

# Living Your Best Vegan Life

100%  
VEGAN  
MY VEGAN LIFE



## *I started the Vegan Life Shop because I was tired.*

I picked up bottle after bottle at the grocery store trying to find a facial lotion that's at least marked cruelty-free. Can I decipher the long list of seemingly vegan ingredients? Nope. Do I trust that there isn't anything animal derived in the lotion? Hardly.

Being a vegan is tiring. Research.

Memorizing ingredients. Databases!

Keeping up on the latest production issues with palm oil. Deciphering labels. Finding one product you like only for the store to stop carrying it...I was done with it.



When vegans only focus on diet, they forget all the other products that are animal derived. My husband wears contacts and was encouraged to use a protein remover, which he did, until he read the label more carefully. The key ingredient: porcine pancreas. And that's only the beginning. Household cleaners, clothes, soaps, make-up, and more... I was committed to a vegan life beyond just the plate, but where to start?

Putting together The Vegan Life was a labor of love. I did it to solve a problem for all of us. I aimed to make our vegan lives just a little bit easier by offering vegan, cruelty-free and sustainable products all in one place. Thanks for joining me!

# *Moving Beyond Diet*

Well, you've kicked meat and dairy products to the curb, cleaned out your pantry and have joined all the vegan Facebook groups? Fantastic. But there are also non-vegan materials lurking in your home. How do you transition the rest of your life and house to veganism?



1. Never throw anything away just because it's made from animals. Just because that wallet that you bought three years ago is leather, doesn't mean you need to trash it. Unnecessary disposal of goods just creates trash, which is terrible for the environment and animals. So, let's not do that.
2. As you run out of items, replace them with vegan, cruelty-free options. Preferably items that are low or zero waste. The Vegan Life Shop was designed to be your go to for all your vegan lifestyle needs, from skin care to cleaning products.
3. Sustainable clothes can be pricey, so shop the thrift stores for staples and add 100 % organic cotton or hemp items as you're able.
4. When shopping for gifts, opt for more sustainable, vegan and cruelty-free items to spread the love to your friends and family.

5. Be careful of what you purchase. I'm sure you already know this, but it doubly applies to non-food purchases. Avoid purchases that aren't explicitly marked vegan and cruelty-free for skin care and toiletries. If they can't earn the label, they probably aren't products that meet your values.



6. This part requires the most research since household goods don't always list their ingredients. Really look into home décor and furniture items before a purchase. Dyes and shellac are usually derived from animals. Home decor can also have hidden feathers, leather and glue components. Skip plywood items, as it's mostly made of glue. When in doubt, ask.

Lastly, give yourself some grace. If you buy a product and find out it's not vegan, don't berate yourself. You're swimming upstream in a society that is not supportive of a vegan lifestyle. Just do the best you can.

## *Cruelty-Free vs. Vegan*

I know it's confusing but cruelty-free and vegan are not the same. I know how it goes - you're out at the grocery store and you pick up a bottle of shampoo and see that it has the cute little jumping bunny logo. You think, "oh, it's vegan!" I mean nobody could promise to be cruelty-free if they actually use animal ingredients, right?



Alas... that is not quite the definition of cruelty-free. Cruelty-free only means that the company doesn't test on animals or commission animal tests after a specific cut-off date when they were first licensed (doesn't mean they won't promise never to do it again, btw). And that's it.

Cruelty-free is important, but it doesn't mean that a product is vegan. It can still contain animal products. And vice versa. A product may be marked vegan, but it may have been tested on animals; and usually those tests were required by government regulations 😞.

Of course, the best thing to look for is an item that is both vegan and cruelty-free. Which is exactly what I look for when adding products to my store. I've made sure to stock vegan, cruelty-free items for you to enjoy 😊. From soap to cleaning supplies, you'll find vegan, cruelty-free and sustainable products to help you live your best life. So, you never have to stand in the grocery store agonizing over some "green washed" product ever again!



## *What about Plant-Based Dieters?*

A lot of people switch to plant-based for health. Whether your goal is to lose weight, live longer, increase your natural immunity, or simply improve your health, there are definite benefits to a plant-based diet. Yet, even if you're new to plant-based or vegan diets, there are many reasons to switch to vegan and cruelty-free products beyond the dinner plate.

