

# veg starter kit

FEEL GREAT • BE KIND TO YOURSELF, ANIMALS AND THE PLANET • EAT WELL

**Yours  
FREE**

**EATING** for your  
**BEST HEALTH**

HOW  
**YOUR DINNER**  
CAN CHANGE  
the **WORLD**

Plant-based  
**PRODUCTS**  
**WE LOVE**

Easy, affordable,  
*inspired* food

DELICIOUS, MOUTH-WATERING **PLANT-BASED** RECIPES INSIDE



VegKit is an initiative of Animals Australia, Australia's leading national animal protection organisation.

**Animals  
Australia**  
for a *kinder* world

**Animals Australia acknowledges the Traditional Custodians of the land on which we work and live. We pay our respects to their Elders, past and present.**



# Welcome...

...to a journey that will not only make your mouth water, but nourish your body and soul, too!

Eating plant-based food is the single most impactful choice we can make as individuals to help protect our beautiful planet, as well as all the amazing animals who call her home — and that includes us! According to leading health experts, embracing a plant-rich diet is one of the most beneficial things we can do to improve our health and wellbeing.

It surprises many foodies to discover just how powerful their seemingly small meal choices can be. Similarly, it can be quite a revelation to consider that for most of us, eating animals isn't something we ever consciously chose to do; rather, it was a 'habit' we inherited without question.

Well, gone are the days of simply eating the way the previous generation ate, just because that's what we're used to. It's time to bring something new to the table...

That's where you come in. You have the freedom — and the privilege — to choose food that aligns with your own beliefs about what the world should look like. Every time you have a plant-based meal, you're helping to shape a more sustainable and compassionate food system for all.

And you're in great company! Every day, more and more caring people — from all walks of life and across the globe — are becoming empowered to take charge of their health and eat in a way that aligns with their values. And the food industry is responding in kind, with more delicious veg options appearing in stores and on menus than ever before.

The future of food really is plant-based, and it's never been easier to join the movement.

In this guide, you'll find heaps of nutritional info, tips for eating out, and plenty of recipes to help you build hearty, wholesome, plant-rich meals at home, too. And this is just the beginning — you can find loads more ideas and advice at [VegKit.com](https://VegKit.com).

If you've got questions, feedback, or just need a little pep-talk, please drop us a line at [hello@vegkit.com](mailto:hello@vegkit.com) — there's nothing we love more than chatting about food!

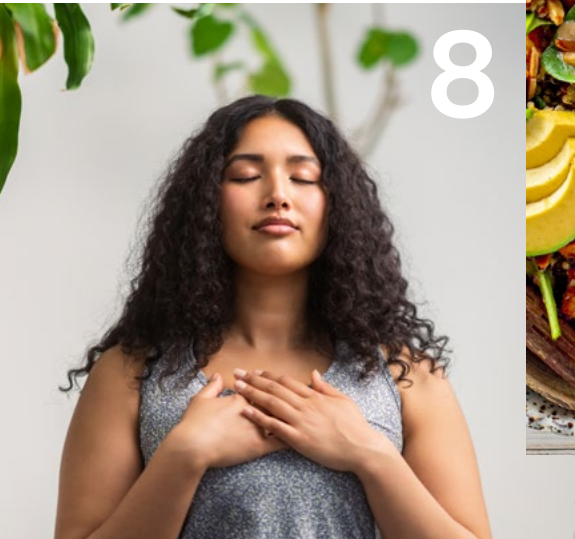
May this journey brighten up your plate, inspire you in the kitchen, and fill your heart just as much as your belly.

Warmly,

The VegKit Team



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The beautiful thing about eating plants is that — well, you already do! All it takes is a few simple swaps in your favourite dinner classics to make a meal that's entirely plant-based, without compromising on any of the flavours you know and love. Here are some of our favourites...



# The food you know & love

## Burger

There are stacks of juicy new plant-based burger patties in supermarket meat sections these days! Flipping a meat burger into a veggie one has never been easier. Marinated portobello mushrooms are also a great alternative to a traditional meat patty — or try another tasty homemade option at [VegKit.com/burgers](https://vegkit.com/burgers)

## Spaghetti

Pasta is one of the easiest dishes to make veg. Just swap the mince meat out for one of the many plant-based minces available at the supermarket! We also have some great recipes for hearty, lentil-based bolognese — check them out at [VegKit.com/bolognese](https://vegkit.com/bolognese)



## Big Brekky

Once you've smashed your avo, sautéed a few mushrooms, scrambled your tofu, and whipped up some smoky beans, you'll be lucky if there's room left on your plate for the crispy vegan bacon and sizzling plant-based sausages! Find our epic big brekky recipe at [VegKit.com/brekky](https://vegkit.com/brekky)

## Pizza

There's nothing you can't put on a pizza these days. They're the perfect platform for experimentation! If you're a sucker for the classics like meat-lovers or Hawaiian, try some of the many plant-based meats on the market — with a deliciously melty dairy-free cheddar or mozzarella sprinkled on top. Prefer your slice a little more gourmet? Then the world truly is your plant-based oyster (and yes, those exist too)! Find some inspiration at [VegKit.com/pizza](https://VegKit.com/pizza)



## Stir-fry

Plant-based chicken and pork products are available at most major supermarkets, and they're ideal for swapping into stir-fries! Tofu is another great option. Marinate it in soy, black bean, or sweet chilli sauce before popping it into the wok with your veggies, or choose one of the delicious pre-marinated options. Find stir-fry ideas at [VegKit.com/stir-fry](https://VegKit.com/stir-fry)



## Curry

With infinite flavour and vegetable combinations, you could eat a curry every day of the week and never get bored! Create a hearty base using nourishing veg like potato, sweet potato, or pumpkin, and load it up with protein-packed beans and legumes. Need a curry in a hurry? Check out this speedy recipe at [VegKit.com/pumpkin-curry](https://VegKit.com/pumpkin-curry)



HARNESS

# the power *of* plants

FOR YOUR HEALTH

Mother nature prepared an extraordinary smorgasbord of colourful and delicious plant-based foods for us to explore and delight in. And they're packed full of vitamins and minerals that will boost your energy levels and help you feel great! Enjoying a plant-rich diet can also reduce your risk of many of the world's most common diseases. It's no surprise then, that this way of eating is growing in popularity — you can leverage the power of plant-based meals to nourish your mind, body, and spirit.





**Research shows that eating a plant-based diet comprised of mostly whole foods can:**

- prevent and even reverse heart disease
- support good mental health
- prevent and treat acne
- decrease the risk of breast cancer
- reduce the pain and inflammation of rheumatoid arthritis
- reduce hot flashes and other menopausal symptoms
- promote healthy, sustainable body weight
- shorten recovery time after intense exercise or sports injuries
- help regress early-stage prostate cancer
- help prevent Alzheimer's disease and other forms of dementia <sup>1</sup>

# Nourish *your* body

## Grains & starchy vegetables

Grains are a great source of fibre and iron, and they also contain some protein. They are rich in B vitamins, which are important for metabolism and nerve function.

### GOOD SOURCES:

Brown rice, oats/porridge, white or sweet potatoes, quinoa, pearl barley, amaranth



### WHAT'S A SERVING?

½ cup cooked rice, pasta, or barley /  
1 medium sweet potato /  
¼ cup muesli / 1 slice wholegrain bread

**TIP:** Throw some roasted sweet potato in with your greens for a heartier salad.

## Legumes & soy products

Legumes and soy products provide a hefty amount of protein. Many of these foods are also rich in calcium and iron.

### GOOD SOURCES:

Kidney beans, tofu, tempeh, lentils, edamame beans, split peas, chickpeas

### WHAT'S A SERVING?

½ cup cooked beans /  
½ cup tofu / ½ cup tempeh / 1 cup fortified soy milk



**TIP:** Experiment with marinades and spices to make tofu dishes sing.



**2+**  
SERVES  
PER  
DAY

## Fruit

Fruits are great for hydration and a fantastic source of fibre, which aids in digestion and helps prevent heart disease. Many fruits are also rich in potassium, which is important for proper organ function, and most berries are an amazing source of antioxidants.

### GOOD SOURCES:

All fruits are valuable, so aim for variety! Apples, citrus fruits, all types of berries, kiwis, bananas, avocado, pineapple

### WHAT'S A SERVING?

1 medium-sized fresh fruit / 1 cup cut-up fruit

**TIP:** Start your day with a fruit smoothie — an easy way to get all your daily servings!



**1-2**  
SERVES  
PER  
DAY

## Seeds & nuts

Nuts and seeds provide protein and iron, as well as zinc, which supports a healthy immune system. Omega-3 fatty acids — found in walnuts, flaxseeds, and chia seeds — aid in brain and heart function.

### GOOD SOURCES:

Pumpkin seeds, cashews, peanut butter, tahini, flaxseeds, walnuts, almonds, chia seeds, hemp seeds

### WHAT'S A SERVING?

¼ cup nuts / 2 tablespoons seeds / 1 tablespoon nut or seed butter

**TIP:** Try some tahini in your salad dressing to add creaminess, or a handful of almonds for a quick snack.



**4+**  
SERVES  
PER  
DAY

## Vegetables

Veggies are chock-full of vital nutrients — like beta carotene, which your body converts into vitamin A (important for

good vision and immune function), and vitamin C, which your body converts into collagen (a protein that makes skin, joints, and bones strong). Vegetables also contain a whole host of cancer-fighting phytochemicals.

### GOOD SOURCES:

All veggies are valuable, so variety is best here too: Broccoli, capsicum, cauliflower, eggplant, kale, spinach, carrots, beetroot, pumpkin, garlic, leeks

### WHAT'S A SERVING?

½ cup cooked vegetables / 1 cup raw vegetables / ½ cup vegetable juice

**TIP:** Eat the rainbow! The vibrant array of colours in veggies reflects the thousands of healthful phytonutrients they contain. 🌈

# Natural *super*foods

It's no coincidence that everything our bodies need to thrive can be found growing in the soil of our planet. Clearly, nature intended for us to embrace a colourful variety of plants! Nutrient-rich and flavour-packed, these wholefoods are just a handful of the earth's most genius creations.



## Bananas

Packed with potassium and vitamin B6 — great for your heart and brain.



## Beetroot

Full of naturally occurring nitrates, which lower blood pressure.



## Avocados

Full of the good fats. Not to mention creamy and delicious!



## Quinoa

A nutrient-dense alternative to rice that's loaded with protein and fibre. Fun fact: this 'whole grain' is technically a seed!



## Almonds

Loaded with vitamins and fibre that make for a nutritious, filling snack. Also handy for bulking up salads.



