

**The Ethical Girl's Guide to Being**  
*Vegan* and *Fabulous*

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# All Things Vegan

Vegans and the vegan lifestyle have long been the bastard stepchild of dietary and lifestyle choices. Thankfully that time is slowly coming to an end as more and more people have noticed the profound need for environmental and dietary change. Gone is the time of shapeless clothing, tasteless meals and questionable hygiene. Vegans are now culinary masterminds, whipping up gourmet meals that your strictly carnivore friends only wish they had the pleasure of consuming. Vegans now have their choice of incredibly fashionable shoes, bags and clothing made by companies that put compassion and ethics before a profit. Vegans have piles of high quality makeup and bath products to choose from so they can stay looking hot and smelling great. The truth is that vegans have it made. They can have their (dairy, and egg free) cake and eat it too.

If you are a newbie vegan, considering a vegan diet or just curious, then you will find that covering the abundant (and often conflicting) information available online and in books can be a daunting and confusing task. Thankfully, **The Ethical Girl's Guide to Being Vegan and Fabulous** contains everything you need to know about vegan living!

And now.. let's start with some basics:

## What is a vegan?

A vegan is a person who has made the decision to not eat, wear or use anything that is or has come from an animal. The reason for this decision differs from person to person. For most, it is an idea of ethics and not wanting to contribute to the exploitation of innocent sentient beings.

I personally think it should be emphasized that veganism is not a dogma. It is not a set of strict rules with the punishment of breaking them being eternity in vegan hell. **“Vegan” is just a word for what we do to try and make the world a better place for ALL living creatures.** We are all human and sometimes we make mistakes or lack in will power. It is just important to keep trying and learning and eventually you will become the vegan goddess you long to be. All vegans are different. Some vegans will throw blood on a fur jacket or protest an animal testing facility. Other vegans consider their choices their own personal battle and generally keep to themselves. The point is: we all do the best we can in our own unique ways.

## Why Go Vegan?

There are an infinite amount of things that are beneficial to you, and the rest of the world upon practicing a vegan lifestyle. Here are just a few, starting with the most obvious:

### Ethical

- Millions of animals are being tortured in factory farms and slaughter houses right at this very moment. They are kept in tiny, filthy cages, unable to move for the majority of their lives. They are beaten and abused. Surgical procedures like tail docking and beak trimming are performed without the slightest bit of anesthesia. Even “free range” farms have flimsy regulations and conditions that are not much better than the traditional.
- 20% of the world are living in poverty and experiencing some sort of starvation. If the soy, grain and corn that are fed to farmed animals and the land they consume were used to produce crops of fruits and vegetables there would be more than enough food for those living in starvation.
- Slaughterhouses mainly employ those that may have problems finding other employment (ex-convicts, illegal residents) who have no other choice and most likely cannot defend their own rights. The working conditions are 9 times more dangerous than a coal miner’s. Workers are constantly exposed to sharp objects, high temperatures, and bodily fluids of animals that could potentially carry disease.

### Environmental

- More than 1/3 of all fossil fuels produced in the US are used to raise animals for food.
- It takes 2,500 gallons of water to produce 1 pound of meat.
- The animals raised for food in the U.S. produce 130 times the excrement of the entire human population of this country. Their excrement is more concentrated than human excrement and is often contaminated with herbicides, pesticides, hormones, antibiotics, and so on. There is no sewer system for this waste and it is contributed to “run-off” that enters nearby bodies of water, and even food crops.

### Health

- Vegetarians and vegans are 50% less likely to develop heart disease.
- Vegans have 40% of the cancer rate or meat eaters.
- Meat eaters are nine times more likely to be obese than meat eaters.
- The consumption of meat, eggs, and dairy products has also been strongly linked to osteoporosis, Alzheimer's, asthma, and male impotence.
- Many people have successfully used a vegan diet to reverse and prevent disease and chronic illness.

## The Benefits of Veganism

- 🌱 Eating a healthy vegan diet consists of whole foods that are rich in fiber, magnesium, folate, antioxidants, and protein. (That's right.. protein!).
- 🌱 You will be greatly reducing your chance of developing diabetes, heart disease, colon cancer, arthritis, high blood pressure, high cholesterol and many other diseases.
- 🌱 You will have more energy and a greater sense of well-being.
- 🌱 You will drastically reduce your fossil fuel and water consumption just by cutting meat out of your diet.
- 🌱 Every single day you will be blessed with the knowledge of knowing that you have done your part to help the world and all of its inhabitants.
- 🌱 Once you start to learn about veganism you begin to realize that there really is no downside and that in the end it will be worth all of the time and effort. If this sounds good to you, let's move on to the fun stuff!

