when you were scarfing down bacon-cheeseburgers and cow’s milk? Do you think that stuff actually has nutrients in it?

Remember: the VAST majority of all supplements sold are marketed for people on ordinary Western diets, not vegans. Vegans don’t need supplementation.

If you are concerned about getting enough B12, just drink a little fortified almond milk every now and then, and toss an unwashed organic carrot into a fruit and veggie smoothie and drink up. You’ll have more B12 than you know what to do with.

Same goes for iron. Most people aren’t getting enough iron, yet they chow down on burgers and pork chops every week. Strange, huh?

That’s because the iron in cooked meat is almost completely useless for us. It’s very hard for our bodies to digest it.

Optimally, you can get all the iron you need from green leafy vegetables, seeds, and nuts. Raisins, dates, and prunes are also solid sources of iron.

If you are eating plant-based and are low on iron, you may have absorption problems, which means you would benefit from an alkaline water fast and some exercise.

The bottom line is, don't be afraid of "getting enough nutrients" when you are vegan. You likely went your whole life until this point never caring one iota where your vitamins and minerals were coming from even though you ate tons of chicken nuggets, fruit rollups, Pepsi, squeeze cheese, carcinogenic meat patties, and bleached grain.

This stuff has literally zero nutrition. You'd be better off eating grass.

Instead, focus your energy on being a better you. Become more aware, learn about where meat and dairy comes from, experiment with new plant-based dishes.

You don't have to make the switch all at once. Changing your diet dramatically can be a huge life choice. The important thing is giving up one bad food choice at a time and slowly easing into new foods you like. Going cold turkey is great but realistically not everyone can do it.

Although I highly recommend watching the documentaries listed above. After watching those, you may wonder how you were ever able to eat a hamburger to begin with.

Always keep in mind that going vegan is a part of your healing process. So many other things will be falling into place for you as you explore this new lifestyle. It's not about diving into a "new diet." This is a fundamental change in how you perceive everything around you.

Not only are you acknowledging that animals have their own bodily autonomy and deserve to not be tortured and slaughtered, you are also extending deeper care to your Self by opting to feed it only optimal nutrition and REAL food, rather than chemicals and acidic (toxic) meat and dairy. This is a huge but necessary change!


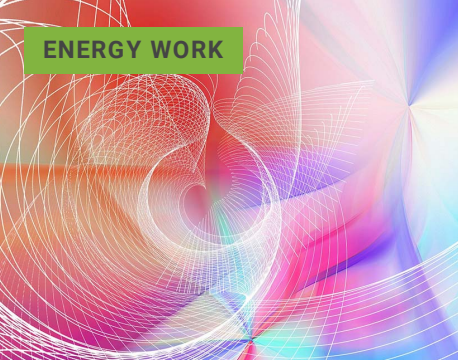

## #RiseAbove

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Digital Solutions Expert, Coffee Connoisseur, Full-time Earth Guardian

 <p><b>NUTRITION</b></p>	 <p><b>ENERGY WORK</b></p>	 <p><b>NUTRITION</b></p>
<p><b>Pocket Guide for New Vegans</b></p> <p>It isn't hard to go vegan. In fact, it's never been easier. There ar...</p>	<p><b>Hermetic Correspondence and Vibrational Healing</b></p> <p>You are looking for healing, be it physical, emotional, or</p>	<p><b>Humans are Solar Powered: Understanding The Root of Health</b></p>

## Self-Mastery Training

Would you like to take complete control of your life, and leave anger, depression, confusion, anxiety, and weakness behind?



The Path is open to you with this new training program. Prepare for transformation.



"Plant-Based Muscle provides a wealth of vital information to help you achieve optimal health, and improve your overall fitness, while using a plant-based nutrition plan."

— Harriet Davis, M.D., Board Certified Family Medicine Physician, IFBB Pro Athlete

# PLANT-BASED MUSCLE

Our Roadmap to Peak  
Performance on a  
Plant-Based Diet



EXERCISE



WORKOUT  
PROGRAMS



MEAL PLANS



RECIPES



## ROBERT CHEEKE AND VANESSA ESPINOZA

## BONUS - Vegan Date and Turmeric Antioxidant Smoothie Recipe

The nutritional power of turmeric is well-established at this point, but it can be tricky to incorporate it into smoothies properly. That's where dates comes in!