## Broccoli

Rich in vitamin C and fibre to keep your bowels healthy — with powerful detoxifying properties, too!



### Sweet potatoes

Rich in vitamin A (just like carrots) which is essential for healthy vision, growth, and immune function.



### Blueberries

One of the richest sources of antioxidants, which can help fight off diseases.



### Walnuts

Loaded with omega-3, which means they're great for your heart and brain.



### Mushrooms

Shown to offer immune-boosting effects.



### Garlic

Has been found to lower your risk of certain cancers.



### Lentils

High in protein, iron, and fibre.



### Sesame seeds

High in calcium and minerals — and versatile! Sprinkle on salads or Asian dishes, and use tahini in sauces.



### Flax/Linseeds

Rich in omega-3. Best digested freshly ground, so add to smoothies to reap the most benefits.



### Cocoa

Packed with iron, magnesium, and polyphenols (heart-healthy antioxidants). Look for 70% cocoa or higher!



### Kale

A powerhouse veg, bursting with antioxidants like beta-carotene and vitamins K & C.



### Black beans

Protein-packed and full of antioxidants — which may reduce your risk of cancer.



### Turmeric

Has potent anti-inflammatory properties and can ease arthritis.



### Sauerkraut

Full of probiotics — gut-healthy live cultures which boost your immune system. Other fermented veg like kimchi packs the same punch!



### Brazil nuts

Super high in selenium. Just 1-2 nuts daily can help support healthy thyroid function.



### Oats

Rich in soluble fibre, which helps keep cholesterol at healthy levels. 🌿



***A plant-based eating pattern can help prevent and manage 4 of the top 5 causes of death in Australia and New Zealand.***

-Doctors for Nutrition



EATING FOR YOUR

# best health

with **Amanda Moon**  
*Accredited Practicing Dietitian*



Eating a diet rich in plants — and a diverse variety of them — may be the key to living your healthiest life.

**A**manda Moon started her career in public health, but quickly realised she wanted to help people manage their health on a more personal level. So she shifted her focus and became a registered dietitian and nutritionist. Specialising in improving gut health, plant-based diets, and nutrition during pregnancy and postpartum, Amanda has a wealth of experience and knowledge to impart — so she sat down with VegKit to answer some of our burning questions about food and health.

## How do you see diet playing into peoples' overall health?

"Diet can have a huge impact on general health and quality of life. Many of my clients report big changes in how they feel by improving their diets, fuelling their body more with what we're designed to eat. I've seen improved energy, better sleep, increased concentration and mental clarity, improved bowel

movements, better digestion, and gut health benefits. 'Food for mood' and mental health is also well researched; higher-quality diets are associated with a reduced risk of depressive symptoms."

## What makes plant foods so powerful?

"Plant foods are unique to animal foods in that they offer phytochemicals like antioxidants, which have many roles in supporting your health. Plant foods also offer prebiotics, which feed the beneficial microorganisms living in your gut. And gut health, more specifically the microbiome, is linked to the health of pretty much your whole body: it influences heart and metabolic health, as well as mood and mental health, and when nurtured properly, it can reduce the risk of many diseases ... So, eating plenty of plant foods has significant benefits. In fact, we now know eating 30+ different plant foods per week (including herbs and spices) yields major gut health benefits. That might sound like a lot, but it's actually very easy once you make 'variety' a habit!"

## **Do you need to take nutritional supplements regularly if you're eating plant-based?**

"Some people who have greater nutritional needs, for example those who are pregnant or breastfeeding, may benefit from supplementing key nutrients regularly. And this recommendation applies whether you're eating plant-based or not.

For most other folks eating plant-based, you can usually meet all your nutritional needs by eating the right plant foods and supplementing as needed — especially if you're incorporating foods fortified with B12 and calcium, and eating a lot of variety.

I always like to remind people that a plant-based diet is far from eating just vegetables! Eating from *all* the plant food groups is important to ensure you're getting your full range of daily nutrients."

## **What are the most common challenges your clients face when switching to plant-based?**

"For some clients, it's as simple as not knowing how to substitute meat or how to cook with foods they weren't brought up with, like legumes — so recipes and cooking videos can really help here!

Some of the bigger issues I see as a gut health dietitian are an increase in bloating, changes to bowel movements, or excessive gas. Sometimes this is caused by increasing fibre intake too quickly. Sometimes we just need to tweak the balance of the *types* of fibre they're eating. And for some, these issues occur because of a situation called dysbiosis, and we need make some changes to the balance of microorganisms in the gut to better equip them to handle so many plant foods ... Either way, I can usually address the root cause and get them feeling better on a higher plant diet."

## **Can kids eat plant-based?**

"Plant-based diets can be suitable for all ages, including children. But special care should be taken, as it should be for children following any eating pattern, to include key foods and nutrients needed for their growth and development. These include iron, zinc, iodine, omega-3s (especially DHA), vitamin B12, choline, carotenoids, and protein. I always recommend that parents seek advice from an experienced dietitian or nutritionist to ensure they're aware of what foods and supplements to be including, and how much."



## **How about eating plant-based during pregnancy and breastfeeding — is this OK?**

"It sure is — and I recommend that *all* pregnant women, whether they eat plant-based or not, in fact, seek guidance from an experienced dietitian or nutritionist — it can't hurt to get personalised advice!"

## **What does meal planning look like for your family?**

"Somewhat structured, but also often unplanned. Sometimes I create a three-week dinner meal plan to follow when I know we're going to be extra busy. We generally enjoy the same few meals for breakfast and lunch, but incorporate variety for dinner. We do a lot of bulk cooking so that there are always cooked veggies in the fridge to add to meals, and there are frozen meals for days we don't want to cook. I try to keep the fridge, freezer and pantry stocked with healthy ingredients so I can always put something nutritious together. I like cooking, so I can usually whip things up without having to think too much — and that becomes easier with practise."





//

*I try to keep the fridge, freezer and pantry stocked with healthy ingredients so I can always put something nutritious together.*

***If you could share one piece of nutritional advice with all Australians, what would it be?***

“Learn to cook with and enjoy real, unprocessed foods, from all the plant food groups: fruits, vegetables, legumes, wholegrains, nuts, seeds, herbs, and spices. There are endless opportunities to learn to cook these days — from in-person cooking classes, to online courses or YouTube videos ... Cooking nutritious foods is one of the best things you can do for yourself!”

*Amanda is based in South Australia, and offers online consultations nationally and internationally. Learn more about her services at [FeelyourBestNutrition.com.au](https://www.feelyourbestnutrition.com.au)*

## Where to get your...

### Protein

Just about every plant food contains some protein. The best sources are soy products (tofu, tempeh, edamame), other legumes (chickpeas, beans, lentils), plant-based ‘meats’, nuts, seeds, and whole grains (oats, wheat, barley, amaranth, teff).

### Iron

Green leafy vegetables, beans and pulses, fortified breakfast cereals, wholemeal bread, dried fruit, tofu, nuts, and seeds (almonds, pumpkin seeds, sesame seeds).

### Healthy fats

Nuts, seeds, nut butters, and avocados. For good sources of omega-3 fatty acids, get your hands on chia seeds, flaxseeds (linseeds), and walnuts.

### Calcium

Fortified soy milk, sesame seeds, white or brown bread, fortified fruit juice, dried figs, broccoli, kale, other leafy greens, molasses, tofu, and most beans and pulses.

### Vitamin B12

While it finds its way into animal-based foods, this bacteria-borne vitamin doesn’t get into plants. The good news is that lots of plant foods, including non-dairy milks, many cereals, and nutritional yeast, are fortified with B12. But if you’re not eating lots of fortified foods every day, it’s important to supplement. We recommend picking up a B12 supplement from your local chemist or supermarket and taking it regularly. <sup>ρ</sup>

# FEEDING THE family

From taco Tuesdays to spaghetti Sundays, to good old-fashioned pizza night — feeding your family plant-based meals can be as familiar (and indeed, just as delicious) as lots of the food you've already been eating at home for years! This is how one South Australian family does mealtime.



**L**ouise ate a vegetarian diet for years in her twenties, but it wasn't until she was confronted with the reality of the dairy industry on a TV program back in 2011 that she was moved to cut out dairy completely. Together, she and her husband Philip made the switch to a fully plant-based diet, and they've never looked back.

Along the way, they've also learned how to feed two growing boys, who are both healthy, active, and thriving — not to mention quite proud to be leaving animal products off their plates!

Louise shared with us what works for her family:

**SCHOOL LUNCHES TYPICALLY INVOLVE SANDWICHES:** These may be layered with veggie salad combos (whatever veggies they'll eat!), nut butter & jam, an easy tofu 'egg' salad, or dairy-free cheese & tomato. The odd sushi roll might make its way in there too — filled

with fresh veg like avocado and cucumber, and ready-made marinated tofu for protein.

**TOPPING UP THE LUNCHBOXES ARE MUESLI BARS,** fruits, or hummus with carrot sticks. They may occasionally get lucky with a home-baked treat!

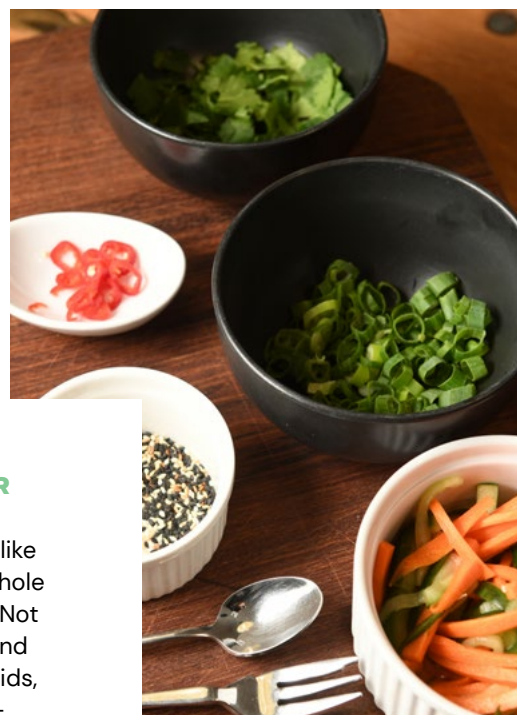
**PASTA IS A POPULAR WEEKNIGHT DINNER** that never fails. The boys love their spirals drizzled with a simple vegan butter sauce, mixed with steamed broccoli, and topped with Italian herbs.