# Eating Like a Vegan

Eating vegan is not a complicated task. There are endless amounts of delicious and nutritious foods you can make on your own and even order at your favorite restaurant. Instead of limiting your diet, eating vegan can open your mind up to a plethora of foods and dishes that you never even knew existed.

## Un-Vegan Foods

Let us start with the obvious foods that are not vegan.

- Meat (beef, chicken, poultry, pork, etc.)
- Seafood – Fish is actually considered meat since it is the flesh of an animal, but since there is much misconception about this I decided to place it in its own category. All seafood is not vegan *or vegetarian*.
- Dairy – Cheese, yogurts, milk, butter.
- Eggs

Other lesser known ingredients that are not vegan

- Whey – a milk byproduct
- Casein – a class of milk proteins often found in items marked ‘non-dairy’
- Ghee – a common milk derivative (very common in Indian food!)
- Albumen – protein found in egg whites
- Cochineal/Carmine – a coloring agent made from ground up beetles
- Oleic acid – fat from sheep or cattle
- Rennin/Rennet – enzymes from a calf’s stomach
- Calcium Stearate – a mineral usually derived from hogs and cattle
- Gelatin – protein from animal bones, cartilage, tendons, and skin
- Glycerides (mono/di/tri) – glycerol from animal fats
- Stearic acid – animal fats and oils
- Lecithin – phospholipids often from animal tissues and eggs
- Pepsin – enzymes gathered from pigs stomachs

**Check out a full list of animal ingredients commonly found in food.**

## Nutritional Needs

If you are eating a healthy whole foods based diet filled with veggies, fruits, nuts, grains and legumes you should be getting more than adequate nutrition. However there are a few nutritional concerns that do pop up when one is first considering a vegan diet.

### Protein

One question every single vegan is tired of hearing is: “where do you get your protein?” If you are eating a healthy diet consisting of whole foods you are getting more than enough protein. Women need about 45 grams of protein per day and men need around 55 grams. A half cup of beans and a cup of tofu contain roughly 40g of protein. Add in some rice (or quinoa) and kale and you have your protein more than covered for the day, in one small meal!

### Calcium

There are many delicious vegan foods that have naturally occurring calcium. Spinach, collard greens, kale, sesame seeds, tahini, broccoli, almonds, and carrots all contain adequate amounts of calcium. You can also try fortified drinks such as orange juice, soy milk, and rice milk. \*Fun fact: The naturally occurring calcium in milk is removed in the pasteurizing process and then fortified back in. That means a glass of cow’s milk is no different than a glass of soy milk in terms of calcium intake.

### Iron

Studies have shown that vegans and vegetarians that eat a healthy well rounded diet actually have higher levels of iron than their omnivorous counterparts! For an iron boost, try eating tofu, lentils, spinach, soy, chickpeas and hummus. Did you know that coffee and tea inhibit iron absorption, while vitamin C increases it? So if you are looking to increase your iron intake, skip the latte and munch on some grapefruit.

### B12

B12 deficiencies are actually pretty rare and hard to acquire considering the body holds on to the vitamin for many years even with minimum intake. However, B12 deficiencies are a serious problem so most vegans choose to take a supplement to stay safe. B12 can also be found in foods such as nutritional yeast, miso, and seaweed.

## Cooking Basics

Vegan cooking, just like any other, can range from simple 2 minute meals to 5 hour gourmet deals. While learning to cook vegan, you only need to adjust to working with a few new mediums. Here are some helpful basic cooking tips.



## Soy confused

It literally took me 3 years to figure out how to cook edible tofu and 4 years for tempeh. I'll save you the trouble: Take pressed tofu\* or tempeh and sauté in frying pan with a little oil. Add salt and pepper. Once it starts to brown then squirt in some Soy Sauce, Tamari or Bragg's Liquid Aminos. Cook for a bit longer then add a handful of nutritional yeast. Cook for a minute or two longer and then there you have it: delicious soy nuggets! Perfect to use on salads, pastas, rice bowls..pretty much anything.