The rich flavor they provide is an excellent counterbalance to the zest of turmeric, and they provide their own host of health benefits. In fact, this smoothie is an antioxidant powerhouse!



### Date and Turmeric Antioxidant Smoothie Recipe

- 1/2 cup almond or cashew milk (vanilla works the best)
- 1/2 teaspoon turmeric
- 3 medium-sized dates (pitted)
- 1 ripe banana
- pinch of salt
- handful of crushed ice

Mix all of the ingredients and enjoy. Makes 1 serving.

## BONUS - Vegan Philosophy and Holistic Living

How do we break free of the cycle of hate and violence in our culture?

To understand veganism is to realize that it's more than a diet. It's a push for global change.

You don't necessarily have to have a "bleeding heart" for trees and animals to understand that there is something seriously wrong going on in the world right now and that the environment is suffering.

We live in a sort of protective bubble. Society shelters us from the effects of our actions.

Unfortunately, our actions don't exist in a bubble. The environment is on the verge of collapse.

Many smaller animals and delicate ecosystems are being ravaged due to our actions.

Bees, frogs, dragonflies, phytoplankton, bats, ladybugs. These creatures might mean nothing to you, but they play a massive role in the functioning of the world around us.

We rely on these animals for our food and air. Everything in nature is connected, it's a system.

One of the primary ways this "system" is being destroyed is by Animal Agriculture.

The mass enslavement of animals produces tons of unnatural waste. Vast pits of urine and feces that seep into the groundwater and contaminate lakes and the ocean. This raises the acidity of the water and creates an environment toxic to the life we know.

Other agricultural practices, such as deforestation, pesticides, animal antibiotics, and over-fishing, all play a role in the destruction of our world.

Whether you are a "nature" person or not, everything you do has an impact on our world.

It is time for everyone to actually start taking responsibility for the role they play in the web of life.

Veganism is an holistic lifestyle movement that seeks to align the human species more with nature, more with our proper place in the world.

Vegans seek to do as little unnatural harm as possible. It's not just about eating healthy.

This means ending animal testing for products, using animals for clothing, ripping up the forest just so cattle can be bred, enslaved, and graze. It means actually giving a damn about our home, the Earth.

This isn't radical, or at least it shouldn't be. It's the end result of any logical person's thoughts once they see the destruction around the globe first hand. The fact that over half of the world's forests are gone, the fact that there is a country-sized pile of trash laying in the Pacific Ocean, the fact that whales are washing up on beaches all over the world with stomachs full of plastic.



You may not think this matters to you, but it does.

There is no life apart from Life.

There is no you apart from Earth.

Every species that dies out, every contaminated lake, every degree the Earth warms, it is a collective failure of the human race.

So veganism exists as an obvious healthy choice for the human body, but it also exists as a statement to corporations, governments, morons, and fatalists, who have no qualms destroying the planet for a few bucks. It's a rejection of what these people stand for. It's an holistic philosophy.

You have the power with your choices to create change. It's already happening. The dairy industry is collapsing, more and more research is being done into the harmful effects of eating meat, and more vegan alternatives are available than ever before.

This is just a sign of things to come. Ordinary people are sick and tired (literally!) of being lied to about our diet and health.

People want answers, they want to be in control of their own livelihoods. Veganism is one such way to gain back that power. Not only are you going to be healthier, you're also taking power away from agribusiness corps and the medical industry.

It's crazy to think that in today's world, just eating healthy and being compassionate is what makes you stand out, but here we are.

Enjoy your vegan journey, and remember it's just that, a "journey." Don't think you have to do everything at once or suddenly eat nothing but bananas all day. It's a transition to a healthier, more compassionate lifestyle. That's it.

**Follow Digital Sages on Twitter for more vegan recipes and lifestyle tips.**

Change begins with you.

