

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

FREE

Veg Starter KIT



easy
affordable
Inspired food

✦ Mouth-watering *plant-based* recipes!

Brought to you by
**Animals
Australia**
for a *kinder* world

Welcome

If you're reading this, you've already taken your first step toward changing the world. Think that sounds huge? It is. Choosing the plant-based option not only saves animals, it's also the best way to protect the environment. Plus, it's a fantastic recipe for a long, happy and healthy life!

Just look around. From Hollywood A-listers like Liam Hemsworth, to Olympians like Morgan Mitchell, to the guy next door — plant-based eating is everywhere. Even Einstein was onto it. These people recognise that this simple choice makes a big difference and they put their values into action.

Times are changing, and we all have the power to rethink, redefine, and rebuild a better world. In your hands is the recipe to stand up for a more sustainable and compassionate world every day and feel great about what you eat.

And here's the best part: it's totally easy. With this guide at your fingertips, you'll be well on your way to a lifestyle that's kind to animals and you. For anything else, including additional recipes, products and restaurant recommendations, find us at VegKit.com or contact the friendly team at Animals Australia.

Open your heart, and embrace the journey. Most importantly — have fun with it!

Warmly,
Your friends at Animals Australia

Animals Australia
for a kinder world

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

All food endorsed by VegKit is 100% vegan!



18



26



29

Cover photo courtesy of Jon Webb in honour of the late Lisa Barton and her dedication to a kinder world.

Printed with vegetable based inks on 100% recycled paper.

1 in 3 Australians are changing THE WAY THEY EAT



FACES YOU KNOW
like Liam Hemsworth

Inspired by long-time vegan Woody Harrelson, Liam Hemsworth first tried plant-based eating in 2015 — and loved it. His enthusiasm even rubbed off on his actor brother Chris Hemsworth, who has since adopted more plant-based food into his diet. Liam's wife Miley Cyrus is also vegan and a big animal lover.

"There are no negatives to eating like this. I feel nothing but positive, mentally and physically. I love it."



REGULAR FAMILIES
Meet the Brewers

For the Brewers, the best thing about eating plant-based is the delicious food! When Amanda Brewer started researching the health benefits of plant-based food, she got her whole family on board. They start their day with a breakfast of fresh fruit smoothies, granola or scrambled tofu, and dinner could be mushroom pies, pesto gnocchi, spaghetti tofu Bolognese, vegan burgers or pizza.

"We love feeding our kids a diet that will set them up with lifelong healthy eating habits, whilst teaching them to be kind and compassionate people."



PEOPLE LIKE YOU
Hello Sam

While studying anatomy at university, it dawned on Sam how alike humans and other animals are and she could no longer see animals as food. Sam says eating plant-based is easier than most people think and that it just 'feels right'.

Sam's son Callan also loves eating veg and is passionate about helping animals.

"I can see the benefits to my health, and I feel better knowing I'm not harming other creatures."

It's never been easier to eat plant-based meals!

Ready to get started?



BAM!

Build a Meal

You don't have to be a master chef to create mouth-watering plant-based dishes. In fact, many of the meals you might already be used to whipping up in the kitchen can easily be made meat-free, with just a few simple steps and easy-to-find ingredients.

BURRITO

Get creative!

Throw in some black beans or red kidney beans for your protein fix. Add vegan cheese for a yummy, melty burrito.



SPAGHETTI

with 'meat' balls

Fry up balls made with firm tofu, onion, basil and breadcrumbs or try the lentil almond 'meat' balls recipe from VegKit.com



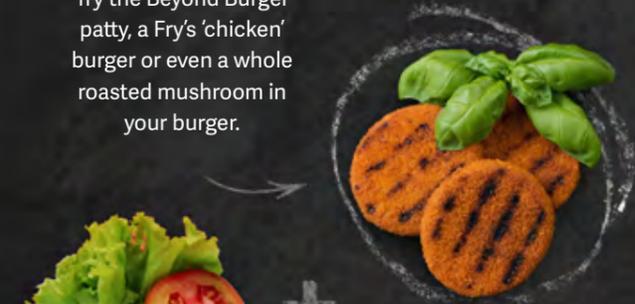
OR
look for plant-based mince in the meat section of your supermarket. Roll into balls and fry for a super tasty 'meat' ball.

BAM!

BURGER

Your way!

Try the Beyond Burger patty, a Fry's 'chicken' burger or even a whole roasted mushroom in your burger.



Add some tasty dairy-free slices from the vegan section in your supermarket.



Serve your burger with wedges or fries and your favourite sauces.



BIG BREAKY

A hearty start!

Supermarkets have a great range of plant-based sausages these days. We love Tofurky Beer Brats!



Fry up some scrambled tofu! VegKit.com has a great recipe.



STIR-FRY

Anything goes!

Marinate tofu in soy, black bean or sweet-chilli sauce for added flavour.



Fry up with your favourite veg and serve with noodles or rice.



PIZZA

Too easy!

Supermarkets have a great range of plant-based 'meats' to try — like these Tofurky deli slices.



Sprinkle with dairy-free cheese and all your favourite veg pizza toppings.



Need more inspiration? Check out VegKit.com for loads more quick and easy meals.



Your
HEALTH
is priceless

The biggest killer in Australia isn't smoking, drugs, or car accidents. It's heart disease — which is directly linked to what we eat. Unhealthy diets heavy in animal products and lacking in fruits and veggies are leading us to an early grave. (Find out more about this at VegKit.com/health). The following pages show just how easy it is to reap the health benefits of plant-based food.

"A plant-based diet is more likely to produce good health and to reduce sharply the risk of heart problems, cancer, diabetes, osteoporosis, gallstones, and kidney disease."
Dr. T. Colin Campbell,
nutrition expert at Cornell University



Lighten up
Studies now show that vegetarians have lower rates of obesity. On average, people who don't eat meat, dairy, or eggs weigh up to 20% less than people who eat meat.