\*To "press" tofu: Drain water out and place tofu between two clean towels. I like to add some weight on top (books) and let sit for at least 2 hours.

## Know your grains

Go to the bulk section of your local grocery store and have fun! **Quinoa** is a supergrain and a complete protein! It is wonderful to use in place of rice or pasta. There are many different types of **rice**: short grain brown, long grain, basmati, wild. **Barley** is a nice hearty grain. **Wheatberries** are fun to mix into salads.

## Bake Any Goodies You Want

It is super easy to veganize any baked goods recipe. My mom has even done it, and some say she should stay at least 500 ft away from a kitchen at all times!

You can replace regular milk with soy or rice milk.

Replace butter with Earth Balance or any other vegan "spread".

You can swap refined sugar out for cane sugar or agave (refined sugar is typically processed with animal bones, deeming it un-vegan.)

Then you can replace eggs with any number of things. Here are different options that work wonderfully (I always use banana in sweet stuff and Ener-G in everything else).

- All items = 1 egg
- 1 TB Finely ground flax seeds mixed with 3TB water.
- ½ banana, mashed
- ¼ cup silken tofu, blended
- 1 1/2 tablespoons of Ener-G Egg replacer + 2 tablespoons water mixed well
- 1/4 cup plain soy yogurt

## Play & Experiment

Learning to cook is almost essential to eating any type of healthy diet. It doesn't have to be hard if you are willing to learn and experiment. Start with picking one recipe every week that interests you and then learn to make it. If it includes methods of cooking that you know nothing about – Google it! There are video tutorials and resources for everything you could possibly dream of. This is how I learned to cook. If you are planning on eating a healthy vegan diet, knowing how to cook will make it infinitely easier for you.

## Recipes

There are so many wonderful vegan recipes online that I don't even know where to start! Below are some of my favorites and the crème-de-la-crème of **easy vegan food!**

### Chocolate Chili



If you love the sweet, satisfying euphoria that chocolate provides and the spicy, fulfilling goodness that is chili, then this recipe is your dream come true. I really enjoy what the sweet and spicy combination does to your taste buds. Delicious confusion!

Serves 4 to 6

#### What You Need:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 carrot, minced
- 3 garlic cloves, minced
- 3 tablespoons chili powder

- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (28-ounce) can crushed tomatoes
- 2 canned chipotle chiles in adobo sauce, minced
- 1 ounce unsweetened chocolate, grated
- 4 cups cooked or 3 (15.5-ounce) cans beans, drained and rinsed
- 1/2 cup water
- 1/2 cup strong coffee
- 1/4 cup pumpkin seeds

### What You Do:

1. In a large pot over medium heat, heat olive oil. Add onion, carrots, and garlic. Cover and cook until softened, about 10 minutes.
2. Stir in chili powder, paprika, cumin, oregano, sugar, salt, and pepper. Add tomatoes, chipotles, and chocolate, and stir until well blended.
3. Add beans, water, and coffee, and bring to a boil. Reduce heat to low and simmer uncovered, stirring occasionally, until chili thickens and flavors have time to develop, about 45 minutes. Add a little more liquid if chili becomes too thick. Sprinkle with pumpkin seeds before serving.

Enjoy!

\*photo and recipe courtesy of [VegNews.com](http://VegNews.com). Thank you!

### Moroccan Mishmash



Serves 4-6

### What You Need:

- 2 Tbsp oil
- 3 large cloves garlic, pressed/minced
- 2 medium carrots, chopped
- 12 oz soy crumbles (I use Yves brand)
- 14.5 oz can of diced petite tomatoes
- 15 oz can of chickpeas, rinsed and drained
- 1 cup corn (I used frozen)
- 1/2 cup dried cranberries
- 3/4 cup V8 juice
- dash of black pepper (to taste)
- splash of balsamic vinegar
- 1 rounded cup of bulghur
- 14 oz (or 2 cups) vegetable broth

### What You Do:

Bring broth to boiling in a medium saucepan. Add bulghur, stir and cover, then simmer on the lowest heat for about 15 minutes, until liquid is absorbed and bulghur is tender.