### LOUISE AIMS TO FEED HER FAMILY MOSTLY WHOLE

**FOODS**, opting for proteins like beans, legumes, nuts, and whole grains as much as possible. Not only are these foods filling and nourishing for two growing kids, but they tend to be budget-friendly, too!



### CUISINE-THEMED

**WEEKNIGHTS** help fill out the family's meal plan with a varied but reliable rotation of comforting dinners that Louise and Philip can whip up quickly. 'Taco Tuesdays', for example, always feature a generously seasoned bean mix, an easy homemade cashew-based queso, and plenty of guacamole. Though they might swap out the tacos for burritos, nachos, or quesadillas on occasion, the boys love the routine and always get excited knowing it's Mexican night.

### ON FRIDAYS, THEY OFTEN GET CREATIVE WITH PIZZAS,

with each family member in charge of loading up their own pre-made pizza base with their favourite medley of veggies and a sprinkle of dairy-free cheese.

### SUNNY WEEKENDS MIGHT FEATURE A SIZZLING

**BARBEQUE** with all the classics: The boys especially love veggie sausages, grilled pineapple, and Mum's potato salad.

She's also realistic about the fact that convenience is sometimes the priority on busy nights — so of course they occasionally reach for heat-and-eat frozen veggie patties or easy plant-based nuggets from the supermarket.

Having started their plant-based journey back in 2011 — when supermarkets stocked only a fraction of the huge range of

innovative vegan products we have at our fingertips today — Louise says it wasn't always easy finding their way in the beginning, but they've never regretted it for a moment.

As Louise puts it, "It's completely worth it to live a life that's consistent with our values of compassion, nonviolence, and wellness." 🌱





# Oh, baby

Lorilee felt satiated and strong throughout her pregnancy — in no small part thanks to the well-rounded plant-based diet she enjoyed!

**L**orilee was already vegan before she became pregnant, but the news of her baby-to-be prompted her to take a closer look at what she was eating — which she admits hadn't been a particularly balanced diet. Little did she know at the time that having her sweet daughter, Scarlet, would be the key to making healthy habits stick.

At her first prenatal doctor's visit, Lorilee was handed the stock-standard list of foods to avoid while pregnant. Interestingly, she

said, "It was almost entirely animal products! In general, meat, dairy products, anything containing eggs — those are the foods which tend to pose the greatest contamination risk, and therefore risk to the baby's health. I thought, well that makes it simple then!"

She sought the guidance of a nutritionist who specialises in plant-based nutrition, and soon Lorilee was eating more whole foods, a greater variety of plants and cuisines, and mostly home-cooked meals — partly to ensure she was eating wholesome food, but equally

to avoid the potential of eating anything contaminated by higher-risk animal products at restaurants.

During the first trimester, when lots of pregnant women experience nausea throughout the day, Lorilee found potatoes to be her saving grace — she baked and mashed them for lunch and dinner, and mixed them with peas, corn, other veggies, and lots of nutritional yeast for a warming, stomach-settling dish.

As her pregnancy progressed and the nausea subsided, she found

herself reaching for more homely, comforting foods. On rotation were lasagne, dal, lentil Bolognese, cheesy scalloped potatoes, lentil shepherd's pies, mushroom and leek pies, stroganoff, chunky vegetable stews, and crusty sourdough breads. And she didn't forget those ever-important leafy veggies — she enjoyed sautéed garlicky greens alongside nearly every meal.

Lorilee had a healthy pregnancy, and felt nourished, satisfied, and

oat slices, avocados, and hummus with veggie sticks.

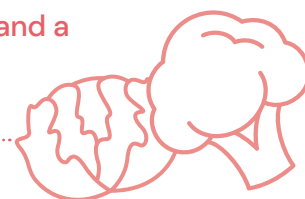
The way she ate during her pregnancy became second nature, and Lorilee happily reports that it forever changed the way she looks at food: not simply as something to fill the belly, but rather as *fuel* to enable your body to *thrive*.

Lorilee emphasises how completely safe and manageable her vegan pregnancy was, but suggests, for anyone who is thinking of becoming pregnant

while eating plant-based, reaching out to a vegan nutritionist or dietitian if you'd like to get that extra reassurance.

After all, it's a healthy habit to maintain! As Lorilee noticed during her pregnancy, "most women who aren't vegan end up eating practically vegan anyway by the time they eliminate all the high-risk foods for the sake of their baby's health ... Why not just embrace the lower-risk plant-based foods for your own wellbeing too?" 🌱

Doctors say that for those who menstruate, it's very common to have lower than normal iron levels — regardless of diet! Ask your doctor for a blood test to check your iron if you've never done so. They might prescribe more leafy greens and a supplement if you're coming up short.



resilient for those nine critical months. She took a pre-natal supplement, which doctors usually recommend for *all* pregnant women, and was pleased to discover her blood tests always told the same story: that she was feeding her body well!

After a full-term pregnancy, healthy baby Scarlet was born, and Lorilee's appetite increased significantly. This is because milk production uses a whopping 25% of the body's energy! (The brain requires 20%, for reference.) And it was important to this new mum to nourish herself *well*, because postpartum is a period of immense healing and recovery for the body. As such, she always made a point of eating a wholesome breakfast — porridge with fruits, for example — and keeping nutrient-dense snacks handy: usually bowls of mixed nuts, dried apricots, protein balls, dark chocolate, lactation cookies,



#### KEEP NUTRIENT-DENSE SNACKS LIKE THESE HANDY:

- mixed nuts
- dried apricots
- protein balls
- dark chocolate
- lactation cookies
- oat slices
- avocados
- hummus with veggie sticks

# powered by plants

The old adage 'strong as an ox' takes on a whole new meaning when you consider that this mighty bovine has a diet consisting entirely of plants! So too do a growing number of elite athletes who are reaping the benefits of a plant-rich diet – enjoying greater strength, energy, health, and endurance. Here is just a handful of the plant-powered heavyweights leading the charge.



## Morgan Mitchell

### TRACK AND FIELD

Two-time Olympic track and field star Morgan Mitchell credits her plant-based diet for her improved performance. "I don't feel sluggish like I did when I was eating meat, and my recovery from training really took off. It felt like an overall cleanse for my body, and I started seeing greater results on the track."



## Adam Zampa

### CRICKET

Aussie Twenty20 star bowler Adam Zampa says he's never missed a game of cricket due to injury, and yet eating plant-based isn't a decision he made for himself. "I did it because I care about animals and the environment. I met some cows and just thought, 'This isn't food. They're sentient beings who deserve a life as well.'"



## Luke Parker

### AFL

Sydney Swans midfielder and co-captain Luke Parker has shown that you can perform at your best on a meat-free diet. The premiership player and two-time best and fairest winner has celebrated more than 250 games at the Swans, with his AFL career spanning a decade – and he's showing no signs of slowing down.



## Erin Phillips

### AFLW, BASKETBALL

Dual Olympian, two-time WNBA champion, two-time premiership AFLW player, radio host, and mother of three! How does Erin manage? "Since I gave up meat, dairy products, and a lot of processed sugars, my energy levels have increased significantly because my body doesn't waste energy burning these types of food, and it allows me to sleep much better at night."



Find loads of protein-packed recipes like this wholesome 'Soul Bowl' at [VegKit.com/protein](https://VegKit.com/protein)



## Venus Williams

### TENNIS

Venus Williams is widely recognised as one of the all-time greats in tennis, with dozens of titles and four Olympic gold medals to her name. The former world number one went plant-based after being diagnosed with an autoimmune disease, and credits the dietary shift for her improved on-court performance.



## DeAndre Jordan

### BASKETBALL

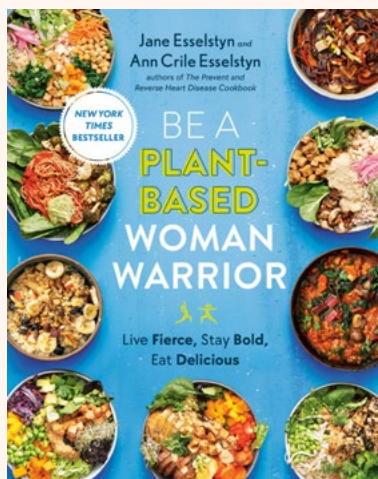
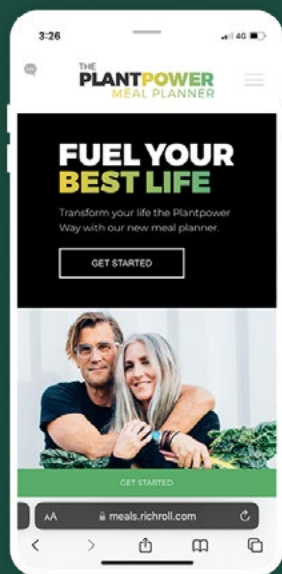
This NBA pro and Olympic athlete is not only proudly meat-free, but also hosts the very first athlete-led cooking show, *Cooking Clean*. After more than a decade of performing at an elite level, DeAndre is well-versed in the importance of taking care of his body. He uses his new platform to show others how easy it is to fuel an active lifestyle with plants. ♪

# Plant power for everyone

It's not just elite athletes who are unlocking their potential using plant-rich meal plans. Everyday people with active lifestyles or a passion for fitness have also discovered the benefits of eating this way. If fitness goals are important to you, note there are lots of resources out there specifically designed for (and by) active folks who have embraced plant-based food...

## The PlantPower Meal Planner

Rich Roll is a self-proclaimed couch potato-turned-ultramarathoner who turned his life around at age 40 by adopting a plant-based lifestyle. And he wants to help others transform their lives too: Check out [meals.richroll.com](https://meals.richroll.com)



## Cookbooks!

There is no shortage of cookbooks geared toward the sport-savvy:

- *The Vegan Cookbook for Athletes* by Anne-marie Campbell
- *Be a Plant-Based Woman Warrior* by mother-daughter dynamic duo, Jane Esselstyn and Ann Crile Esselstyn
- *The No Meat Athlete Cookbook* by Matt Frazier
- *The Vegan Athlete's Cookbook* by Anita Bean

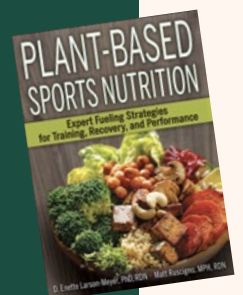


## NoMeatAthlete.com

Their mission is “to provide world-class inspirational and educational experiences to support the growth and well-being of the plant-based athletic community”. And they deliver! Meal plans, nutritional tips, workouts, even a podcast and a book — all geared toward athletes — will get you off to a flying start on your plant-based journey.