Love your heart
A recent British study found that being vegetarian may cut your chances of hospitalisation or death from heart disease by 32%!



Bypass diabetes
Eating plant-based cuisine has been found to significantly reduce your risk of developing diabetes.

Nourish your body



2+
Serves
PER DAY
FRUIT

Tip
Starting your day with a fruit smoothie is a great way to get your daily servings of 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.

What's a serving?
1 medium-sized fresh fruit or 1 cup cut-up fruit.

Good sources:
Apples, oranges, blueberries, blackberries, bananas.



NUTRITION TIPS

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 healthy brain function.

What's a serving? ¼ cup nuts, 2 tablespoons seeds or 1 tablespoon nut or seed butter.

Good sources: Pumpkin seeds, peanut butter, tahini, flaxseeds, walnuts, almonds.

Tip
Try some tahini in your salad dressing to add creaminess or a handful of almonds for an easy snack.



5+ Serves
PER DAY

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.

What's a serving?
½ cup cooked rice, pasta, or barley, 1 medium sweet potato, ¼ cup muesli or 1 slice wholegrain bread.

Tip
Throw some roasted sweet potato in with your greens for a heartier salad.

Good sources:
Brown rice, whole wheat pasta, porridge, sweet potatoes.



4+ Serves
PER DAY
VEGETABLES

Vegetables are chock full of nutrients, like beta carotene, which your body turns into vitamin A (important for good vision and immune function); and vitamin C, which creates collagen (a protein that makes skin, joints, and bones strong). Vegetables also contain a host of cancer-fighting phytochemicals.

What's a serving?
½ cup cooked vegetables, 1 cup raw vegetables or ½ cup vegetable juice.

Tip
Eat the rainbow! The varying, vibrant colours in vegetables exist because of the thousands of healthful phytonutrients.

Good sources:
Kale, broccoli, spinach, lettuce, capsicum, cabbage.

Tip
Experiment with marinades and spices to make tofu dishes sing.

3+ Serves
PER DAY

LEGUMES & SOY PRODUCTS

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

tofu, ½ cup tempeh or 1 cup fortified soy milk.

Good sources:
Kidney beans, tofu, tempeh, lentils, peas.

What's a serving?
½ cup cooked beans, ½ cup

What about...

Protein

Just about every food contains some protein. Best sources are soy products (eg. tofu), plant-based 'meats', legumes (eg. beans, lentils), nuts, seeds and whole grains (eg. oats, wheat).

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, linseed (flaxseeds), soybean oil, canola oil, tofu and walnuts.

Calcium

Soy milk (fortified), sesame seeds, white/brown bread, fortified fruit juice, dried figs, broccoli, kale and some other leafy greens, molasses, tofu, beans and pulses contain calcium.

Vitamin B12

While it finds its way into animal foods, this bacteria-borne vitamin doesn't get into plants. So, it is important that we supplement. The good news is that lots of foods, including non-dairy milks, many cereals, and nutritional yeast are fortified with B12. Even so, get your hands on a B12 supplement from your local chemist or supermarket and take it regularly.

Natural Superfoods

By no freak of nature, everything our body needs to survive and flourish is provided for us straight from the earth. Get ready to discover a world of super nutrient-rich (and totally natural) foods.



Bananas: Packed with potassium and good for your heart and brain!



Beetroot: Full of nitrates — which lower blood pressure.



Almonds: Chock-full of vitamins and fibre for a filling, on-the-go snack.



Quinoa: Wheat-free and protein-full, quinoa is actually a seed and is a hearty and healthy alternative to rice.



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



Broccoli: Has powerful detoxifying properties and is high in fibre.



Sweet potatoes: A good source of vitamin C.



Sesame seeds: High in calcium and minerals. Great tossed through salads or as tahini in a wrap.



Garlic: Has been found to lower your risk of certain cancers.



Walnuts: Rich in omega-3!



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



Flaxseeds / linseeds: Loaded with omega-3. Add to smoothies for a healthy punch.



Mushrooms: Shown to offer immune-boosting effects.



Lentils: High in protein & iron



Cocoa: Loaded with fibre, iron and magnesium.

Recipe

Blueberry Breakfast smoothie

- 1 cup soy, oat or almond milk
- 1 banana
- ½ cup blueberries
- 2 medjool dates (deseeded)
- 2 tablespoons rolled oats
- ¼ teaspoon maple syrup

Blend all ingredients together until smooth and serve.

Tip

Add a tablespoon of natural peanut butter or almond butter for a rich, nutty smoothie.





A fit for Everybody

Young or old, athlete or couch potato, a well-planned plant-based diet will give your body all the fuel it needs to thrive.

seeds (and a vitamin B12 supplement). Role model healthy eating habits by consistently providing healthy, tasty plant-based choices in the home. Handle social situations like a pro by preparing in advance for school, parties and sporting events.

Pregnancy

A plant-based diet is appropriate for people at all stages of life, including during pregnancy. While expecting, you need to be mindful of healthy weight gain (a total average of 11.5-16 kg), as well as your nutrient intake, as nutrient needs increase at this time. Ensure adequate consumption of a wide variety of whole plant foods: protein via beans, lentils, peas, nuts, nut butters, seeds, and leafy greens; omega-3 fats for brain development from flax/chia seeds, walnuts and soy products; and iron from iron-rich foods (beans, leafy

greens, sea vegetables, lentils and tahini) together with vitamin C-rich foods (fruits, capsicum, broccoli and kale).

It's a good idea to consult your doctor or nutrition specialist for advice unique to your needs.

Children

One of the greatest gifts parents can give their children is introducing them to varied, whole food, plant-based eating habits from the start. Encourage kids to eat a diverse range of whole fruits, veggies, legumes, grains, nuts and

Athletes

Because of the high oxygen and recovery demands of training and performance, athletes must put themselves at an advantage with a diet rich in antioxidants and phytochemicals. With plenty of calories to maintain energy needs and lots of colourful fruits and vegetables, plant-based food is ideal for athletes.