1. For the animals. Animals deserve compassion. Buying vegan products is an act of kindness. It sends a message that you do not support animal exploitation or cruelty with your hard-earned money.
2. For the environment. Climate change is here. Every day there's a new article about yet another weather catastrophe. And one of the leading causes of climate change is animal farming. Forests (including rainforests) are leveled for animals to be raised. Animal farming goes beyond beef. It includes leather, glue, and countless other animal products. More animals require more crops, increased pollution due to transportation and refrigeration, and require vast amounts of water as well. Want to change the climate in a positive way? Go vegan.
3. Sustainability means supporting entire supply chains. Where does that wood table come from? Where was it grown? Will it be replaced when it's sitting in your kitchen? Those are good questions that The Vegan Life Shop answers with bamboo, luffa, organic cotton and hemp products – all more sustainable crops that can be cultivated again.

# Doctors

When I was pregnant, my OB knew I was vegan. Every time we met; she'd be shocked that I was doing well, constantly stating "but you're vegan?" as if it was a bad thing. She tested me for glucose issues three different times despite my scores being within healthy ranges. Medical discrimination is very real for vegans and could bring with it unnecessary testing and medication for a doctor that just doesn't understand a vegan diet.

Did you know there are vegan doctors and other lifestyle medical practitioners? For my family, it is worth traveling a few extra miles to meet with someone who understands vegan needs and vegan diets and who is a vegan themselves. Someone who won't recommend a diet of solely processed 'fake meats' convinced it's the only way I won't spontaneously combust from lack of protein. Someone who understand that vegan diets and lifestyles are proven healthier, no matter how hard the dairy industry complains.

Looking for one in your area? Start here:

<https://www.lifestylemedicine.org/>

<https://plantbaseddocs.com/>

<https://www.pcrm.org/findadoctor>



# Reducing Waste

Trash.

It's everywhere.

The world Wall-E rolls through in the Pixar movie seems more real every day. And recycling, while helpful, only goes so far. Yet, there are ways to reduce our waste on a daily basis. Reducing waste



goes hand-in-hand with sustainability and veganism. Here are some tips.

1. Take the reusable water bottle EVERYWHERE. Most of us have at least one reusable water bottle, but do you bring it into restaurants? To parties? Never leave it behind.
2. Try to buy products in recyclable or compostable packaging. Packaging is a huge part of waste. Not all plastic is recyclable, and still takes a lot of work to manufacture and resources. Look for goods packaged in cardboard or plant-based materials as an alternative.
3. Compost! Food scraps go to the incinerators and landfills. But they don't need to. Setting up a home composting system can drastically reduce waste and help your garden and it's fairly easy. If you live in an apartment building, talk to your landlord about setting up one for the entire building, and you can sell the compost to fund maintenance that improves everyone's living experience.
4. Avoid single-use food utensils and containers. Carry metal utensils with you, especially to fast food restaurants. Ditch plastic baggies for your sandwich and switch to paper or silicone options.



5. Use second-hand goods. Buy Nothing Groups are great ways to reuse secondhand products or give new life to things you're done with. There are also stores like Goodwill and ReStore, which can save your wallet and help the earth at once.
6. Go digital. Remember the mile-long CVS receipts? Almost all stores offer paperless options now. Use them.



