Let's... Go VEGAN

The Plantriotic MEAL PLAN GUIDE
FOR HEALTH, SUSTAINABILITY, AND SATISFACTION

2014
"Veganism"

Veganism is actually a lifestyle choice a person makes when they abstain from eating, wearing, or supporting animal product consumption. Animal products include Meat (chicken, beef, turkey, pig etc.), Fish (salmon, oysters, shrimp, bass), Dairy (milk, cheese, yogurt), and eggs. There are also other less familiar animal products such as gelatin and lard which are often used to make candy and fried foods. Animal products also include leather, fur, and any part of a once living animal used for clothing or appliances such as bags, belts, and couches.

Most people decide to go vegan for one or all of three reasons:

- **HEALTH**
- **SUSTAINABILITY**
- **ETHICS**

**Health:**

There are many different kinds of vegan diets that all have different effects on one's health. For instance, bananas, rice, spinach, and black beans are all vegan...but so are French fries, Oreos, and Coke-a-Cola. I believe that any variation of a vegan diet is going to be healthier the Standard America Diet (SAD), which includes animal products no matter how organic, free range, or local they are. Some different kinds of vegan diets include 1) **Junk Food Vegan** (vegan cupcakes, fried vegan food, sodas) While this diet fulfills the role of not harming animals, you will not achieve your health, fitness, and body image goals by eating low nutrient dense, highly processed foods. 2) **Whole Food Plant Based:** This is the diet I practice and recommend to anyone interested in experimenting with a vegan diet. This diet includes both raw and cooked foods including fruits, vegetables, nuts, seeds, grains, and legumes. What this diet does not include is processed foods.
WHAT’S A “VEGAN” DIET?

such as oils (coconuts, olive, flax oil etc), processed sugar, or refined flours. I have found that anyone can practice this diet of abundance and reach their weight loss, muscle, gain, and health goals. 3) **Raw Vegan**: This diet is the most nutrient dense variation of the vegan diet that can be extremely healthy, satisfying and sweet. Raw vegans do not eat ANY cooked foods heated to above 115 degrees F. If you are able to try a raw diet, I recommend getting most of your calories from fruit, which are higher in calories and easier to digest than massive amount vegetables. It is impossible not to experience weight loss and low body fat percentages on a high carb, low fat raw diet, assuming you are not eating raw nuts and avocados all day for every meal (which some people do...). A raw fruit-based diet is the original natural human diet, and my preferred vegan diet or choice, which I happily follow.

**Sustainability:**

Possibly the most profound benefit of the vegan diet is the aspect of environmental sustainability. Livestock agriculture is responsible for [51% of all US greenhouse gas emissions](#), making the meat dairy, and egg industries the most environmentally destructive companies on the planet.¹ Factory farming accounts or 99% of all livestock production in the US.² When livestock are raised in factory farms, they have no source of natural food to forage, so the farmer must bring food to the animal. Cattle, chickens, and pigs are fed a diet of mainly Genetically Modified (GMO) corn and soy. These crops are grown on farms throughout the united states, not to be fed to humans, but to animals. 70% of all the grain grown in the US is used for cattle feed, which is a large reason why the environmental impact of eating animals is so great.³ These industrial farmed methods use heavy amounts of pesticides, herbicides, and synthetic nitrogen fertilizer, which kills all the living bacteria and critters in the soil. Animal agriculture also is the largest waster of water on the planet. After all the feed crops are grown and the cow has been raised to laughter weight (which is usually at 1 year old!), added all together, it takes 660 gallons of water to produce just 1 pound of beef!⁴ It takes 50 gallons of water to grow the equivalent amount of calories from sweet potatoes.⁵ By my calculations, raising meat for food uses over 13 times the amount of precious water as growing plants for the same amount of calories. Understand now
why most states in America are in a state of declared water scarcity? While there are many more environmental hazards caused by livestock production, the last I will take the time to mention is rainforest deforestation. Every single second of every day, 1 acre of wild rainforest land (about a football field) is deforested and killed in order to raise livestock and grow their feed crops. These forests are mainly in South America. So what is so bad about cutting down the rainforest? Rainforests are the “lungs of planet earth”. They breathe in the Co2 we emit, and return oxygen into our atmosphere. The combination human emitting more Co2 into the atmosphere while clearing our rainforests and lessening Co2 filtration propels the magnitude of climate change and global warming.