Recipe idea

Join the bowl food movement!

Food bowls are a great way to fill up on all the good stuff, and with endless varieties, you'll never get bored. Here are some of the elements you might like to add to your bowl:

- **Cooked grains:** quinoa, brown rice, barley, couscous
- **Plant-based proteins:** tofu, tempeh, chickpeas, beans, lentils
- **Raw or roasted vegetables and fruit:** beetroot, sweet potato, broccoli, avocado, tomato
- **Leafy greens:** kale, spinach, rocket
- **Nuts and seeds:** almonds, walnuts, sunflower seeds, pumpkin seeds
- **Dressing:** tahini + lemon + maple syrup, or soy + garlic + chilli or satay sauce, or hummus
- **Bonus round:** Up your superfood intake with some microgreens, sprouts or nori (dried seaweed). Fermented foods are good for our gut so throw in some kimchi, sauerkraut or pickled ginger if you're feeling adventurous.

Google 'plant-based bowls' for inspiration or head to VegKit.com/recipes for some great bowl recipes to get you started.

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



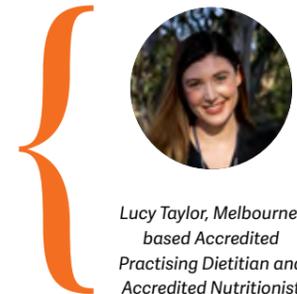
Kale: More calcium than milk and more vitamin C than an orange! Talk about a SUPER food.

Turmeric: A potent anti-inflammatory that studies suggest helps prevent type 2 diabetes and some cancers.



"I recommend a whole food, plant-based diet, consisting of a variety of whole grains, legumes, fruits, vegetables, nuts and seeds in minimally-processed forms."

This way of eating optimises health and wellbeing, and reduces the risk of developing chronic diseases such as type 2 diabetes and cardiovascular disease."



Lucy Taylor, Melbourne-based Accredited Practising Dietitian and Accredited Nutritionist

WTF? (What's That Food?)



Nutritional Yeast: OK, we know the name is atrocious, but this nutty-flavoured condiment is delicious and a great source of B vitamins. Use it to make dairy-free cheese sauces and in place of parmesan.



Tofu: A versatile food made from soy beans that comes in a variety of textures. High in protein, low in fat and a great addition to stir-fries, curries and wraps.

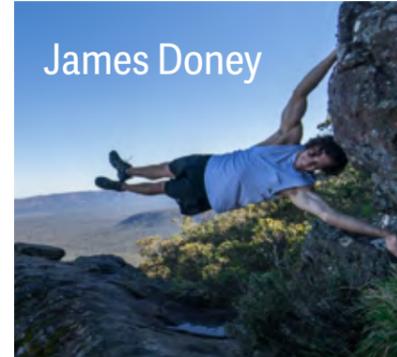


Tempeh (tem-pay): A soy product similar to tofu in its ability to take on any flavour you choose, but with a 'meatier' texture. Perfect on a burger or to bulk up a salad.



Your stories

James Doney



Ninja Warrior semi-finalist, James Doney, says that eating plant-based has improved his energy and recovery time dramatically.

"Since transitioning to plant-based I've noticed lots of really positive changes in my body; lower body fat percentage, more lean muscle mass, increased recovery time, more endurance in training, better sleep patterns, increased energy, clearer skin and better mood. But I'd have to say my favourite thing about eating this way is how much I've grown and how much I've learned since I went plant-based. The people I've met, friends I've made and the knowledge I've gained from the community is invaluable."



james.vegan.ninja

Peter Siddle

Aussie fast-bowler Peter Siddle is a long-time advocate of plant-based food and has even inspired a few of his fellow cricketers to try it out. He credits his partner Anna for inspiring him to eat this way and says he feels fitter and healthier than ever.

"Since giving up animal products, my body has made great gains; I haven't been sick once, my energy has increased ... but the biggest benefit has been my recovery. In between test matches, sometimes we only have three days to recover, and the opportunity to recover quicker has increased a lot.

Being health conscious is always a good thing and after hearing all the stories about the cruelty in the meat and dairy industries, it changed my mind very quickly and made it a pretty easy decision in the end."

@petersiddle403



Your stories

Toni & Walter

Q What did you eat while you were pregnant? Are there any foods that you ate more of?

I ate an array of foods while pregnant. I craved really filling, substantial meals. I lived off a lot of lentil dahl and a mix of curries. I'd fill them with a lot of potato, tofu and mixed vegetables and eat them with brown rice to ensure that I was giving my body everything it needed whilst satisfying my hunger that sometimes felt insatiable! A good mix of protein and carbohydrates were essential for that, so I definitely increased my consumption of potatoes, wholegrains, tofu and legumes. Meat substitutes came in handy for that too — Fry's Family schnitzels were my go-to sandwich filler. I did have cravings for salty things as well, so there was some junk in there too (BBQ shapes were my favourite)!

Q What did you feed Walter when he started eating solid foods? What are his favourites?

When I started feeding Walter solid food, I just gave him the fruit and vegetables that were going into any meal I was eating. He started with soft things like steamed sweet potato and banana. Now he eats everything I eat and isn't fussy at all. His favourite snack foods are fruit, coconut yoghurt, chickpeas and tofu whilst his favourite meals are definitely spaghetti Bolognese and massaman curry.



Q How does it feel knowing your son is growing up on clean, healthy foods?

It feels so good to know that I'm setting up my child with the best foundation possible for a healthy future. Plant-based diets have so many scientifically proven benefits; Walter's chances of having diet-related health issues are greatly diminished and it all started with my vegan pregnancy. I love that we can be an example to show others that you can have a healthy vegan pregnancy and raise kids on a plant-based diet!