## Parenting

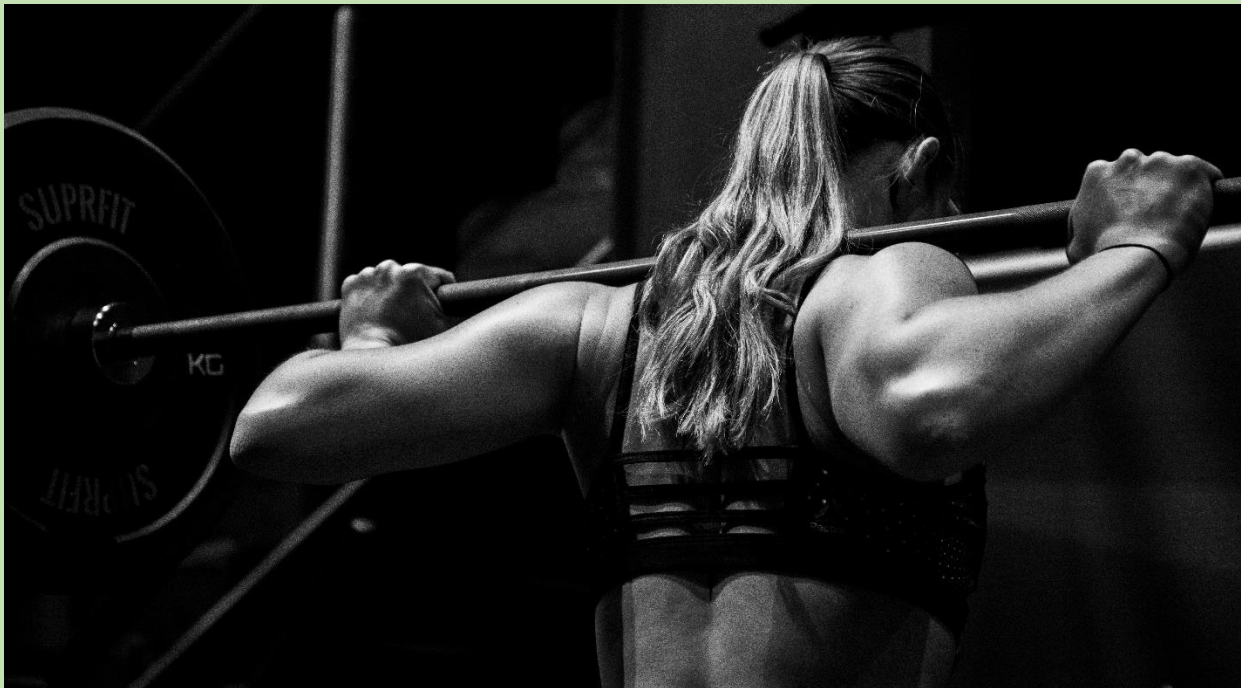
Raising a vegan family isn't easy. My son is frequently the only vegan in his classroom or peer group. He's the one kid not gobbling down hamburgers at his friend's birthday party. And on top of that, like many kids, he's a picky eater. Here's some tips on vegan parenting.

1. Flexibility. You might be the most die-hard, never go near anything nonvegan on the planet. Remember that our great founders, The Vegan Society, defined veganism as "a philosophy and way of living which seeks to exclude—**as far as is possible and practicable**—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose." The practicality of denying a little kid who's a picky eater some vegetarian foods once in a while is honestly minimal. If you want to brave the tantrums, feel free to differ, but when there's only cheese pizza at his friends' birthday party and he's crying and screaming on the floor, you'll start to wonder if

maybe the strict approach is just creating a future non-vegan. Plus, if you get angry that the host didn't provide a vegan option even though you were clear about your dietary preferences, you're going to start alienating your kid in social circles. This is a tough call every time, but I always remember "possible or practical...possible or practical."

2. Teach. We constantly explain to our kids *why* we don't eat animals. We go to parks and animal sanctuaries and talk about animals a lot. We also explain that most people *do* chose to eat meat, and that's their choice.
3. Have them cook. Our five-year-old son makes the kale chips himself. He bakes the zucchini bread with minimal instructions. He cooks vegan pancakes from scratch and is the only one (according to him) allowed to make the vegan mac and cheese. The more involved they are with food prep, the more they buy along.
4. Use a coloring page or make a meal plan to help ensure that the kids are eating a balanced diet. Have them color each food group as they eat it each day.
5. Have the kids shop. Once they're old enough, bring the kids to the farmer's market or the grocery store and let them help pick out the food. It makes a surprising difference.
6. Processed: the other cheat. We don't eat much processed food at all. And it's good to avoid it with kids. That said, if there are tantrums and the kids are starving, you better bet I won't feel bad throwing some Impossible Nuggets into the microwave (the ones shaped like dinos are even more appealing). The kids are still eating vegan. It's okay.
7. Make the meals fun. My son hates toast. He won't even touch bread... unless it just happens to be toast that's been cut to shape like a gecko. That, on the other hand, is one of his favorites. Same exact food, but the shape matters. Hey, roll with it. My husband is in his forties, and still arranges his daily breakfast plates into smiley faces.