## Plant-Based Sports Nutrition

This book by D. Enette Larson-Meyer and Matt Ruscigno can teach you how to get precisely the right amounts of macronutrients, vitamins, and minerals, taking into account your personal caloric needs.







## Protein vs Carbs

The recipe for fuelling your active lifestyle with plants is simpler than you might expect! For sustained energy through strenuous days or vigorous workouts, experts agree you want to regularly consume foods that are nutrient-dense and high in *complex carbohydrates*: think whole grains, fruits, and starchy vegetables. The complex carbs in these foods will help your body synthesise the glycogen stores required to power you through whatever your day demands.

*Protein*, on the other hand, is used only minimally for fuel. Instead, its primary function is building and maintaining body tissue. You can get all the protein your body needs from plants, simply by incorporating into your meals a variety of beans, legumes, tofu, tempeh, lentils, nuts, seeds, and some powerhouse grains. Plant-based meat alternatives are usually protein-packed too! And if you're into body-building or serious training at the gym, you can bump up your intake even more by blending plant-based protein powder into your smoothies or baked treats. ♪

# Healthy...

## Smoky Tofu Scramble

🕒 Serves 4

🕒 10 mins to prep

🕒 10 mins to cook

1 tablespoon olive oil  
 1 small red onion, finely diced  
 1 clove garlic, crushed  
 1 red chilli, deseeded & finely chopped (optional)  
 1 tsp smoked paprika  
 1 tsp ground coriander  
 1/2 tsp ground cumin  
 1 tsp dried oregano  
 2 cups rainbow coleslaw (or colourful salad mix of choice)  
 400g firm tofu, crumbled

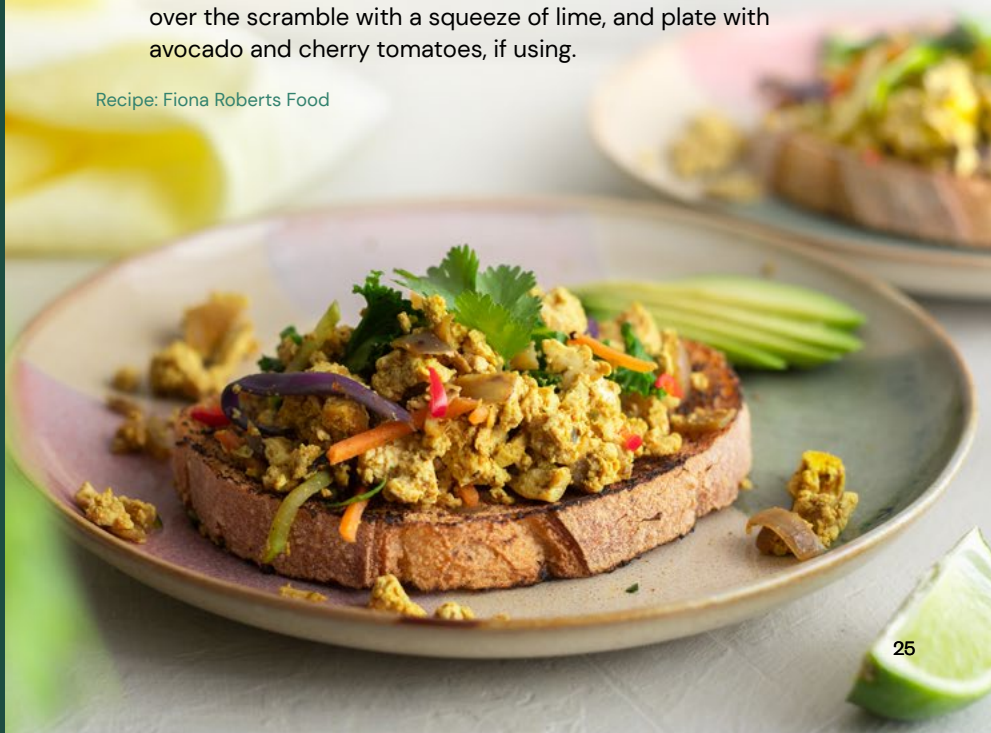
Pinch of turmeric  
 1/4 cup nutritional yeast  
 Salt & black pepper  
 1 tsp kala namak or 'black salt' (optional)

### TO SERVE

4 slices sourdough bread, toasted  
 1/3 cup coriander leaves, chopped  
 1 avocado, quartered & sliced  
 Juice of 1 lime  
 Cherry tomatoes (optional)

1. Heat the olive oil in a large non-stick frying pan over a medium low heat.
2. Add onion, garlic, chilli, paprika, ground coriander, cumin and dried oregano, stirring to combine. Cover and cook for 5 minutes or until onion is soft. Add the salad slaw, tossing to combine, and cook for 2 minutes or until just wilted.
3. Add tofu to the pan, stirring gently to combine, until heated through. Add a pinch of turmeric (this will give the scramble a nice yellow hue) and the nutritional yeast, and mix through. Season with salt and pepper, and black salt if using.
4. To serve, place a piece of sourdough toast on each plate and top with the tofu scramble. To finish, scatter coriander leaves over the scramble with a squeeze of lime, and plate with avocado and cherry tomatoes, if using.

Recipe: Fiona Roberts Food





## Mexican Stuffed Sweet Potatoes

🕒 Serves 4   ⌚ 30 mins to prep   🍳 25 mins to cook

### YOU WILL NEED

4 medium sweet potatoes  
 400g tin black beans, rinsed & drained  
 125g tin corn kernels, rinsed & drained  
 2/3 cup crushed tomatoes  
 3 tsp Mexican seasoning  
 1/2 cup red cabbage, finely sliced  
 1 long green chilli, deseeded & finely sliced  
 1/4 cup coriander leaves

### GUACAMOLE

2 avocados  
 1/2 red onion, finely diced  
 1 clove garlic, crushed  
 1 1/2 tbsp lime juice

### CASHEW SOUR CREAM

1 1/2 cups raw cashews  
 2/3 cup water  
 1 tbsp lemon juice

1. Preheat oven to 200°C fan-forced (220°C conventional). Prick sweet potatoes all over and microwave on high for 8 minutes. Transfer to a greased oven tray, spray with oil and bake for 10–15 minutes or until crisp.
2. Meanwhile, mix black beans, corn, tomatoes, and Mexican seasoning together in a small saucepan. Cook over medium heat for 2–3 minutes until heated through.
3. To make guacamole, mash the flesh of the avocados in a small bowl and stir through all other ingredients until well combined. Season with salt and pepper.
4. To make cashew sour cream, process all ingredients in a food processor until smooth.
5. Cut each sweet potato in half lengthwise, and fluff flesh with a fork. Spoon in black bean mixture, then top with red cabbage, guacamole, and cashew sour cream. Sprinkle over chilli and coriander and serve.

Recipe: Skye Swaney | Photography: Chris Middleton | Stylist: Deb Kaloper



## Maple Pumpkin, Spinach & Quinoa Salad

🍽 Serves 4   ⌚ 15 mins to prep   ⏳ 30 mins to cook

### YOU WILL NEED

3 cups pumpkin, chopped  
 3 tbsp maple syrup  
 2 tbsp olive oil (or omit if avoiding oil)  
 1/2 cup quinoa  
 2 cups baby spinach  
 400g can chickpeas, drained  
 1 cup baby tomatoes, halved  
 1 avocado, sliced  
 1/4 cup slivered almonds

### DRESSING

1/4 cup tahini  
 Zest & juice of 1 lemon  
 3 tbsp coconut aminos, soy sauce, or tamari sauce  
 Salt and pepper to taste

1. Preheat the oven to 180°C.
2. Toss the pumpkin, maple syrup, and olive oil, and spread on a lined baking tray. Bake for 20 minutes or until tender.
3. Cook the quinoa according to its packet instructions.
4. Combine the pumpkin, quinoa, baby spinach, chickpeas, tomatoes, and avocado in a large bowl and toss until combined.
5. To make the dressing, whisk all ingredients and a dash of water in a small bowl until smooth. If the dressing is too thick, add more water and mix again. (You can whizz these in a small blender too if you have one, which helps emulsify the tahini more quickly!)
6. Drizzle the dressing over the salad and sprinkle with almonds to serve.

Recipe: Rainbow Nourishments

# Discovering

## PLANT-BASED FOOD

The great thing about so many Australians wanting to try plant-based food is that it's become easier than ever to find or prepare plant-based meals for yourself. From the ever-expanding range of meat & dairy alternatives in supermarkets, to the restaurants and fast-food chains that are keen to attract thoughtful consumers like yourself – it seems everyone is offering a plant-based option nowadays!





All this is  
100%  
plant-based

# Easy swaps

Sometimes the easiest way to turn your dinner into a plant-based one is to simply swap out the animal product for its vegan counterpart. Here's a taste of just *some* of the delicious plant-based products you can find in supermarkets and local grocers across Australia. This space is constantly evolving as food manufacturers come up with even more innovative ways to create those 'meaty' flavours and creamy textures, so there is always something new and exciting to try!

## Chicken

Schnitzels, nuggets, tenders, kiev's, shreds, roasts — there's nothing plants can't do! Enjoy bird-friendly versions of all these familiar dishes with just a simple swap.



## Burgers & mince

Plant-based burgers and mince are incredibly popular — and for good reason! Made from a range of beans, grains, and vegetables, they often contain less fat than beef, with none of the cholesterol.

Plant-based meats are generally healthier or nutritionally comparable to their animal-based counterparts! Go to [VegKit.com/healthier-meat](https://VegKit.com/healthier-meat) to learn more.

## Seafood

With more people choosing ocean-friendly alternatives to 'seafood', there'll be plenty more fish in the sea.



## Bacon, sausages & hot dogs

Weekend fry-ups and big brekkies are made easy with deliciously savoury meat-free bacon and veggie sausages.



## Deli slices

Enjoy an ever-growing range of plant-based deli slices on pizzas, in sandwiches, or with a dairy-free cheese board for your next picnic.



## Butter

You won't believe it's not butter. (And it's nicer than margarine, too!) You can slather dairy-free spreads on your morning toast and use them in any cooking or baking recipe that calls for butter.



## Mayo & sauces

Pick from a huge range of egg-free and dairy-free creamy, zingy sauces for sandwiches, burgers, salad dressings, and dips.

## Cheese

Cheese lovers rejoice! With nut, soy, and coconut-based offerings, there are plenty of varieties to enjoy. From sharp cheddar slices in toasties, to mozzarella shreds on pizza, and even camembert and brie for your ultimate cheeseboard — every cheese has a dairy-free option!



## Cream

Cooking cream, whipped cream, sour cream — and all without dairy! Perfect for any recipe, sweet or savoury, that calls for cream.