Kids love recipes like this plant-based creamy mac and cheese:

VegKit.com/mac-and-cheese

Morgan Mitchell

Aussie sprinter and Olympian Morgan Mitchell says eating plant-based has given her more energy.

"I love it because you can always eat when you are a vegan. I'll wake up, I'll have two pieces of banana with maple syrup, peanut butter on rye bread and then a smoothie, which will have every vegetable and fruit that you can imagine. Then, for a snack, I will have a chia pod and some dates. I'll have a tofu burger and some rice for lunch. And I'll make something up for dinner: a vegan pizza with vegan cheese or noodles. When you learn to love it, it comes easy."

@morganmitch





Protein punch!

Recipe

Pumpkin, Chickpea & Spinach Curry

YOU
NEED

1 tablespoon oil
 ½ onion, finely sliced
 ¼ cup vegan yellow curry paste
 400 ml tin light coconut milk
 1 teaspoon brown sugar
 1 teaspoon soy sauce
 500 g Kent pumpkin, skin removed and cut into 2-3 cm pieces
 400 g tin chickpeas, rinsed and drained
 2 cups baby spinach

TO SERVE

Quinoa or steamed rice
 2 tablespoons roasted peanuts
 2 tablespoons coriander leaves, chopped

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

- 1 Heat oil in a wok or large saucepan over medium heat. Add onion and sauté for 3-4 minutes or until soft.
- 2 Add curry paste and stir for 1 minute or until fragrant.
- 3 Stir through coconut milk, sugar and soy sauce, then add pumpkin pieces and simmer, covered, for 12-15 minutes or until pumpkin is soft.
- 4 Gently stir through chickpeas and spinach leaves and heat until spinach has wilted.
- 5 Serve over rice or quinoa, topped with peanuts and coriander leaves.

Find more great protein-packed recipes at [VegKit.com](https://vegkit.com)

Let's GO Shopping!

It's time to give your fridge an animal-friendly makeover. No need to go hunting (pun intended). Along with all your fresh fruit and vegetables, you'll find a range of delicious plant-based 'meats', 'milks' and 'cheeses' at your regular supermarket.

Same but better

You can have a burger or you can have a burger that saves lives. We've put together a short list of some of our fave animal-friendly foods, but don't stop here — there's a huge range to explore. And go ahead and experiment with different flavours and varieties to find your own favourites!

Burgers

Meatless burger varieties offer something for everyone. Veggie lovers can rejoice in patties made from beans, grains, and vegetables. They taste amazing!

FACT: Plant-based burgers are cholesterol-free and often have less fat than beef burgers.



Mince

100% plant-based. Find it in the meat section. Great in Bolognese, tacos and all your favourite mince recipes.

Chicken & Turkey

Try the wide variety of chicken- and turkey-free tender pieces, roasts and schnitzels.

FACT: No birds were harmed and they taste just as good!



Deli Slices

These smoky meat-free slices are great on sandwiches or pizza. Keep an eye out for other styles in the vegetarian section of your supermarket.



Hot Dogs & Sausages

From BBQ snags to bratwurst, there's a great range of plant-based sausages to enjoy.

Embrace the 'meat' section

With more and more people looking for healthier, flavoursome alternatives to meat and animal products, some supermarkets are starting to add plant-based options to the meat section! This is a great way for more people to find these products.

So, keep an eye out for mince, burgers and more in the meat section of your supermarket, alongside the animal versions. They can be cooked and eaten in all the same ways as meat products and are cholesterol free and often lower in fat. Most importantly — they're really delicious.



Good News...

Many of your favourite pantry staples are already plant-based!



Nuggets & Sausage Rolls

Quick and easy favourites that are always a hit with the kids, find crispy golden nuggets and flaky sausage rolls in the supermarket frozen section.



Cream Cheese & Sour Cream

Try non-dairy cream cheese on your breakfast bagel, or a dollop of plant-based sour cream in your burrito and find out how amazing these cruelty-free versions taste. Tofutti cream cheese is also incredible in dairy-free cheesecake. Yum!



Mayo

Just as tasty and healthier than the animal-based version, egg-free mayo is great on sandwiches or perfect for creating creamy dressings.



Cheese

Smile and say "dairy-free cheese!" Top off your pizzas, burgers and pastas with the growing variety of animal-friendly cheeses.

Milk

Moo-ve over cow's milk. Dairy-free milks, made from soy, rice, almond, coconut, or even oats pack a mighty flavour and nutritional punch. Try a few to find the one that suits you. Some even come in chocolate, vanilla, strawberry and coffee.

FACT: Some dairy-free milks contain more calcium than cow's milk. Nut milks also contain a wide variety of vitamins and minerals not found in dairy.



Margarine

You won't believe it's not margarine. No seriously, you won't. Use non-dairy spreads for cooking, baking and spreading.



Chocolate

From soft, creamy milk chocolate to rich and decadent dark chocolate, all your late-night cravings and baking needs are covered with delicious dairy-free options.



Yoghurt

Dairy-free yoghurts are delicious and full of healthy probiotics. Soy and coconut yoghurts are commonly available and there are heaps of great flavours to try.

FACT: Contains healthy cultures just like dairy-based yoghurt without common allergens like lactose or casein.



Ice Cream

Dairy-free ice cream, made with soy, almond or coconut milk, is rich and creamy and comes in all your favourite flavours.

FACT: No cruelty to cows.



For more tips on great plant-based products, head to VegKit.com/shopping



Let's *get*
COOKING!