8. Grow it. Have you tried gardening with your kids? It's amazing. Grow your own food and watch them eat it.



# *Tips from*

## *Plant-Based Personal Trainer Joshua Sakover*

Everybody can benefit from coaching. Kobe Bryant and Michael Jordan had Phil Jackson, and you can have me. Someone that is going to guide you every step of the way. With a 3-step process - Training, Meal Plan and Accountability. My approach to training a client is simple as I am not reinventing the wheel. If you eat right and train consistently, you will see results . But what's a plan if you can't adhere to it? This is where I create an individualized training and nutrition plan that is tailored to your specific health/training goals, physical limitations, preferences, and schedule. Next, I keep my clients accountable by offering virtual check-ins and 24-hour support. I even provide an application where clients log their food, workouts and other metrics . During our check-ins we go over your "homework".

### **Here are Joshua's 5 Muscle Building Tips**

**Strength Training** - you must lift weights with compound exercises. Squats, Presses, Deadlifts, carrying things, working with your own bodyweight and improving in these exercises over time. This is call progressive overload.

**Nutrition** - fuel your body with an adequate number of calories and macro breakdown based on your training goals, weight, gender, and activity level. Without nutritious and nourishing foods to improve your performance, you will have a hard time building muscle.

**Rest** - Once you've trained your body, now you need to rest. This means getting proper sleep (6-8 hours), hydrating and taking 24 - 48 rest between muscle groups. Without proper recovery , the body will not grow stronger and is more susceptible to injury.

Consistency - Commit to a training plan 3-4 days a week to start and stick to this plan for an entire year. If you're serious about your progress, find a coach. Whether you're paying for it or using free resources, seek out individuals that are knowledgeable and have helped others get to their goals.

Wanna work with Joshua?

Facebook - Joshua Sakover

Email: [grwilla@gmail.com](mailto:grwilla@gmail.com)

Instagram @grwilla



## *Vegan Travel*

Not every destination is known for its vegan options. But with a bit of work, travelling the world as a vegan is achievable. I interviewed Donna Zeigfinger of Green Earth Travel for some tips on vegan travel planning!



**R:** What's your biggest piece of advice for a vegan travel?

**Donna:** Be prepared. Prepare prepare prepare!

**R:** What's the best resource for planning a vegan friendly trip?

**Donna:** Your best resource is going to be a travel agent who has the knowledge of where to get you help. To find local restaurants there are several apps. The best one is Happy Cow but please call ahead of time to make sure that the restaurants are still open.

**R:** What are some trips coming up that you're excited about?

**Donna:** Croatia June 25-July 2nd !! England and Scotland August 7-15 and last but not least- Virgin Voyage Cruise Dec 4-9!

**R:** What's the most vegan friendly country you've ever been to?

**Donna:** That's a hard one because there are so many countries now that get it. But would have to say toss-up between Kenya and Belize or Costa Rica.

**R:** Any hidden gems in vegan travel? Places that get overlooked.

**Donna:** Ireland! In the past 20 years it really has become so vegan friendly. And as mentioned above Kenya and Belize. That is because those two have a large Asian and Indian population

**R:** What makes planning vegan travel so rewarding?

**Donna:** I love doing research for people traveling and making their travel dreams come true.

Connect with Donna!

[greenearthtravel.com](http://greenearthtravel.com)

[donna@greenearthtravel.com](mailto:donna@greenearthtravel.com)

[facebook.com/greenearthtravel](https://facebook.com/greenearthtravel)

# Best Websites and Apps



**Happy Cow** is a web directory and app that offers reviews of vegan options in restaurants and business. Used since 1999 it is essentially Yelp for Vegans and vegetarians. [www.happycow.net](http://www.happycow.net)

**Bunny Free** is an app endorsed by PETA that allows users to search and see if businesses are cruelty-free.

**vKind** is one of the most comprehensive directories of vegan businesses. It goes so far as to include vegan doctors, vegan real estate agents, and more. Support the vegan community through **vKind** (app and site). <https://www.vkind.com/all-listings/>

**IsitVegan?** Another app. Frequently updated this handy app links to your phone and scans a barcode to tell you if a product is vegan.

**AirVegan** traveling via air? AirVegan app locates hard-to-find vegan options in airport terminals.

**Barnivore** did you know many wines include fish or eggs as a finisher? Check if alcohol is vegan at <https://www.barnivore.com/>

**Minimalist Vegan** recommends these blogs as the top vegan recipe blogs.

<https://theminimalistvegan.com/high-quality-vegan-blogs/>

theveganlifeshop.com

# Businesses You Have to Check Out

Connect with these great vegan and sustainable businesses!