## Finger food

For casual entertaining or after-school snacks for the kids, there are lots of great finger foods in the fridge and freezer section of your supermarket. You'll find flaky sausage rolls and pies, crispy spring rolls, pan-fry-ready gyoza, and more!



## Milk

Step aside, dairy! With milk made from oats, nuts, soy, rice, and more, we're spoiled for choice in the plant-based milk aisle. Look out for the flavoured milks on offer, too! Grab-and-go iced coffees and chocolates make excellent afternoon pick-me-ups.



## Chocolate

Milk chocolates made from hazelnut, almond, or rice milk create the same smooth and creamy taste, minus the dairy. If you prefer a more decadent treat, many dark chocolates are naturally dairy-free, too.



## Yoghurt

With so many fresh and fruity flavours to try, why not dip into the world of coconut, almond, and soy yoghurts? They're full of healthy probiotics and cultures, and don't contain the common allergens found in their dairy counterparts.



## Ice cream

These indulgent dairy-free almond, soy, and coconut milk ice creams are rich, creamy, gentler on the earth, and kinder to cows! As more and more brands whip up all kinds of mouth-watering flavours, the only problem is choosing one (or two).



Check out [VegKit.com/products](https://vegkit.com/products) to explore Australia's incredible range of plant-based products.





# Dining out & about

It's easier than ever to find plant-based food these days. Most places you go (seriously, even steakhouses) will have at least a few options on the menu. Some will even have an entirely vegan menu, and an increasing number of restaurants are 100% veg!

We're spoiled for choice — but if you ever want some extra peace of mind before heading out with friends or family, here are a few things we've learned along the way to help you navigate dining out with ease.



## Suggest a spot.

It pays to be proactive! Why not throw your own restaurant ideas into the ring, especially if you've heard of some well-liked places that cater to everyone and are extra vegan-friendly.

## Ask the server or chef.

Remember that it's not only okay to advocate for yourself and your dietary needs, it's embraced (and totally normal!). Most restaurants are more than happy to accommodate a wide range of requirements — as long as the request is friendly and polite, of course!

## Adapt the vegetarian options.

Even if a restaurant doesn't have vegan options marked on the menu, there will often be vegetarian dishes that can easily be altered. Just ask your server to hold the cheese or other non-vegan ingredients.

## Get creative with side dishes.

Not vibing the mains? Go tapas-style and combine some entrees, starters, or side dishes to make a beautiful spread instead! Lots of menu staples already happen to be plant-based — we're talking dependable classics like olives, focaccia and hummus, guacamole, veggie dumplings, spring rolls, edamame, side salads, sautéed or roasted veggies, and of course, everyone's favourite: hot chips.

## Pack a snack (just in case!)

Nuts, fruit, granola bars, popcorn, and plant-based protein bars are all easy to carry with you and can help tide you over in a pinch.

## Quick Tips

### Research ahead of time.

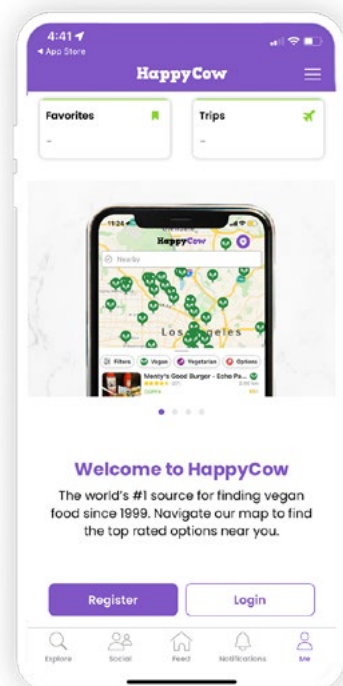
If you've been invited somewhere, check out the restaurant's website or menu online beforehand to see what options they have available. If it's not clearly marked on the menu, consider calling ahead to ask. And if you don't know where you're going yet...

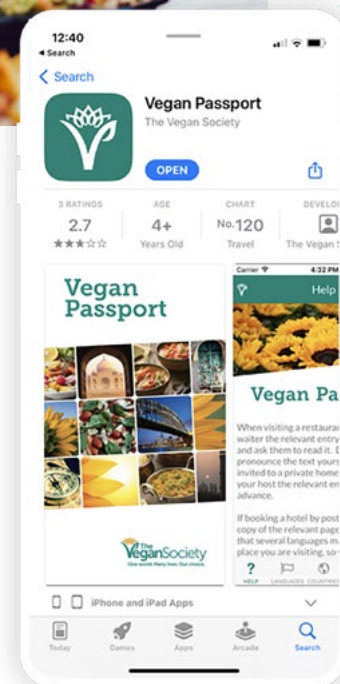
## Handy Resources

A wealth of information is just a phone-tap away! With these resources in your back pocket, you're guaranteed to find scrumptious plant-based options wherever you go in the world...

### Happy Cow:

Search your location on the Happy Cow website or app to see a whole list of vegetarian and vegan options at restaurants near you, as well as their opening hours — all kindly compiled and reviewed by fellow plant-based foodies! You can even submit your own recommendations if you discover something new that hasn't made it to the list yet.





## Local vegan Facebook groups

It might sound old-fashioned these days to recommend joining Facebook groups, but they can be very useful for finding up-to-date info about meal options and restaurants nearby. That's because vegan 'news' — like that exciting new plant-based brunch spot opening across town — tends to spread through them like *wildfire*. If your city has a local group, try searching in it using keywords like "dinner" and the suburb/area you're interested in to see what's got people talking. Likewise, if you're traveling, see if there are vegan groups specific to your destination that you can join to get recommendations straight from the locals!



## Vegan Passport

This nifty app costs less than \$3 — a small price to pay for the confidence that you'll never have to worry about a language barrier when you're dining out on holiday. Vegan Passport provides you with accurate translations of vegan dietary requirements in a variety of different languages, making it quick and easy to communicate to restaurant staff that you're keen to order something plant-based. 🌱



# Foods of the world

With every corner of the world boasting its own unique culinary traditions and iconic dishes, global cuisine is a treasure trove of plant-based flavours to explore!



**ITALIAN:** Veggie pizza (dairy-free or without cheese), pasta primavera, pasta napoletana, risotto.



**VIETNAMESE:** Bánh mì, vermicelli noodle salad, rice paper rolls, phở.



**JAPANESE:** Tofu or veggie sushi rolls, avocado rolls, edamame, tempura veg, vegetarian udon noodles.



**INDIAN:** Dal, vegetarian curries, veg samosas, mushroom bhaji, aloo gobi, vegetable dosa, roti.



**CHINESE:** Tofu and veg stir-fries, vegetable dumplings, spring rolls.



**MIDDLE EASTERN:** Falafel wraps, hummus, stuffed eggplant, mushroom shawarma, veg dolmades.



**MEXICAN:** Bean burritos, tacos, or nachos without dairy. Add extra guac and use coconut yoghurt for 'sour cream'!



**THAI:** Pad Thai (hold the egg), veggie spring rolls, rice paper rolls, stir-fries, veg curries using coconut milk.

Keen to dig into one of the dishes pictured here? Find all the recipes over at [VegKit.com/global](https://VegKit.com/global)



# Need food fast?

The plant-based movement is growing so rapidly that it feels like nearly every day, a new fast-food option explodes onto the scene. In fact, it can be hard to keep up! The good news is — that means you're never far from your next bite to eat on the go.



**Bakers Delight:** A reliable selection of vegan-friendly fruit danishes, iced buns, fruit and jam logs, and sweet scrolls. Some stores have vegan-friendly savoury offerings too!



**Domino's:** Heaps of toppings perfect for building the ultimate plant-based pizza — as well as, importantly, vegan cheesy garlic bread.



**Guzman y Gomez:** Swap out the cheese for vegan chimi mayo on any vegetarian menu item.



**7-Eleven:** Their classic No Chicken and Lettuce Sandwich is one of our fave on-the-go options! They also offer a veggie pastie and a No Sausage roll, plus vegan-friendly flavoured milks, crisps, and snack bars.



**Crust:** Plant-based pizzas! Try the Peri Peri Not Chicken, Buffalo Not Chicken, Beyond Sausage, Shepherd's Lie, Smokey Pulled Jackfruit, or Not Beef Royale.



**Hungry Jack's:** Plant-based hamburger meal? Yes please! Try the Vegan Whopper Cheese or the Rebel Whopper — just remember to swap the regular mayo for vegan mayo.



**Grill'd:** Stacks of burger options featuring a variety of veggie patties, indulgent Fable mushroom patties, and 'meaty' Impossible patties, plus melty vegan cheese and mayo! All their chip varieties and tomato relish are veg-friendly too.



**Mad Mex:** Burritos, nachos, quesadillas, and tacos with several vegan protein options, including 100% 'Not Chicken' filling, and tofu-based Veggie Rancheros filling!



**Noodle Box:** Plant-based BBQ buns, salt and pepper tofu, wok-charred seasonal greens with vegan oyster sauce, and veggie spring rolls. Plus two ready-to-order vegan meal options and plenty of vegetarian options that can be made vegan too!



**San Churro:** More than 20 options on their decadent vegan menu, from churro bowls filled with vegan salted-caramel and honeycomb gelato, to cookie-butter-filled churros, to velvety, vegan Spanish hot chocolate, and even a choc caramel shake! Your sweet tooth will thank you.



**Lord of the Fries:** From fried mac & cheese balls to shoestring fries to pickle-laden Beyond sausage hotdogs, this 100% plant-based burger chain has got all your fast food cravings sorted.



**Nando's:** Swap out chicken for the Great Pretender Protein — their popular plant-based chicken alternative — in any burger, wrap or salad. They also have vegan 'Perinaise' mayo and lots of vegan sides!



**Pizza Hut:** Several drool-worthy vegan pizza options including the Vegan Deluxe, Vegan Mediterranean, Vegan Margherita, and Vegan Cheese Lovers. Add a side of Spud Bites or Vegan Cheesy Garlic Bread, and you're set!



**Zambrero:** All of their burritos, bowls, and nachos are super filling and have easy customisation options. Just select from their range of plant-based fillings and toppings.



**Roll'd:** Try their Vegan Lemongrass Chilli Chicken rice bowl, Mushroom and Tofu Phở, Tofu Rice Paper Rolls, Tofu & Veg Spring Rolls, Tofu Gỏi, or the Tofu Bánh Mì without mayo.