**Ethics:**

We were all vegans when we were young. Then thought of an adult enslaved, abusing, and killing cows, chickens, and pigs would makes us cry and weep. Violence and hate is learned act as animal liberation activity Gary Yourofsky says. 60 billion land animals are enslaved, tortured and murdered every year on this planet for human consumption, in addition to 90 billion marine animals! These are not wild creatures. Farmed animals are brought into this earth my humans raping or force breeding them to have children born into captivity (or slavery). We own animals as property, sell and trade them, make them work, abuse and murder them just as we treated human slaves. Just like humans animal feel pain, have emotions, and have brains to think. It silly how many ignorant humans understand that animals have feet to make them walk, noses to make them smell, and mouths to eat, but convince themselves that their brains to think and have emotions doesn’t work, it is actually insanity to assume one organ is broken. Vegetarianism is not the solution to living a cruelty free life. Dairy cows are raped and impregnated. Once they give birth, their child is immediately stolen from them as they cry and kick at their offspring leaving, and are then forced to give their milk away to humans while they are in a depressed state of mind. Laying hens are often crammed in wire cages so tight they are not even able to turn around. Additionally their sedentary lifestyles can result the wire cages to embed into their claws and feet. A natural chicken flock can consist of up to 100 chickens. Within their community they
WHAT’S A “VEGAN” DIET?

can memorize the hierarchical pecking order of who get to eat first. Chickens are not able to memorize the order if they are in a community of over 100 chickens. The average size of US factory farm chicken house consists of 25,000 chickens in the same space. This forces them to go mentally insane and kill each other and themselves. Chickens are fed a diet of corn and drugs to make them grow faster, and are slaughtered at only 6 or 7 weeks old.

So are you ready to GO VEGAN!

As you now know, there are A LOT of different reasons to go vegan. All that matters is that you find at least one reason that compels you to change what ends up on the end of your fork!

You may be asking... **So what does a vegan diet really look like? What can I eat?** I will now go through a sample 5 day weeks worth of eating and provide suggestions of fun, tasty, and easy to make dishes that are healthy, satisfying, cheap, and can be sourced from your local grocery store or farmers market.
WHAT’S A “VEGAN” DIET?

This is a plan for someone looking to transition to a healthy vegan diet, reach their desired weight, and improve their energy levels. Specific goals for competitive athletes or bodybuilder would be minutely altered. This is for the average active person.

**Monday**

**Meal #1 Breakfast:** 1 serving of oatmeal (topped with fruit and cinnamon) + a green smoothie (blend 1 cup apple juice, 2 cups of greens (kale, spinach, chard, etc), celery, small handful of pumpkin seeds, lemon)
WHAT’S A “VEGAN” DIET?
WHAT’S A “VEGAN” DIET?

**Snack #1 (10:30am):** 1 apple + 1 handful of almond

**Meal #2 Lunch:** The Ultimate Power Salad-chopped romaine lettuce, spinach, bell pepper, onion, tomato, cilantro (or any more veggies). Mix in 1 cup of cold cooked quinoa, a handful of sunflower seeds, 1 teaspoon of ground cumin seed, black pepper, and a pinch of sea salt. **Dressing:** blend ¼ cup lemon juice with 1 teaspoon of chia seeds, 1 tablespoon of chopped parsley, and a small slice of ginger. (You can make this in a larger portion and store in the fridge)
WHAT’S A “VEGAN” DIET?

Snack #2: Hummus and veggie’s (make sure to buy oil free hummus or make it yourself!)
WHAT’S A “VEGAN” DIET?

**Meal #3:** Split pea and brown rice bowl - (place 1 cup cooked green or yellow split peas and 1 cup of cooked brown rice in a pot on medium heat with 3/4 cup of water, 1 cup of spinach leaves, and 1 diced garlic clove). Add pepper, salt, and curry powder to your liking. You can also have a small, medium, or large all raw raw green salad.
WHAT’S A “VEGAN” DIET?

Tuesday:

**Meal #1: Smoothie Madness**!-In a blender mix 2 cups of juice or
WHAT’S A “VEGAN” DIET?

water with 2 banana, 1 cup of blueberries, 1 cup of strawberries, handful of spinach or kale, 1 handful of almonds, and mint and cinnamon is desired. All or none of the fruit can be frozen depending on your desired texture.
WHAT’S A “VEGAN” DIET?

Snack #1: Fruit and/or vegi’s with almond butter (no oil added).