## **Yvonne Halloran, Dietitian – Anywhere in the World**

I'm a vegan dietitian and my website is [www.yvonnehalloran.com](http://www.yvonnehalloran.com). I also just released a children's book called *Plant-Powered Animal Protectors* which can be found on my site. I work virtually and can help clients anywhere in the world and I am also the founder of a news site called Living Vegan.

Website: <https://yvonnehalloran.com/>

Instagram: @yvonne\_plantbaseddietitian

## **LJ Natural – Skincare – Ships to the EU**

I'm LJ Natural 🌿 handmade sustainable skincare; cruelty free, plastic free, palm oil free, carbon neutral, pedal-powered!

Website [www.lj-natural.com](http://www.lj-natural.com)

## **Rebel V – Vegan Clothing – Delivers Worldwide**

Plant-based clothing.

We are a small vegan owned company selling 100% organic cotton t-shirts for adults and children. Our t-shirts are PETA approved.

Website: <https://www.rebelv.co.uk/>

Facebook: <https://m.facebook.com/rebelvplantbasedclothing>

Instagram: <https://www.instagram.com/rebelvplantbasedclothing/>

## **StatiSkinSpa in Vegas - USA**



My organic and vegan friendly skin spa is located in Las Vegas, NV. I sell Eminence Organics Skin Care products and offer services such as Hydrafacials, facials, body treatments, eyelash extensions, and eyelash lifts and tints.

Website: <https://linktr.ee/Satiskinspa>

### **VeganFit, Nutritionist - Anywhere in the World**

Nutritionist and Trainer Zoe

Website: [www.VeganFitLifestyle.com](http://www.VeganFitLifestyle.com)

### **Mariquita Solis - Vegan Empowerment Coach – Anywhere in the World**

Mariquita helps vegans move out of hopelessness and frustration through her transformational coaching programs. She works with her clients to move through the big blocks that are holding them back from power and peace. They step into confidence and are effective communicators for the animals and our planet.

FB Group: Empowered Vegans: Voices of Strength for our Mother Earth

<https://www.facebook.com/groups/2988599604572184>

YouTube: <https://www.youtube.com/channel/UCOsnjTpn6nvVRPlcbflj5wQ>

Linked In <https://www.linkedin.com/in/mariquita-solis-veganempowermentexpert/>

Instagram [https://www.instagram.com/mariquita\\_solis\\_coach/](https://www.instagram.com/mariquita_solis_coach/)

Website <https://mariquitasolis.com/>

Solis Coaching <https://www.facebook.com/Mariquitasoliscoaching>

### **Rebecca Kate - Intuitive Health and Wellness - Anywhere in the World**

Rebecca is a qualified holistic nutritionist, health intuitive and plant-based health coach.

She works with women and mothers to help empower them and reclaim their power through health in body, mind and soul so that they can become their true selves and in turn become amazing mothers and mothers to be. She works with true scientific health facts, but also work with spiritual and emotional side of wellness as well. She is completely vegan and also run kids

and family plant-based cooking classes and health and wellness workshops through Kids Creative Kitchen.

Website: [www.kidscreative.kitchen](http://www.kidscreative.kitchen)

Facebook: Kids Creative Kitchen

Instagram: @kidscreative.kitchen

Facebook: @intuitivehealthandwellness

Website: [www.intuitivehealthandwellness.com](http://www.intuitivehealthandwellness.com)

Instagram: [www.instagram.com/intuitivehealthandwellness11](https://www.instagram.com/intuitivehealthandwellness11)

### **Megan Bailey - Holistic Health Healer – Anywhere in the World**

Megan Bailey is a vegan medical intuitive, holistic health healer and vegan coach. She takes women on a holistic journey through the body conscious diagnostic health program to transition to a plant-based lifestyle and live in deeper alignment with themselves and the earth. She also goes deep into releasing energetic blocks and trauma stored in the body so that women can experience inner peace, freedom in body and fulfilment.

Website: <https://shedandshift.com/balancedhealthconsciousness/>

### **Vria Moda – Vegan Fashion – Anywhere in the World**

A space for information, visibility, tips, support and inspiration on vegan fashion.

Our mission is to bring vegan fashion closer to everyone by showing how available, meaningful and plentiful it is, as well as to help create positive changes in the fashion industry, shifting it to one in which animal exploitation is not the norm.