**Pie Face:** Sink your teeth into their Maxi Plant Pie, Vegan Spag Bol Pie, Vegan Cheeseburger Pie, Sausage Plant Roll, Vegan Pastry, or Vegan Classic Choc Donut. Perfect road trip option!

**Note:** Some vegan options may be cooked or prepared on the same surface as animal products. Menus also change frequently, so check with staff for the most-up-to-date info. You might even discover some exciting new options that have popped up since we wrote this list! 🍴



# Get cooking...

## 'Ricotta' & Spinach Pasta Shells

🕒 Serves 4   ⌚ 30 mins to prep   ⏱ 40 mins to cook

Recipe: Rainbow Nourishments

### PASTA SHELLS

25 x jumbo pasta shells  
1 tbsp olive oil (or sub water)  
1/2 onion, finely chopped  
2 cloves garlic, crushed  
2 cups baby spinach  
400g firm tofu  
1/2 cup nutritional yeast  
1/4 cup vegan cheese (optional)  
1 tsp salt  
Pepper to taste

### PASTA SAUCE

1 tbsp olive oil (or sub water)  
1/2 onion, finely chopped  
2 cloves garlic, crushed  
400g can crushed tomatoes  
1 tsp oregano  
1/2 tsp thyme

### TO TOP

Additional vegan cheese  
Handful of cherry tomatoes  
Herbs e.g. basil, sage

1. Preheat the oven to 180°C.
2. Cook the pasta according to its packet instructions, but just until al dente, i.e. still with a bit of bite.
3. To prepare the shell filling, heat the oil in a large frying pan over high heat. Add the onion and sauté for 2 minutes or until softened. Add the garlic and spinach and sauté for 2 minutes or until the spinach is wilted.
4. Add the spinach mixture to a food processor with the tofu, nutritional yeast, vegan cheese (if using), salt and pepper. Process until it turns into a chunky paste. Set aside.
5. To make the pasta sauce, heat the oil in a large frying pan over high heat. Add the onion and sauté for 2 minutes or until softened. Add the garlic and sauté for 1 minute or until fragrant. Add the tomatoes, oregano, and thyme. Cook for a further minute, stirring until well combined. Pour half of the tomato sauce into a large casserole dish.
6. Carefully fill each pasta shell with tofu spinach mixture. Place the shells in the casserole dish over tomato sauce. Cover the shells with remaining sauce. If desired, sprinkle extra vegan cheese, cherry tomatoes, and herbs on top.
7. Lightly cover the dish and bake for 20–30 minutes or until bubbling. Serve immediately.



## Zucchini & Carrot Fritters

🕒 Serves 4   ⌚ 5 mins to prep   🕒 20 mins to cook

2 medium zucchinis	1 tbsp onion or garlic powder
2 medium carrots, peeled	1 tsp baking powder
1 1/2 cups chickpea flour	1/2 tsp salt
1/4 cup nutritional yeast	
2 tbsp ground flax seeds	<b>FOR SERVING</b>
1 tbsp olive oil (optional)	1/2 cup natural-flavoured coconut yoghurt
1 tbsp ground sage	

1. Preheat the oven to 180°C. Line 2 baking trays.
2. Use a food processor or hand-held grater to grate the zucchinis and carrots. A fine-medium grater is ideal.
3. Add the grated vegetables and the rest of the ingredients to a large bowl. Mix until well combined.
4. Scoop 2 heaped tablespoons of the mixture, form it into a round fritter shape, and place it on the lined baking tray. Repeat until you have used up the mixture.
5. Bake for 15 minutes. Remove from oven, carefully flip each fritter, and return to oven. Bake for another 5 minutes or until fritters are golden brown. Serve warm with dollops of coconut yoghurt!



Recipe: Rainbow Nourishments

## Kale & White Bean Soup

🕒 Serves 4   ⌚ 10 mins to prep   🕒 20 mins to cook

2 tbsp olive oil (or sub water)	2 cups vegan chicken-style stock
1 brown onion, chopped finely	Salt and pepper to taste
3 cloves garlic, crushed	
1 tsp rosemary, finely chopped	<b>TO SERVE</b>
3 medium potatoes, peeled and diced	1 cup coconut cream or yoghurt
400g can cannellini beans, drained	1 tbsp smoked paprika
1 cup kale leaves	Crusty bread
	Lemon wedge (optional)

1. Add the oil and onion to a medium pot over high heat and sauté for 2 minutes or until softened. Add the garlic and rosemary and sauté for 1 minute or until fragrant.
2. Add the potatoes and beans; sauté for 1 minute to combine with onion and garlic. Stir in the stock and kale and simmer for 15 minutes.
3. Use a stick blender to partially blend the soup. Or, remove half the soup and blend in a stand blender until creamy. Then return it to the pot and combine. Season with salt and pepper to taste.
5. Ladle the soup into bowls and garnish with coconut cream and smoked paprika. Serve with crusty bread.



Recipe: Rainbow Nourishments



# Sweet eats!

## Oreo Cupcakes

🕒 Serves 10   🕒 15 mins to prep   🕒 15 mins to cook

Recipe: Monica Mignone

### YOU WILL NEED

1 cup self-raising flour  
1 cup caster sugar  
1/3 cup cocoa powder  
1/2 cup soy milk (or any plant-based milk)  
1/4 cup olive oil  
75g silken tofu, pureed  
1/2 cup boiling water

### FOR THE COOKIES AND

#### CREAM ICING:

200g dairy-free butter  
350g icing sugar  
A few drops of cookies & cream essence (or sub vanilla essence)  
130g packet of Oreos, blended in food processor to a fine crumb

### TO DECORATE:

Mini Oreos  
Dark chocolate, melted

1. Pre-heat oven to 180°C. Line a cupcake tray with patty pans and set aside.
2. Add flour, sugar, and cocoa powder into a large mixing bowl. Mix to combine, and then set aside.
3. In a separate bowl, add milk, oil, and tofu. Whisk to combine.
4. Pour wet ingredients into dry. Gently fold to combine.
5. Slowly pour boiling water into the mixture. Whisk gently to combine.
6. Pour batter into patty pans (only fill about halfway as they will rise). Using a pouring jug makes this process a lot easier as the mixture should be quite runny!
7. Bake for 10–15 minutes or until a skewer inserted into the centre comes out clean. Set aside to cool.
8. Meanwhile, prepare the icing: add dairy-free butter to a stand mixer with a paddle attachment and beat for 4–5 minutes or until pale and fluffy. Add icing sugar slowly. Beat again until smooth. Then add cookies & cream essence.
9. Remove bowl from mixer. Gently fold through Oreo crumbs.
10. Spoon frosting mixture into a piping bag with an ice cream nozzle. Pipe onto cupcakes and decorate with a mini Oreo and dark chocolate drizzle.

## Chai & Raspberry Cupcakes

🕒 Makes 12   ⌚ 10 mins to prep   🌀 25 mins to bake

### DRY INGREDIENTS

2 cups self-raising flour or self-raising wholemeal flour  
1 cup sugar or coconut sugar  
1 tsp chai spices  
1 tsp baking powder  
Pinch of salt

### WET INGREDIENTS

1 1/2 cup almond or soy milk  
1/2 cup sunflower or olive oil  
1 tbsp apple cider vinegar  
1 tsp vanilla extract  
1 cup raspberries, fresh or frozen

### TOPPING

1 cup thick coconut yoghurt

1. Preheat the oven to 180°C.
2. In a medium bowl, add all dry ingredients and whisk together until there are no lumps.
3. Add all wet ingredients (except raspberries) and whisk until combined. Gently fold raspberries into batter. Scoop the batter into 12 lined cupcake moulds.
4. Bake for 20–25 minutes or until a skewer inserted into a cupcake comes out clean. (The raspberries will remain wet.) Set aside to cool.
5. Before serving, dollop coconut yoghurt and a dusting of cinnamon onto each cupcake.



Recipe: Rainbow Nourishments

## Banana & Coconut Pancakes

🕒 Makes 8   ⌚ 15 mins to prep   🌀 10 mins to cook

1 cup plain flour  
1/4 cup shredded coconut  
1 tbsp vegan vanilla protein powder  
1 tsp baking powder  
1/4 cup maple syrup  
1 1/4 cups coconut milk (beverage-style, from a carton)

2 tbsp dairy-free butter  
1 banana, chopped

### TO SERVE

1/2 cup vanilla coconut yoghurt  
1/4 cup shredded coconut  
1/3 cup maple syrup

1. In a large bowl, combine the flour, coconut, protein powder and baking powder.
2. Add the maple syrup and milk, stirring until just combined. Leave batter to stand for 10 mins.
3. Heat 1 teaspoon butter in a non-stick frying pan over medium heat. Pour 1/4 cup of batter into centre of pan. Scatter a few banana pieces across the pancake.
4. Cook until bubbles appear, and edges are golden. Flip pancakes and cook for a further 2 minutes or until golden. Repeat steps 3 and 4 with remaining batter.
5. To serve, top pancakes with coconut yoghurt, shredded coconut, and a drizzle of maple syrup.



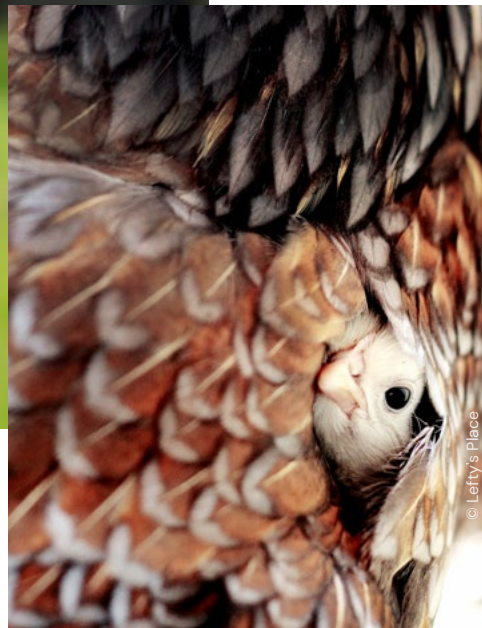
Recipe: Fiona Roberts Food  
Photography: Rainbow Nourishments



YOU ARE

# changing the world

By choosing plant-based, you are choosing to walk a little more gently on the earth. Not only will you save water, produce fewer greenhouse gasses, and help to protect both oceans and land — but you'll also spare the lives of countless animals.



## For the animals

Farmed animals are sensitive, curious individuals with their own personalities, emotions, and complex social bonds — just like the cats and dogs so many of us call our best friends!

But despite sharing the same capacity to feel joy, to seek affection, and to suffer, millions of animals raised for food every year are routinely

subjected to horrific, legalised cruelty and extreme confinement on factory farms.