It's time to get cracking in the kitchen. Get started with these simple, tasty dishes and find 100+ more recipes at VegKit.com/recipes

Impress your friends with classic comfort foods



Recipe

Malaysian Tofu Laksa

YOU NEED

3 teaspoons sesame oil
300 g block firm tofu, cut into 2-3 cm cubes
¼ cup vegan red curry paste*
2 teaspoons ginger, grated
400 ml light coconut milk
3 cups vegetable stock
1 teaspoon soy sauce
3 teaspoons brown sugar
1 cup snow peas, sliced
1 bunch pak choy or bok choy sliced lengthwise
150 g vermicelli noodles

TO SERVE

1 lime, cut into wedges
¼ cup fried shallots or roasted peanuts
1 cup coriander leaves
1 red chilli, deseeded and finely sliced
1 cup bean shoots (optional)

- 1 Heat oil over medium heat in a wok or large saucepan. Fry tofu cubes for 3-4 minutes, turning frequently, until golden. Remove tofu and set aside.
- 2 Add red curry paste and ginger to wok and heat, stirring, for 1 minute or until fragrant.
- 3 Add coconut milk, stock, soy sauce and sugar. Mix well.
- 4 Stir through tofu, snow peas, pak choy and noodles. Simmer for 3-4 minutes until noodles are soft.
- 5 Spoon into serving bowls. Top with lime wedges, fried shallots, peanuts, coriander leaves, chilli and bean shoots.

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

Tip

*Curry pastes are really handy to kickstart your dinner, but some contain shrimp paste or fish sauce, so remember to check the ingredients. Brands Five Tastes and Ayam, for example, have a few curry pastes that are vegan-friendly, and they're available at most major supermarkets.

Recipe

Pesto Pasta with Olives & Sun-dried Tomatoes

YOU NEED

350 g penne pasta
2 cups firmly packed basil leaves
2 cloves garlic
½ cup (70 g) pine nuts
⅓ cup extra virgin olive oil
½ cup nutritional yeast
Squeeze of lemon juice
¼ teaspoon salt
1 cup silken tofu
½ cup sun-dried tomatoes, roughly chopped
⅓ cup pitted Kalamata olives, roughly chopped
¼ cup toasted pine nuts, extra

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

- 1 Boil pasta in a large saucepan of salted water for 10 minutes or until al dente.
- 2 Meanwhile, to make pesto, place basil, garlic, pine nuts, olive oil, nutritional yeast, lemon juice and salt in a food processor and process until finely chopped. Add silken tofu and blend until smooth.
- 3 Drain pasta and return to pan. Stir through pesto, sun-dried tomatoes, olives and extra pine nuts. Season with salt and pepper.
- 4 Divide among serving bowls and garnish with extra basil.



Recipe

Mushroom & Leek Pie

YOU
NEED

1-2 tablespoons olive oil
 6 cloves garlic, minced
 1 leek, pale section only, sliced
 700 g button mushrooms, wiped clean and sliced
 4-5 spring onions, sliced
 1 vegetable stock cube
 1 teaspoon cracked black pepper
 Large pinch of salt
 5 sheets of frozen dairy-free puff pastry

WHITE SAUCE

4 tablespoons dairy-free margarine
 4 tablespoons plain flour
 2 cups soy milk

Recipe: Taste For Life

- 1 Preheat the oven to 200°C if fan-forced (220°C if conventional).
- 2 Heat the olive oil in a large frying pan over medium heat and sauté the garlic for 30 seconds, until aromatic. Add the leek, mushrooms and spring onions.
- 3 Crumble the stock cube over the veggies, then stir frequently over medium heat for 5 minutes or so, until the liquid has reduced. Mix in the pepper and salt to taste. Set aside.
- 4 To make the white sauce, melt margarine in a large saucepan over medium heat. Add the flour and stir for about 1 minute, thoroughly blending the mixture. Gradually add the soy milk, mixing in one splash at a time until you have a thick sauce. Once a thick gravy consistency is reached, add the mushroom and leek mixture and stir to combine. Remove from the heat and set aside.
- 5 About 10 minutes before you plan to use them, take the puff pastry sheets out of the freezer and separate them. Once they have thawed, but are still cold, use them to line the base and sides of a large, greased baking dish, measuring about 40 x 30 cm and about 3 cm deep (or 4 mini pie pans for smaller pies), leaving enough pastry aside to cover the top of the pie. Transfer it to the oven and bake for 5-10 minutes, until the pastry is light golden brown.
- 6 Remove the baking dish from the oven. Add the mushroom mixture, then lay a final sheet of puff pastry over the top. Return to the oven and bake for a further 15 to 25 minutes, until the pastry is puffed, cooked through and golden brown.
- 7 Remove from the oven and allow to cool for 5 minutes before serving.



Recipe

Cookies & Cream Ice Cream Cake

YOU
NEED

4 packets/sleeves of Oreos or
 Oreo-style cookies
 1/3 cup coconut oil, melted
 2 tubs Over The Moo Dream Team
 Cookies 'n Cream ice cream
 Chocolate sauce, to serve

Recipe: Over The Moo
 Photography: Chris Middleton
 Stylist: Deb Kaloper

- 1 For the cookie base, dump 3 packets of biscuits (cream filling and all) in a food processor, and pulse into a coarse crumb. Add the coconut oil and combine with a spoon.
- 2 Press the mixture into the bottom of a 20 cm spring form pan. Be firm! Freeze it for 20 minutes, or until set.
- 3 Pull the Over The Moo Cookies 'n Cream ice cream out of the freezer and allow to soften.
- 4 Spread the softened ice cream evenly over the cake base and return to the freezer to set for 3 hours (or overnight if possible).
- 5 To serve, let the cake sit at room temp for 4 minutes then run a knife around the inside of the cake pan to loosen it before gently opening the spring form.
- 6 Roughly chop the remaining packet of cookies and sprinkle onto the cake for decoration. Drizzle with chocolate sauce and enjoy!

There are more great recipes waiting for you at [VegKit.com/recipes](https://vegkit.com/recipes)

Out and ABOUT

Global cuisine is a treasure trove of tasty, plant-based food, and many fast food chains have plant-based options too. Check out VegKit.com/find-food for more restaurant recommendations.

Foods of the *world*



Need food fast?



Subway: Grab a tasty falafel sub, a veggie patty or a veggie delight with all the salads you desire.