Website: [www.vriamoda.com](http://www.vriamoda.com)

Instagram: @Vriamoda.

### **Rebel Vybes – Sustainable Home Kits - UK**

Hi, my name is Marie and I own Rebyl Vybes, a subscription box business with a focus on sustainable products. We have both self-care products as well as home kits that introduce you to sustainable swaps for everyday essentials.

We can be found on Instagram at [www.instagram.com/rebyl\\_vybes](http://www.instagram.com/rebyl_vybes) or on Facebook at Rebyl Vybes.

Website: [www.rebylvybes.co.uk](http://www.rebylvybes.co.uk)

### **Estimon – Vegan Handbags – Ships Worldwide**

Estimon was created primarily out of love for animals. Ever since Marta was nine, animal welfare was important to her. Her first kitten was found in a puddle, and she immediately took him home. She believes that the creation of luxurious bags and accessories does not have to involve the suffering of animals of any kind. She believes there is only one planet, and it is about time to start taking care of it and its little inhabitants. If she can convince one person to do so, she will be happy. Estimon means “respect” in Esperanto. She wants Estimon to represent this particular value. She believes that with respect - to the planet, to other people, to animals - we can change the world for better.

Facebook: <https://www.facebook.com/estimonveganbags>

Instagram: [https://www.instagram.com/estimon\\_veganbags/](https://www.instagram.com/estimon_veganbags/)

### **Berries & Bundles – Reusable Period Pads Subscription Box – UK**

Specialist retailer in reusable period pads that offers a monthly subscription box. There are specific brands stocked recommend as vegan.

Website: <https://www.berriesandbundles.uk/>

Facebook: @berriesandbundles

Instagram: @berriesandbundles

### **Wandering Vegans – Vegan Travel – Anywhere in the World**

I blog about the vegan travel experience. I share information about the best vegan food I find in each place I go, along with budget tips and tricks. I also create recipe ebooks that contain convenient meals to make while traveling, or culturally relevant food based on my location.

Instagram: <https://www.instagram.com/wanderingvegans1/>

Website: <https://wanderingvegans.com/>

### **Old Pine Bake House – Online Vegan Bakery - UK**

We are a vegan home bakery run by a mother and son team in a totally vegan family. They make cookie slices and brownies, sold via postal service, while supplying local shops and offering local pick up.

Facebook <https://www.facebook.com/oldpinebakehouse/>

### **Karry's Deli – Vegan Delicatessen - UK**

A physical-store all-plant-based vegan delicatessen - the first in South Wales.

Website: [www.karrysdeli.com](http://www.karrysdeli.com)


Facebook: [www.facebook.com/karrysdeli](http://www.facebook.com/karrysdeli)

Instagram: [@karrysdeli](https://www.instagram.com/karrysdeli)

### **Lovelei Duo LLC – Vegan Culinary Chef - US**

Culinary Creative! Plant based/ Vegan Consultant Holistic Nourishment/ Celeb Chef/ BI COSTAL!

DMV-LA / Catering &More!

Spreading  Beyond Meat & Dairy

Instagram: [@loveleiduo](https://www.instagram.com/loveleiduo)

### **EcoFoundry – Living Walls - UK**

Eco Foundry Ltd

[ecofoundry.co.uk](http://ecofoundry.co.uk)

Email: [beccy@ecofoundry.co.uk](mailto:beccy@ecofoundry.co.uk)

Facebook: <https://www.facebook.com/ecofoundrycf>

Instagram: [https://www.instagram.com/eco\\_foundry/?hl=en](https://www.instagram.com/eco_foundry/?hl=en)

[@EcoFoundry](https://www.instagram.com/eco_foundry/?hl=en)

01959 533255

[theveganlifeshop.com](http://theveganlifeshop.com)

Eco Foundry provides Living Walls for short- or long-term installations. Traditionally bulky and not purpose built for exhibitions, events or promotions, these Living Walls come with at least 95% coverage and can be custom and purpose built to your specifications, branded with sustainable materials, easily moved and transported to any location.

Furniture, walls, pods, building hoardings, room dividers and more.

The governments 'A Green Future: Our 25 Year Plan to Improve the Environment', sets out what we will do to improve the environment, within a generation.

You can do your bit by implementing Living Walls into your offices, home and events.