Meal #2: Black bean hummus sandwich! - Lightly toast 2 pieces of
WHAT’S A “VEGAN” DIET?

vegan Ezekiel Bread. Take 1 cup of cooked black bean, ¼ of an avocado, 1 tablespoon of group flax seed, ½ cup chopped cilantro, and ½ a tomato and black in a food processor, or simple chop all ingredients finely and stir/mush in a bowl. Next, spread the black bean mixture think on 1 slice of bread and top it off with lettuce, onion and cucumbers.

Snack #2: Berry chia pudding!- In a blender mix 1 cup of juice with 2 handfuls of any berries and ¼ cup of coconut flakes. Pour mixture into a cup or bowl. Lightly mix in with a spoon ½ tablespoon of chia seeds. Place in the fridge from minimum of 1 hour, maximum 12 hours.

Meal #3: Chunky Sweet Potato Soup!-Chop 1 medium sized sweet potato into 1 inch cubes (skin on). Place the cubs on parchment paper and bake for 1 hour, or until soft, at 450 degrees. In a blender or food processor, pour in 2 cups of water, your potatoes, ¼ onion, 1 cup of spinach, and 1 teaspoon of cumin seed. Blend or pulse depending on desired texture. Place the mix in a pot and simmer over medium heat. Add ½ cup of sweet corn (frozen is ok), and 1 cup of cook lentils.
WHAT’S A “VEGAN” DIET?

Wednesday:

Meal #1: Granola Bowl: In a blender, make a smoothie with frozen banana, berries, and any other fruits you like, and mix with water or juice. Pour mix into a serving sized bowl, and top with the granola or your choosing. You can make your own granola, or buy it at a grocery store. My favorite clean, healthy, raw vegan brand is Go Raw. You can also top with chia seeds, flax, and/or hemp seeds depending on your goals.

Snack #1: Fruit Leathers: While a dehydrator is not essential on a vegan diet, it is very fun to experiment with. These can be found online for as low as $30-50. To make fruit leathers. Simply blend a thick smoothie consistently of fruit and/or veggie’s with any spices. Make sure the consistency is thick, like applesauce. Pour this mixture onto your dehydrator sheet (sold separately), and dehydrate at 115 degrees for about 24 hours or your desired consistency.

Meal #2: Chilled Millet Salad- Millet is a seed that most people don’t know about but can be transformed with spices to me sweet or savory. Measure 1 1/2 cups of cooked and refrigerated millet, and
WHAT’S A “VEGAN” DIET?

place in a medium sized mixing bowl. Chop 1 whole tomato/ ½ of an apple or pear, 2 stalk of celery, ½ an onion, cilantro, and any leafy green such as spinach or romaine. You can make a dressing by blending ½ cup of water with ½ cup of cashews or peanuts, 1 teaspoon of cumin seed, 1 teaspoon of Braggs Liquid Amino, black pepper and a pinch of salt.

**Snack #2: Vegan energy bars!** Here is a list of good vegan bars you can buy, unless you make them yourself of course! Cliff Bars, Organic Food Bars, Luna Bars, Larabars, ProBar, Vega Bars, Green Superfood Bar.

**Meal #3 Curry!** Chop 1 inch cubes of winter/summer squash. Steam or boil the squash with green beans and kale only for 10 minutes. Strain the vegetable and spread on a tray lined with parchment paper. Additionally take a serving of extra firm blocked tofu, gently squeeze the block in a paper towel to remove excess water, and slice into 1 inch cubes, and place them on the sheet with the squash and other vegies. Dust some spices such as a curry blend, cumin, paprika, and black pepper on the vegies. Bake them in the oven at 350 degrees for 30 minutes, or until soft. In a pot on medium heat, stir in 2 cups of water, 1 cup of cooked rice (brown or white) with
WHAT’S A “VEGAN” DIET?

the tofu and veggies. Add in any additional spices and dulse flakes if you want a seaweed taste. Simmer for 10 minutes.

Thursday:
WHAT’S A “VEGAN” DIET?

**Meal #1: Buckwheat Oatmeal** - Soak ½ cup of buckwheat over night. In the morning, strain and cook in 1 cup of water on medium heat for 10 minutes. Add cinnamon, berries, and hemp seeds.

**Snack #1: Guacamole and chips** - To make the chips, shred 5 large carrots and 3 zucchini using a cheese grater. In a bowl, mix the shredded veggies with ½ cup water, 2 tablespoons of ground flax, 1 teaspoon of cumin, and any other spices you want. Let sit for about 20 minutes, then spread contents on plastic dehydrating trays and dehydrate until crispy. **Guacamole** - Scoop out ½ an avocado into a small bowl. Add some raw onion, ½ of a tomato chopped, some lemon or lime juice and black pepper.