While this is 'life' for the vast majority of farmed animals, a lucky few are given a second chance at sanctuaries, where they are free to roam, play, and live out their days in peace and comfort.

Our laws may not protect farmed animals, but *we can* — simply by extending our circle of compassion to include them, too.



## Spartacus & Cordelia

Tiny, scared, and alone after a hard start to life, Spartacus was inconsolable when he first arrived at Lefty's Place Farm Sanctuary. That is, until he met Cordelia, a clucky rescued hen who instantly took him under her wing — safe, warm, and loved at last!

Life in the egg industry would have looked very different for these two: Chickens are treated like egg-laying machines, with no laws protecting them from painful procedures or extreme confinement. And, because they can't lay eggs, male chicks are treated as 'waste products' and killed on the day they hatch.

Spartacus and Cordelia make the most of every day and never leave each other's side, almost as if they know how lucky they are to have been given the chance to know freedom, happiness, and family instead.



The mass slaughter of male chicks and 'exhausted' hens is completely legal and routine across all types of egg production, including free-range and organic.

## Calvin Swine

Calvin Swine may have been the runt of his litter, but this pocket-rocket piglet has a big personality, and only two settings: zooming or snoozing!

At Edgar's Mission Farm Sanctuary, he'll get to lead a full and happy life — no doubt leaving a perfect little trotter print on the hearts of everyone he meets along the way.

Most piglets just like Calvin aren't so lucky, born into an industry that values them only for what their bodies can produce, rather than as the unique, intelligent individuals they are.



Millions of pigs are subjected to extreme confinement and cruelty for the sake of profit in the Australian meat industry each year. In their first few days of life, piglets may be subjected to painful, invasive procedures (such as teeth cutting, tail docking, and castration) with no legal requirement for pain relief.



## Clarabelle & Valentine

Clarabelle and Valentine are a gentle mother-and-daughter duo living their best lives together at Edgar's Mission Farm Sanctuary.

At first, when Valentine was born, Clarabelle hid her from their rescuers. As an ex-dairy cow, she was used to her calves being taken from her — time and time again — so that the milk her body produced for them could be bottled for human consumption instead.

But kindness has a way of healing old wounds, and with time, Clarabelle was able to trust that she and her baby were finally in safe hands. Years later, she can still be found grooming Valentine in the dappled paddocks, and their bond is as strong as ever.



Dairy cows are kept nearly continually pregnant in order to keep their milk flowing. Each year, hundreds of thousands of unwanted calves (usually males, who can't produce milk) are separated from their mothers shortly after birth and killed as 'waste products' of the Australian dairy industry.



## Ludo

When sweet, determined Ludo managed to evade slaughter by hiding out of sight, it was clear she wanted more than anything to live. Sadly, 'meat' chickens are bred to grow 3 times faster than their natural rate, and Ludo's young body was already struggling to cope.

Knowing she likely didn't have long left, her rescuers at Lefty's Place Farm Sanctuary showered her with all the love she deserved — and plenty of her favourite food, corn.

In her final days, Ludo got to experience all the things she would never have known on the chicken meat farm: sunshine, fresh air, and above all, kindness.



'Meat' chickens are bred to grow so large so fast that their legs can barely support their weight. Many die from heart failure or other complications at just a few months of age.



## Little Fella

Aptly named Little Fella is seriously lucky to be alive. In the meat and wool industry, there's no requirement to provide newborn lambs and their mums with shelter from the elements — and it's effectively built into the business model that 1 in 4 lambs will starve or freeze to death, often within just 48 hours of being born.

In his new home at Edgar's Mission Farm Sanctuary, Little Fella can prance around the fields to his heart's content, with a cosy jumper and plenty of love and cuddles to keep him warm.

He'll also get to keep his long tail (perfect for wagging!) and grow up to be a *big fella* someday, which can't be said for most lambs in Australia.



Young lambs in Australia routinely have their tails and the skin around their buttocks cut off (a procedure called mulesing), often without any pain relief. Lambs bred for meat are sent to slaughter when they are between 6 and 12 months old.

## Is there such thing as 'humane' meat?

While living conditions may vary, the harsh reality is that across all systems (even on small-scale farms), animals may be separated from their families and subjected to surgical procedures without pain relief. And, ultimately, they are all trucked to the same slaughterhouses.

Investigations have shown that even the 'best case scenario' for animals involves prolonged stress during transport, as well as pain and terror during slaughter.

The bottom line is that no animal wants to die — and the suffering they endure behind slaughterhouse doors is something most consumers would never condone.

Find out more at  
[AnimalsAustralia.org/slaughter](https://AnimalsAustralia.org/slaughter)

## What about 'cage-free' eggs?

Unfortunately, cage-free doesn't mean cruelty-free. There are ethical and welfare issues inherent in all egg production systems, from cage to free-range, and even organic farms. Male chicks, for example, are routinely gassed to death or ground up alive in macerators — simply because they can't lay eggs, and therefore have no commercial value to the egg industry.

It's also completely 'normal' across the entire egg industry for hens to be killed en masse, usually when their bodies become exhausted and their egg production wanes at around 18 months old.

Not surprisingly, as these cruel hidden practices come to light, more caring foodies are choosing to put the chicken *before* the egg — and it's as easy as cutting back on eggs in favour of kinder alternatives!

Learn more about how going egg-free helps protect animals at  
[AnimalsAustralia.org/egg-free](https://AnimalsAustralia.org/egg-free)



## Fish & Crustaceans

The intelligence and emotional capacity of fish and other marine animals have long been overlooked, but a growing body of research is revealing that there's a sensitive side beneath those scales and outer shells.

Some fish and crustaceans have been found to play, use tools, solve problems, and even recognise themselves in mirrors! There is also evidence that they form strong social bonds with each other, and are capable of sophisticated behaviours like communication, altruism, and cooperation.

And just because most of them can't cry out doesn't mean they can't feel pain — the scientific consensus is that marine animals have complex nervous systems and are indeed capable of experiencing pain and distress.

Experts have found that lobsters, for example, don't have the coping mechanism of going into 'shock' like other animals (including humans) do. Sadly, this means that when they have their claws torn off or are boiled alive, their suffering is extreme and prolonged.

When commercial fishing trawlers drag fish up from the ocean in huge nets, many suffer from burst eyes and organs due to the sudden change in pressure. Others are crushed before they even hit the deck. Those who survive do so only to face a slow and painful death from suffocation.

### Louie

Over the 20 years Louie spent confined to a restaurant tank, the staff came to see him as more of a familiar friend than an item on the menu. Eventually, they realised they couldn't stomach seeing him end up on a plate — so they issued him an official pardon and put him back in the sea instead. Lobsters, especially big ones, can live longer than humans. Chances are that Louie is still roaming the ocean floor, wild and free, to this day.



And fish aren't the only ones at risk — fishing trawlers kill indiscriminately, meaning that they are also death traps for seals, sharks, dolphins and turtles.

Scientists have warned that if we continue to overfish and kill marine animals at the current rate, more and more species will face extinction, and entire ocean ecosystems could collapse. The good news is that there are heaps of plant-based 'seafood' products and recipes out there that are kind to animals, far more sustainable, and offer all the flavours we love — just with nothing fishy!

While our seemingly small food choices can sometimes feel like a drop in the ocean, collectively they amount to a tidal wave of compassion — one that can help protect our precious marine ecosystems and the incredible animals who call them home.



**Fish farms are no better; they're essentially underwater factory farms. Confined to overcrowded, often disease-ridden pens, it's hardly surprising that up to 1 in 4 fish show signs of severe depression and can be seen floating listlessly at the surface.**

### Marta

A grouper fish destined for somebody's dinner plate had a lucky escape when the chef at an Italian restaurant noticed her gasping for breath, right as he was about to put her into the oven. He took pity on her and released her back into the sea. Staff gave her the nickname Marta, and were all happy to see her returned to the ocean where she belonged. ♡





# Eating *for* the planet

A more sustainable world begins with what we choose to put on our plates.

Did you know that the food we eat is one of the largest contributors to our eco-footprint? And according to University of Oxford research, switching to plant-based eating is “the single biggest way” we as individuals can tread more lightly on our planet.\*

This is because raising billions of animals for food each year not only eats away at a massive proportion of our precious natural resources like land and water, it also

generates an immense amount of waste and harmful greenhouse gases at every step along the way.

The United Nations has identified plant-based diets as a major opportunity for mitigating climate change, and has even urged governments around the world to adopt policies that will help reduce the consumption of animal products.

With climate experts warning that our planet is rapidly approaching a tipping point, and more and more of us looking for ways to reduce our impact, it's little wonder that the demand for plant-based food is skyrocketing!

*\*We'd also argue it's the most delicious ;)*

# Our current food system is broken...

**60%**

**OF BIODIVERSITY LOSS WORLDWIDE**

is due to huge swathes of forested land being cleared to graze and **GROW CROPS FOR FARMED ANIMALS.**

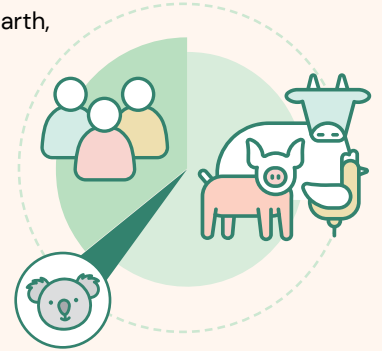


SOURCE: WWF

Of all mammals left on Earth,

**ONLY 4% ARE WILD MAMMALS,**

36% are humans, and **60% ARE LIVESTOCK.**

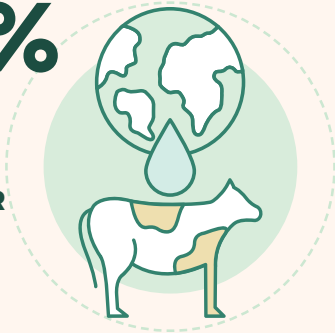


SOURCE: Proceedings of the National Academy of Sciences

**30%**

**OF THE WORLD'S DRINKABLE WATER**

**IS USED TO FARM ANIMALS.**



SOURCE: Pacific Institute

Meanwhile

**3 IN 10**

**PEOPLE WORLDWIDE CAN'T ACCESS SAFE DRINKING WATER.**



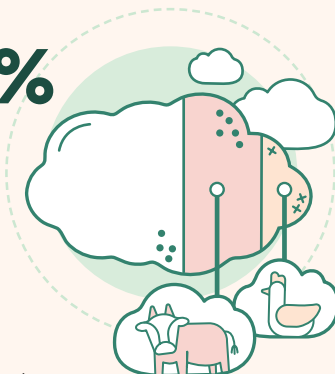
SOURCE: World Health Organisation

**FACTORY FARMING ACCOUNTS FOR**

**14.5%**

**OF ALL GLOBAL GREENHOUSE GAS EMISSIONS**

and 37% of the world's methane emissions.