Grill'd have a good selection of 100% plant-based burgers, including a vegan cheeseburger!



Sumo Salad always have a few tasty, vegan-friendly salads on offer, with choices changing daily.



Zambrero: Burritos, bowls, nachos and more — all loaded with beans, mixed veg and vegan cheese.



Domino's will make any of your favourite vegetarian pizzas with delicious melty, vegan cheese.



San Churro have more than 20 plant-based options on the menu, including a churros snack pack!



Hungry Jacks: Vegan cheeseburger meal? Yes please!



Lord of the Fries: This 100% plant-based burger chain has got all your fast food cravings sorted.



Boost will make just about any of their smoothies and juices dairy-free — just ask!



Guzman y Gomez: Substitute cheese for delicious vegan chimi mayo on any veg menu item.

Your choices can
change the
WORLD

You are powerful. More powerful than you ever imagined. By eating plant-based foods, you are changing the course of history by helping to halt global warming, protect our oceans and spare countless animals' lives.



For the animals



Freedom Hill Sanctuary



Popeye

Popeye is a cheeky and adventurous young rooster, who is very lucky to have hatched at Lefty's Place Sanctuary. If he'd been one of the millions of unwanted boy chicks born into the egg industry each year, Popeye would have been tossed into a mincing machine (alive) or gassed to death on his first day of life.



Male chicks are killed as waste products of the egg industry.



Babe

Babe is a gentle, friendly, happy calf who lives at Edgar's Mission Farm Sanctuary. Born blind, she was unwanted by the dairy industry. Every year, around one million calves who are male and can't produce milk, or are disabled like Babe, are taken from their mothers and killed as 'waste products' of the dairy industry — while their mothers' milk is bottled for human consumption.

Life for animals on modern day factory farms isn't pretty. Forget the fairytale farmyards in children's books. They've been replaced by nightmarish places where millions of animals have their tails, teeth and beaks cut without pain relief, and suffer in extreme confinement until they are slaughtered. While the overwhelming majority of 'food' animals live and die in miserable conditions, a lucky few escape this fate ...



Marshmallow

'Meat' chickens like Marshmallow are bred to grow so fast that their bodies struggle to cope, and many die from heart failure or other complications at just a few months of age. Marshmallow's rescuers at Lefty's Place Sanctuary knew that she would likely not survive long, and they filled her final days with love and kindness. Her favourite things were oats, grass, and a clean straw bed — all things that she would never have experienced on the chicken meat farm.



'Meat' chickens are bred to grow so rapidly that their legs can barely support their weight.



Dasher

Born onto Edgar's Mission Farm Sanctuary, Dasher (middle) and his siblings will get to live a full and happy life. Their mother escaped from a pig farm, pregnant, with 8 tiny lives inside her. Had she not escaped, Dasher and his siblings would have been trucked to slaughter at just 6 months old.



In factory farms, pregnant pigs are kept in metal crates with barely any room to move.

Every meal is a statement of our values and the world we want to live in.

What about 'humane' meat?

While the small number of animals raised on small-scale farms may be a little better off, even these animals may be separated from their families, and often suffer surgical procedures without pain relief. And ultimately both 'factory farmed' and 'free-range' animals are trucked to the same slaughterhouses. Investigations have revealed terrifying fates await animals in Australian abattoirs. Find out more at AnimalsAustralia.org/is-meat-humane

Are 'cage-free' eggs a solution?

Almost anything is better than the nightmare of factory farming, but sadly, cage-free doesn't mean cruelty-free. The truth is that even on many cage-free farms, hens spend most of their lives in crowded sheds, and may have the tip of their sensitive beak cut off without pain relief. Across the entire egg industry — including free-range and organic farms — chickens are killed from 18 months of age, when their egg production slows. And male chicks who have no

commercial value to the egg industry are gassed or ground up alive on their first day of life.



Young chicks in the chicken meat and egg industries may have part of their sensitive beak removed — either using a hot blade or infrared beam — in a painful procedure referred to as 'debeaking' or 'beak trimming'.

Fish

Fish have a lot more in common with us than many people think. Fish have been found to play, problem-solve, some species teach their young ... and they feel pain.

When commercial fishing trawlers drag fish up from the ocean towards the water's surface, the change in pressure causes their eyes to balloon out and often their swimming bladder to explode. In their last moments, fish gasp and thrash their bodies, slowly suffocating.

Scientists predict that at current fishing rates, the ocean's fish populations could collapse by 2048.

And fish are not the only victims of commercial fishing. The enormous trawling nets catch everything in their path — including dolphins, turtles, sharks and other animals. In addition, discarded fishing nets left in the ocean, known as 'ghost nets', trap and kill hundreds of thousands of sea animals every year¹.

Fish in fish farms are sadly no better off. Confined to over-crowded, often disease-ridden pens, it's hardly surprising that up to a quarter of



© Paul Hiltory / Greenpeace

fish in farms suffer from severe depression². Every year, millions of anchovies, sardines and other small fish are caught from the ocean and turned into 'fishmeal', just to feed other fish in farms. Find out more at AnimalsAustralia.org/fish-farms

1. World Animal Protection
2. Royal Society Open Science

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 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 belongs.