**Meal #2: Cold Quinoa Summer Salad** - Chop 1 cup of fresh spinach, and place in a bowl with 1 to 2 cups of cooked and refrigerated quinoa. Add a tablespoon of finely chopped parsley, 1 teaspoon of finely chopped dill (optional), 1 teaspoon of chopped fennel (optional), 1 tablespoon for Braggs Apple Cider Vinegar, 1 tablespoon of lemon or lime juice, and some pepper.
Snack #2: Power Protein Rice Cake (this is a snack only for those working out with resistance or weight training and looking to build muscle mass) Pour 4oz of water into a small bowl. Add 1 teaspoon of chia seeds, mix lightly with a spoon, and let sit in the fridge for 30 minutes. Add 1 scoop of Vegan Recovery Protein Powder (I prefer
WHAT’S A “VEGAN” DIET?

chocolate or vanilla). Dash in a bit of cinnamon, and mix well with a fork or spoon until you reach a smooth pudding like texture with no powdery clumps. Take 2 organic Brown Rice Cakes, and either dip in the protein pudding or spread on the rice cakes.

Meal # 3: Vegan Burrito Time! Place a sheet of parchment paper on a baking sheet, and preheat the oven to 350 degrees. Place tofu or tempeh squares onto the sheet, and dash any desired spices (cumin, curry, cayenne, pepper). Bake for 30 minutes. In a blender, add of an avocado, ½ a tomato, ½ a jalapeno or any spicy pepper is desired, 5 cashews, 1 tablespoon of chopped cilantro, and 1 tablespoon of lemon juice. On a cutting board or large plate, lay out a vegan tortilla. Spread the avocado salsa on the tortilla lay on one serving size of baked tofu or tempeh, ½ cup of cooked black or red kidney beans, ½ cup of cooked brown rice, chopped red onion, cilantro, romaine lettuce, and black pepper. Wrap it up into a burrito.

Friday: Sample Raw Day

Meal #1: Melon or Dateorade (depending on the season)! If you have access to fresh melons, I prefer to start the day getting hydrates with a full size melon. I like to slice it in half and eat it with
WHAT’S A “VEGAN” DIET?

a spoon until I am full. If you do not have melons, dates are always available. In a high power blender (preferably Vitamix), pour in 4 cups of water. Add 10 dates (if medjool), or up to 20 if they are smaller drier dates. You can use the internet to figure out how many calories are in the type of date you are using, the datorade should total roughly 600 calories or more. Add in a few mint leaves and a dash of cinnamon. Blend well for up to a minute to avoid chunks. It will be frothy and delicious like a latte.
Snack #1: French Fries and Ketchup. This is one of my favorite sweet and savory snacks. To make this recipe you do not need a dehydrator but it makes it a more fun dish. Slice a raw zucchini into French fry sized pieces and dust over some chopped rosemary.
WHAT’S A “VEGAN” DIET?

Additionally thinly slice 2 tomatoes and place the tomatoes and zucchini in the dehydrator for 5 hours at 95 degrees. To make the Ketchup, blend the dried tomatoes with 2 fresh tomatoes, 1 fresh mango or papaya, and a few leaves of basil. Dip the zucchini fries in the ketchup and enjoy!
WHAT’S A “VEGAN” DIET?
WHAT’S A “VEGAN” DIET?

**Meal #2: Bananas Milk Shake:** This is the staple simple raw vegan fruitarian meal. In a blender pour in 2 cups of water. Add 5 dates, and blend for 30 seconds unstill smooth. Peel 10-15 RIPE bananas (covered mainly with black spots) and place them in the blender. Add a dash of cinnamon, and PULSE the blender only a few time until the bananas are fully blended, you DO NOT want the bananas to constantly blend and oxidize.
WHAT’S A “VEGAN” DIET?