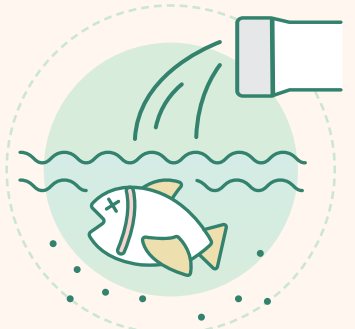


SOURCE: Humane Society International

**POLLUTION FROM ANIMAL AGRICULTURE IS THE**

**#1 CAUSE OF LOW-OXYGEN 'DEAD ZONES'**

in the ocean — killing off entire marine ecosystems.



SOURCE: Science Journal

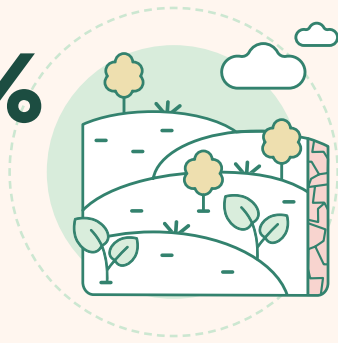
# ...but what if the world went plant-based?

The world would see a

# 94%

**DECLINE IN DEFORESTATION** which would protect wildlife habitats and **IMPROVE GLOBAL BIODIVERSITY.**

SOURCE: Global Trophic Cascades Program

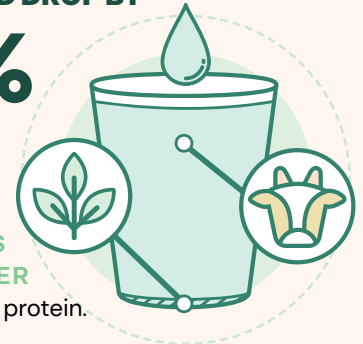


**OUR INDIVIDUAL WATER FOOTPRINTS WOULD DROP BY**

# 55%

Producing 1kg of **PLANT PROTEIN USES JUST 1% OF THE WATER** required for 1kg of animal protein.

SOURCE: Nature Journal / American Journal of Clinical Nutrition

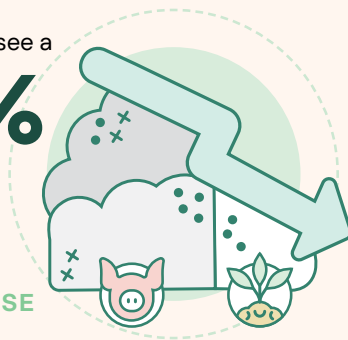


The food industry could see a

# 70%

**REDUCTION** IN TOTAL GREENHOUSE GAS EMISSIONS.

SOURCE: Proceedings of the National Academy of Sciences



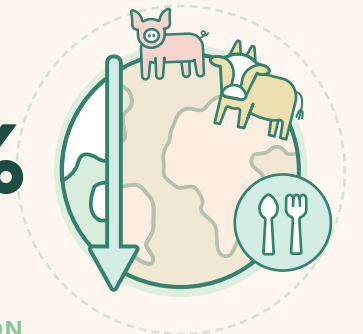
We could cut

**GLOBAL FARMLAND USE BY MORE THAN**

# 75%

and *still* feed the world's **GROWING POPULATION.**

SOURCE: University of Oxford / Science Journal



## Don't plant crops impact the environment too?

Yes! They sure do. Every method of food production impacts the planet, but some vastly less than others.

As it stands, a huge proportion of our global plant crops is grown specifically to feed the billions of farmed animals raised and slaughtered every year. But the thing is, these animals actually end up consuming significantly more protein throughout their lifetimes than their bodies ever produce overall.

When you think about it, funnelling massive amounts of plant protein through animals to produce a *lesser* amount of protein (in the form of meat, eggs, or dairy) doesn't sound like a recipe for a sustainable food system...

In terms of nutritional yield, land use, and resource use, animal agriculture is incredibly inefficient — not to mention environmentally destructive. We're much better off if we grow and consume plant proteins directly, and our planet is too! ♻️



# 5 TIPS FOR BUILDING A LASTING HABIT

**1 DO IT YOUR WAY.** For many, the best way to eat more plant-based meals is to do it gradually. Some people start by eating plant-based a few days per week, or for 2 meals a day, and increasing this over time as it becomes second nature. If protecting animals is a strong motivator for you, you could start by replacing the foods that harm the most: More than 95% of the animals killed for food are chickens, fish, and other marine animals, so simply by replacing these with plant-based options you'll spare a significant number of animals from suffering! Or perhaps you're ready to jump in and fully embrace a plant-based life straight away. Whatever your style, remember that it's about progress, not 'perfection'. If you slip up or have a meal you don't feel great about — don't stress. You can always pick up where you left off! Every single plant-based meal makes a difference, so there's reason to celebrate any steps you take, big or small. Ultimately, there is no right or wrong path: embrace the approach that works for you!



**2 FIND RECIPES YOU LOVE — THEN SHARE THEM.** Eating plant-based is easy if you love what you're eating — so find the foods you love! If you can, commit to trying one new recipe each week while you're figuring out which ingredients and cuisines best suit your tastes. Before you know it, you'll have a handful of favourites in your repertoire, and with each success in the kitchen, you'll find yourself feeling less and less attached to the idea of meat being the centrepiece of every dish. Sharing your favourite meals is a great way to help friends and family understand your newfound passion too. After all, a belly-full of veggie lasagne, chickpea curry, or chewy chocolate chip cookies is an easy way to most people's hearts!

**3 CONNECT WITH OTHERS WHO SHARE YOUR VALUES.** Seeking

out others who are exploring plant-based food too will help make your experience easy breezy, because it's hugely helpful to swap tips and recommendations within a community. Check Facebook or other social networking sites for vegetarian or vegan groups specific to your region — you may be surprised how many others in your area are on a similar path! These folks will probably be the first to tell you about a new veg café or the new vegan options at your local pub. Volunteering for an animal protection organisation or going to vegan markets and events are other great ways to meet like-minded people.

In January, consider going all-in by signing up for the Veganuary challenge at [Veganuary.com](https://veganuary.com). A few months later you can do the same with the team from No Meat May (head to [NoMeatMay.org](https://NoMeatMay.org)). Both are fun initiatives that support participants to go plant-based for a month — and it can certainly help to feel like you're part of a huge team who are all embarking on the journey together!



© Little Oak Farm Sanctuary



**4 REMEMBER YOUR 'WHY'.** There's a reason you felt compelled to explore meat-free eating, otherwise you wouldn't be reading this! So, remember why you're eating plant-based. Are you concerned for the future of our planet and wanting to leverage your power as a consumer to help protect it? Are you trying to improve your health and longevity? Or do you care deeply about the animals who you'd been taught to call 'food'? Maybe all three! Whatever brings you here, return to your 'why' for a bit of motivation when you need it. And know that your choice to eat plant-based is creating a kinder, more sustainable world.

**5 VISIT AN ANIMAL SANCTUARY.** Okay, this one is mostly just for fun. There are some amazing farm animal sanctuaries around Australia, many of which offer regular tours where you can meet the animals! It makes for a beautifully wholesome day out, and it's a nice way to get to know some of the animals that your food choices are helping to save. Google 'farm animal sanctuary' and your city to find one near you. If you can't get to one, consider following a few on social media — not only to fill your feed with sweet faces, but also to be reminded of the kind of life pigs, chickens, sheep and cows can have when they're shown love and kindness. ♪



# Resources we love...

## Cooking

*Freshly Picked* is Australia's first 100% plant-based cooking series to grace the TV! Watch Masterchef grand-finalist Simon Toohey whip up all the deliciousness in the Freshly Picked kitchen. Catch all the episodes from 3+ seasons for free on [10play.com.au](https://10play.com.au)

There are lots of wonderful recipe creators on YouTube too! Head to [Vegkit.com/chefs](https://Vegkit.com/chefs) to see our top selection of YouTube cooks who will inspire you to join them in the kitchen.



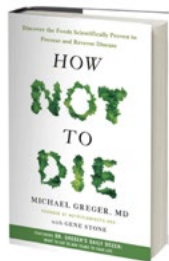
## Health

### READ:

In *How Not to Die*, Dr Michael Greger breaks down (ahem, translates) hundreds of scientific studies that demonstrate how nutrition can prevent and even reverse the leading causes of premature death. Side effects of reading this book include: a profound appreciation for the many unassuming but *miraculous* plants that grow on our planet, and a compulsion to thank all the researchers who have studied them.

### WATCH:

- *Forks Over Knives*
- *The Game Changers*



## Animals & planet

If this guide has inspired you to question our complicated relationship with animals and the earth, you might like these deeper dives.

### READ:

- *Eating Animals*, by Jonathan Safran Foer
- *Why We Love Dogs, Eat Pigs, and Wear Cows*, by Melanie Joy

### WATCH:

- *Eating Our Way to Extinction*
- *Kiss the Ground*
- *A Life on Our Planet*
- *My Octopus Teacher*



## Inspiration

Nourish Magazine is a premium vegan food and living magazine that is absolutely packed with delicious recipe ideas, health and wellness guidance, news, and more! It's created in Australia and published every other month. [↗](#)



Scan here to get this list in digital format — with easy links to each resource, plus heaps more recommendations!



We're here for you! You'll find loads more recipes, tips on plant-based living, product suggestions, and articles at [VegKit.com](https://VegKit.com). And if you have questions or need a bit of support or motivation, feel free to reach out to the VegKit team at Animals Australia.

Give us a call on 1800 888 584 or send us an email at [hello@vegkit.com](mailto:hello@vegkit.com). You can also follow us on social media for more inspiration!

- 📷 Instagram @vegkitcom
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- 🎵 Tiktok @vegkit
- 📺 Youtube @vegkit
- 📌 Pinterest @vegkit



# change begins with you.

VegKit is an initiative of Animals Australia, Australia's leading animal protection organisation. If you believe that all animals should be free from cruelty, join us at [www.AnimalsAustralia.org](http://www.AnimalsAustralia.org). If you found this guide helpful, please pass it on or order copies for friends at [VegKit.com](http://VegKit.com) | Animals Australia: Locked Bag 1236, North Melbourne VIC 3051 | Ph: 1800 888 584

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