Stock image

Recipe

Beer-battered Tofish with Tartare Sauce

YOU NEEDED

- 250 g firm tofu
- 2 teaspoons kelp powder (available from health food stores)
- 2 teaspoons garlic powder
- ½ teaspoon sweet paprika
- 2 teaspoons salt
- 1-2 tablespoons olive oil
- lemon wedges, to serve
- rice bran oil or grapeseed oil, for shallow-frying

TARTARE SAUCE

- 3-4 tablespoons egg-free mayonnaise
- 4-5 gherkins or dill pickles, finely diced
- juice of ½ lemon

BEER BATTER

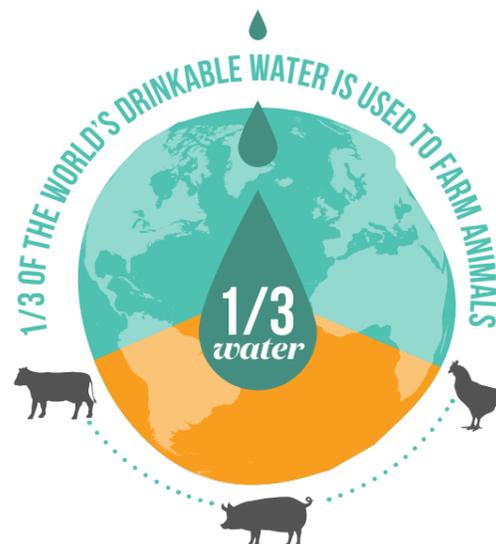
- 1½ cups plain flour
- 375 ml bottle of light beer, such as a pilsener

- 1 Slice the tofu in half widthways, and in half again lengthways. Then slice the four pieces into two triangles by cutting each piece diagonally. You should end up with 8 tofu triangles, but there are no hard and fast rules here — cut out stars if you like!
- 2 Make a marinade by combining the kelp powder, garlic powder, paprika, salt and olive oil in a bowl. Add the tofu pieces and gently mix to coat, then cover and marinate in the fridge for at least 2 hours, or preferably overnight.
- 3 Meanwhile, combine all the tartare sauce ingredients in an airtight container and store in the fridge until you're ready to serve.
- 4 Just before serving, prepare the batter. Simply put the flour in a bowl, pour the beer over and whisk gently until just combined.
- 5 Heat a heavy-based frying pan or wok over medium-high heat. Add enough rice bran oil to cover the base. Working in batches, to avoid overcrowding the pan or wok, dip the tofu pieces in the batter, covering them generously, then cook for about 5 minutes on each side, until light brown and crispy, being careful when flipping them over. Remove and drain on paper towel.
- 6 Serve immediately, with lemon wedges and your tartare sauce.



Eating for the planet

... and those we share it with. Animal agriculture cuts down rainforests, guzzles resources and contributes to global warming. Eating plant-based contributes to a cleaner, more sustainable future.



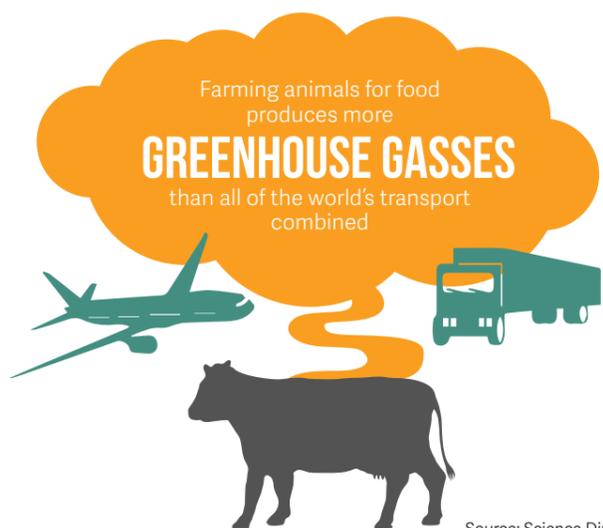
Source: ScienceDirect

Nearly **80%** of land cleared in **THE AMAZON** is used for **CATTLE GRAZING**

Source: WWF



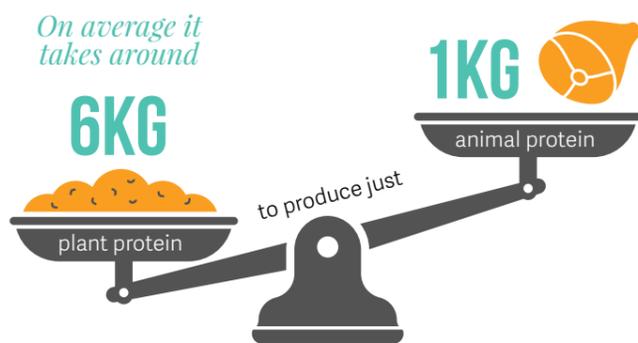
Source: US Government Accountability Office