Snack #2: Go Fruit Yourself! As you can tell, the raw vegan lifestyle
WHAT’S A “VEGAN” DIET?

is an unlimited amount of the greatest food mother earth has to give, FRUIT. Snack on as many hard fruit (apples, pears, etc), berries (strawberries, blueberries, rawberries, etc), stone fruit (peaches, plums, nectarines, apricots, etc), citrus fruit (oranges, grapefruit, etc), or sweet fruit (bananas, mangos, papaya, figs, etc) as you want! Each meal of the day should be between 500-1,000 depending on your exercise that day and weight goals.
WHAT’S A “VEGAN” DIET?
Meal #3: Vibrant Vitality Zucchini Noodle Pasta Salad. In a LARGE mixing bowl, chop up an abundance of raw vegetable such as spinach, romaine, kale, celery, broccoli, radishes, carrots, etc. Also add 1 chopped tomato, 1 chopped apple, a handful of blueberries, and 1 teaspoon of raw hemp seeds and a small handful of raw pumpkin seeds. Dressing: Blend 3 ripe mango, 2 tomatoes, ½ of an avocado, 1 spoon full of hemp and/or chia seeds, blend until smooth (5-10 seconds).
WHAT’S A “VEGAN” DIET?
WHAT’S A “VEGAN” DIET?

Important tips before starting:

- **Plan ahead and prepare**: As you can see, many of these recipes involve soaking things over night, and dehydrating things for many hours. Example, don’t expect to make raw hummus in the morning if it’s 9pm and you don’t even have beans sprouting!

- **Purchase food in bulk**: While raw, fresh, fruits and veggies must be bought frequently, many staple vegan foods such as rice, legumes, nuts, and seeds can be purchased in large quantities at ounce which will save you money and trips to the grocery store.

- **Invest in glass leak-proof tupperware**: Glass tupperware is essential for refrigerated items and lugging your premade meals around town when your friends are hitting up the fast food joint. Don’t buy cheap, plastic tupperwear, which will make you miserable and vegan juices will be flowing in your backpack or purse.

- **Love your new digestive system, and listen to it**: You will quickly notice that eating vegan really cleans out the pipes if you know what I mean. Our entire country is constipated, making a poop a day the norm. Personally, I go number 2 about 6 times a day. It’s always quick, under 1 minute, formed (not diarrhea), but hydrated and soft.
WHAT’S A “VEGAN” DIET?

This is what happens when you drink a gallon of water or more a day, and eat a lot of fiber. This is not only normal for the human body, it is extremely healthy, so get to know the bathrooms whenever you go out and never be ashamed, be proud.

-Eat at reasonable hours: Typically unless I am trying to bulk and put on weight, I never eat after 8pm, and I limit my fruit consumption around 5pm, as your body no longer needs quick absorbing sugars at that time.

-Keep your receipts: By adding up what you are spending a week on food, you will be able to see which items are expensive and unnecessary and replace those things with cheaper just as healthy alternatives. This is also important because the first question people will ask is how much do you spend on food and you should know the answer.

-Eat a lot: The single most common downfall people run into when trying out a vegan diet is being “under carbed”. Unfortunately in our modern world we are encourage to eat less if we want to reach our healthy and physique goals. This advice has turned our nation into a group of sick, depressed, angry, diet hors that hop back and forth
WHAT’S A “VEGAN” DIET?

from diet to diet never finding a sustainable solution, a lifestyle. The high carb, low fat vegan lifestyle is the only sustainable solution if you want to accomplish all your goals at the same time including health, maximum fitness, longevity, satisfaction, affordability, and sustainability. When you are eating the right calories, you DO NOT need to count, anything! Simply eat as much as you want, as often as you want when your body tells you it is hungry. When you restrict calories on this diet, and eat “normal” common portion sizes that your meat and high fat eating friends and family do, you will notice that your energy will be begin depleting, you will be angry, sleepy, and a real mess. On the other hand, is you do not skip meals, eat enough, and prepare most of your own food, you will have more energy and happiness then you knew was possible, I experienced this myself after transitioning from a “junk food vegetarian” diet to a high carb, low fat vegan diet.

-CARBs are your friend: Despite what the mainstream, for profit, corporate diet industry tells you, carbohydrates should make up 70% or more of your total caloric intake every day. Carbohydrates are found in all plant-based food, while meat and animal products virtually contain none. Meat, dairy, and eggs consist of excessive
WHAT’S A “VEGAN” DIET?

amounts of fat and protein, which are the building blocks of chronic disease. Every cell in the human body runs off of sugar (aka carbs). By giving your body its ideal fuel source, you relieve the digestive system from having to over work by converting other nutrients like fat and protein into energy.

