★ Table of Contents

What is a Vegan?	8
Why Choose Vegan?	10
Health Benefits of a Vegan Diet	13
Weight Loss	
Everything in Moderation	
Establishing a Plan for Success	
Fending Off Heart disease	
Lower Your Cholesterol	
Forget About Diabetes	
Eliminate High Blood Pressure	
Your First (Vegan) 30 Days	21
Transitioning to a Plant-based Diet:	
Tips and Tricks for Making it Work	24
Grocery Shopping	
Cooking Substitutions	
Eating at Restaurants	

The Vegan Traveler	
Resisting Temptation	
Personal Care Products	
Stocking a Vegan Pantry	33
Vegan Pantry Staples	
Plant Protein Basics:	
Planning and Preparation	36
Tofu	
Tempeh	
Seitan	
Grains	
Beans and Lentils (Legumes)	
Nuts and Seeds	
Building a Balanced Vegan Meal	45
Vegetables	
Fruits	
Legumes: Beans, Peas, and Lentils	
Whole Grains	
The Truth About Carbs	
Nuts and Seeds	
And That Other Stuff	

Food Allergies	51
Reading Food Labels	
to Avoid Milk and Eggs	55
Learn to Read Food Labels	
Reading a Label for a Milk-Free Diet	
Reading a Label for an Egg-Free Diet	
Vegan Nutritional Guidelines	59
Protein	
Calcium	
Vitamin B12	
Vitamin D	
Omega-3 Fats	
Iron	
Zinc	
Iodine	
Vitamin A	
Supplements	
Meal Plans and Shopping Lists	73
References	168