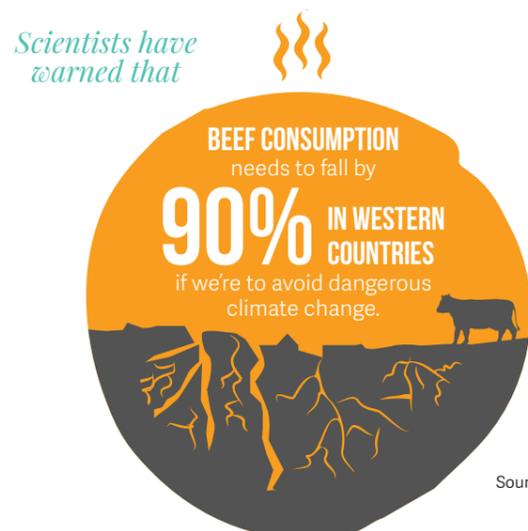
Source: Science Direct



Source: World Health Organisation



Source: The American Journal of Clinical Nutrition

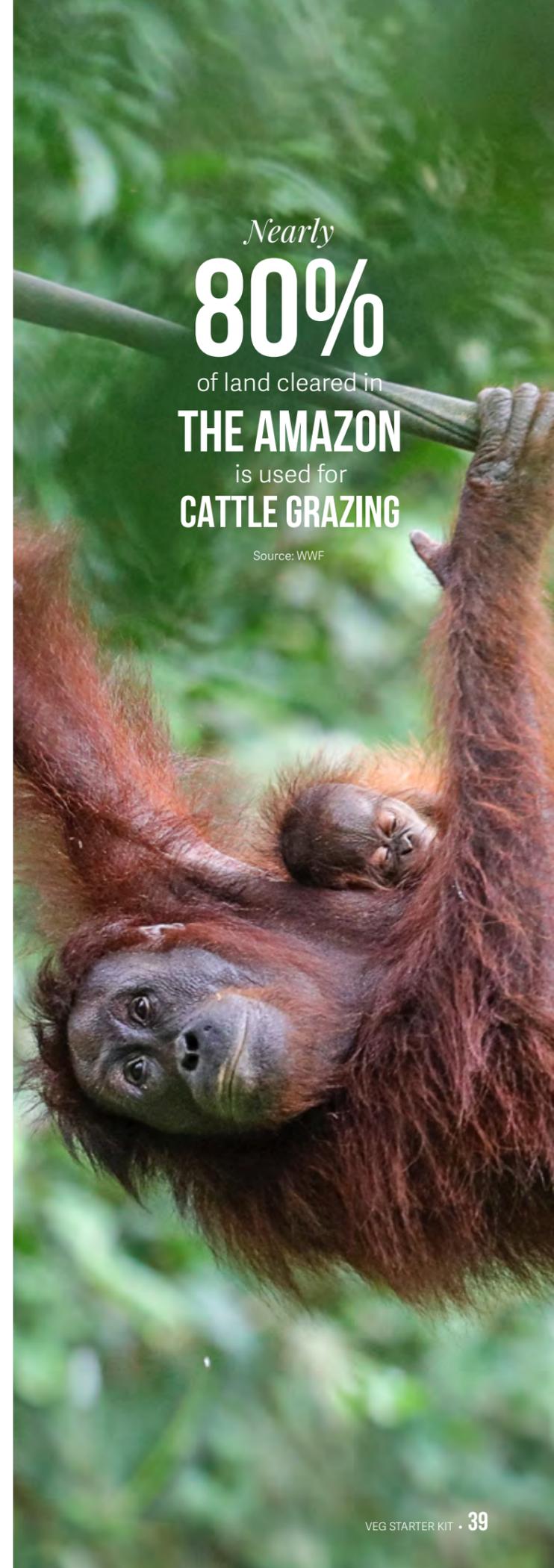


Source: Nature



Source: WWF

Download these graphics and more at VegKit.com/planet



You've got THIS!

So, you're ready to dig in to plant-based food. Here are some simple tips to help make it stick.

5 tips for *staying* the course



1

DO IT YOUR WAY

For many, the best way to eat more plant-based meals is to do it gradually. Some people start with a few days per week, or for 2 meals per day, and increase this over time. Alternatively, you could start by replacing the foods that harm the most animals. 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 you might be ready to jump in and fully embrace a plant-based lifestyle from day one. Whatever your style, remember that it's about progress, not 'perfection'. If you slip up, don't stress. Every single meal makes a difference, and you can always pick up where you left off. There's no right or wrong path: embrace the approach that works for you!

Everyone loves muffins! Get this crowd-pleasing savoury muffin recipe at VegKit.com/recipes



2

FIND LIKE-MINDED PEOPLE

Seeking out others who are enjoying plant-based food can be a great way to make the experience more fun, and swap recipes and tips in the process. There are loads of veg groups around Australia who arrange regular catch-ups over delicious plant-based food. Try searching meetup.com for one near you. There are also active online vegetarian and vegan networks on Facebook you might like to join. Volunteering for an animal protection organisation or attending vegan festivals and events are other great ways to meet new people.



3

SHARE GOOD FOOD

You're about to discover a world of tasty, plant-based food. And the best way to help your friends and family understand your new-found passion: feed it to them! You'll be amazed at how a belly-full of lentil Bolognese, vegetable curry or vegan choc chip muffins can warm someone up to the idea of plant-based food.





4

VISIT A SANCTUARY

Okay, this one is mostly just for fun. There are some amazing farm animal sanctuaries around Australia you can visit. It's a great way to get to know some of the animals that your food choices are helping to protect. Google 'farm animal sanctuary' and your city to find one near you. If you can't get to one, following them on social media is another great way to be reminded of the kind of life pigs, chickens, sheep and cows can lead with a little love and kindness.



5

STAY POSITIVE

There's a lot of info in this kit, and it's understandable to feel overwhelmed about the impact humans are having on animals and the environment. But never forget that your choice to eat plant-based is creating a kinder, more sustainable world. Did you know that by eating plant-based meals you cut your food's greenhouse gas emissions by as much as half? And that for every year you eat plant-based you'll spare the lives of up to 26 chickens? That's something you should feel great about! Share these positives with the people around you. And for a daily reminder of all the wonderful things about plant-based living, follow our veg-focused page — Give A Fork — on Facebook.

GET CONNECTED

We're here for you! You'll find loads more recipes, product recommendations and more at VegKit.com and you can always reach out to the VegKit team at Animals Australia for any questions you have or support you need.

Give us a call on
1800 888 584
or send an email to
hello@vegkit.com

You might also like to join our veg-focused Facebook community — Give A Fork — where the 'jam' is good news, good food and adorable animals.



Interested in learning more about how you can be a strong voice for animals? Head to AnimalsAustralia.org/advocates



THANK You!

You've taken the first step to a new, healthy, and compassionate you. It's going to be an exciting and fun-filled ride! Remember, it's all about progress, not perfection. If you 'slip up', stay cool. Just pick up where you left off and know that you are doing your best. Every step you take, no matter how big or small, is a step towards a kinder world. And with that attitude in mind, simply by living a happy, healthy lifestyle, you can become a walking billboard for cruelty-free living.

You are a force for kindness, peace, and compassion.
Now go out there and change the world!



Eat Well. Do Good. Feel Great.

Are you ready for 100+ FREE plant-based recipes?



The guide you're holding is just the beginning! Find extra support for healthy plant-based living over at VegKit.com, including:

- Nutrition, health and happiness tips
- Veg-friendly restaurants
- Best supermarket finds
- PLUS over 100 delicious plant-based recipes

www.VegKit.com



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