-Eat low fat: Carbs are you friend as long as you are eating a low fat diet. Your daily calories from fat should never exceed 12%. This is why you will notice that avocado, nuts, and seeds are used conservatively in this sample meal plan, and fats are never the main ingredients. You must remember that fat contains more calories per weight of food than any other nutrient. This means that your belly could be full to the brim with potato’s, vegetables, and beans, all low fat high carb foods that make you lean, but if you fill your belly to that level with nuts and avocado, which contain most of their calories from fat, you too will get fat!

-A calorie is not a calorie: It is the source of calories that matters, not the quantity. If you always treat carbs as your main fuel source, you never need to worry about overeating.

-Never stop learning: You can never know enough about diet, the
WHAT’S A “VEGAN” DIET?

environment, cooking, nutrition, social justice, ethics, and all the other intersectional aspects of what we eat. Here are some resources that have helped me in my education on unlicking the code to sustainability and healthy.

Podcasts:

- **Plantriotic Podcast**: Check out my iTunes podcast! I post a new episode every Sunday evening with a new guest to help us learn lessons on plant-based nutrition, fitness, sustainability, and spirituality.

- **Rich Roll Podcast (RRP)**: This is the podcast that inspired me to start my own. Rich is a vegan ironman and ultra-man man champion, a father, business owner, author, and spiritual cat.

YouTube Channels:

- **Plant Riotic**: My channel! How to live a healthy, sustainable, spiritual, and ethical plant-based vegan lifestyle while also reaching your bodybuilding and fitness goals.

- **Durianrdier**: Fruit based, raw till 4 lifestyle and endurance athlete
WHAT’S A “VEGAN” DIET?

advice.

- **Freelee the Banana Girl:** Fruit based, raw till 4 lifestyle and cooking.

- **Dr. John McDougall:** John McDougall is one of the most respected, outspoken, and veteran vegan medical doctors that promotes a starch based, high carb vegan diet.

- **Fully Raw Kristina:** Kristina is a totally raw fruitarian with tons of cooking videos on how to make tasty raw vegan meals. She also incorporates fitness into her videos.

- **Plant Based Athlete:** He is a mainly raw fitness guru

**Documentaries:**

- **Forks Over Knives**

- **Food Matters:**

- **Food Inc.**

- **Dying to Have Known**

- **Cowspiracy**
WHAT’S A “VEGAN” DIET?

- Speciesims: The Movie

Books:

- **The China Study by T. Colin Campbell:** The China Study has probably turned more people vegan than any book or movie in history. This book provides the research conducted proving that animal products serve as the building block for chronic disease such as cancer and heart disease, and that a vegan diet is able to not only prevent but reverse these fatal diseases.

- **Food Revolution by John Robbins:** This book is a complete manifesto and memoir of the vegan plant-based movement, and the John Robbins’s very unique life story. His journey goes from growing up with an ice cream shaped pool as the son of the founder of Baskin Robbins 31 flavors, to raising a son and growing their own food on an island for 10 years to vegan organizer and author.

- **Starch Solution by John McDougall:** Dr. McDougall is a highly energetic, charismatic, and veteran vegan doctor who boasts the health benefits of a cooked starch based vegan diet. This book provides Paleolithic history all the way to modern diet advice for health and body weight goals.

- **My Beef With Meat and The Engine 2 Diet by Rip Esselstyn:**
WHAT’S A “VEGAN” DIET?

These books tell the story of a Texas firehouse going from the brink of a heart attack to a vegan powerhouse of manly strength. Rip Esselstyn is the son of the famous cardiologist Caldwell Esselstyn, in addition to being a competitive triathlete.

- **Finding Ultra by Rich Roll:**

- **Power Foods for the Brain by Neal:** This book explains the mental degenerative properties of animal products and the best recipes to support brain health and function.

- **The Gerson Therapy by Charlotte Gerson:** Charrlotte Gerson is the daughter of German doctor and scientist Max Gerson who began treating himself and patients of chronic disease through a plant-based diet in the early 1900’s. This book specifically deals with treating patients with cancer using a fruit and vegetable juicing approach for treatment.

- **The 80/10/10 Diet by Dr. Douglas Graham:** This book is undoubtedly the bible of the raw fruit-based vegan diet. Dr. Graham easily articulates why humans are biologically fruit eaters, and why raw foods can take your health and fitness to a level you never knew was possible.

**Contact:**

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WHAT’S A “VEGAN” DIET?

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Peace.

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ii http://www.farmforward.com/farming-forward/factory-farming
http://www.earthsave.org/environment.htm iii
v http://www.earthsave.org/environment.htm
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