Meanwhile, heat oil in a deep pot on medium-low heat. Add garlic and carrots, cover and saute 3-4 minutes, stirring occasionally. Add soy crumbles and break up with a wooden spoon, then stir into carrots. Add undrained tomatoes and simmer 3-5 minutes, then stir in corn, chickpeas, cranberries, and V8.

Simmer, uncovered, 2-3 more minutes, then add black pepper and vinegar. Simmer, uncovered, on low heat for 10-15 minutes, stirring a couple of times.

Serve over bulghur.

\*Recipe and photo courtesy of [Angst Loves Spinach](#). Thank you!

### Quick Tomato Lentil Soup



## What You Need:

- 1 cup dry lentils
- 3 cups tomato juice
- 3 cups vegetable broth or water
- 2 carrots, chopped
- 2 large handfuls of baby spinach, chopped
- 1 large onion, diced
- 1 large tomato, diced
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon dried herbs of choice (I used thyme and tarragon)
- salt and pepper to taste (if using vegetable broth, omit salt)

## What You Do:


In a stockpot, heat olive oil over medium heat. Add the onions and carrots and saute for about 10 minutes, then add garlic and saute for another 2 minutes. Add the water or broth, tomato juice, lentils, dried herbs, and diced tomatoes and bring to a boil.


Once the soup is boiling, lower the heat to low-medium, cover the pot, and allow the soup to simmer for about 40 minutes, or until the lentils are tender. At this point, stir in the chopped spinach, salt and pepper, and cook for another 10 minutes. Remove from heat, adjust seasonings and serve.

\*Recipe and photo courtesy of [Bites and Pieces](#). Thank you!

## Dining Out

Believe it or not, many chain restaurants offer vegan fare! In all my years of dining out as a vegan, I have never found myself with nothing to eat. Here are a few tips to help make your dining experience a pleasant and cruelty free one.

 Asian and most other ethnic restaurants are always a nice score for vegans. Just be sure and ask if your entrée includes fish paste or animal stock. Asian food typically does not contain any dairy so if you simply ask if a dish is “vegetarian” you should be safe.

 Always be nice to your server and ask for accommodations nicely. If you are rude and demanding you will NOT get what you want. Trust me, I worked in the food business for a long time!

🌿 Research places in your city or in a city you are travelling to, that are vegan or vegan-friendly. There are plenty of wonderful websites like [vegguide.org](http://vegguide.org) and [happycow.net](http://happycow.net), to help you with this.

🌿 [This website](#) has a great list of vegan food offered in chain restaurants and fast food joints.

🌿 If you find yourself at a small, privately owned restaurant, ask if the chef can prepare something vegan for you. You can also call ahead to see if this is possible. 9 times out of 10 they will be happy to accommodate you.

# Compassionate Fashion

Most people are overcome with confusion when they realize veganism is a lifestyle, not just a diet. The choice to be compassionate to all sentient beings goes beyond veggie burgers and hummus, and drips into our clothing, personal care products and the choices we make every single day. It is not a burden, it does not limit us, and we most certainly don't walk around in burlap sacks. Ethical fashion has come a long way, baby.

## UnVegan Clothing

**What clothing materials are considered “Not-Vegan?”**

- Fur
- Leather
- Wool
- Silk
- Down/Feathers

**Why are these materials un-vegan?**

### **Fur**

Fur is the most obvious of all materials. Most fur comes from animals kept on fur farms. These animals are confined to tiny cages for all of their lives, and denied the ability to perform their most basic instinctual behavior such as grooming, exercise and proper nutrition. The fur industry is completely self regulated which results in overcrowding, abuse, malnutrition and faulty “extermination” procedures. These procedures include breaking necks and anally electrocuting rabbits, chinchillas, foxes, minks, raccoons, and many, many other types of animals. Some animals are caught in traps in the wild and left to suffer for days on end until they are finally retrieved and skinned alive.

### **Is faux-fur an option?**

I suppose this is a matter of personal opinion. But keep in mind that at first glance, most people cannot tell the difference between faux fur and the real thing. Do you want to send the message that such a cruel accessory is fashionable or even acceptable? I wouldn't. Also, there have been several instances where items sold as “faux” **have turned out to be dog hair**. How about we just avoid the whole nightmare and rule out fur (faux or real) all together?

### **Leather**

Leather is an industry tied in directly with factory farms. If you are not supporting factory farms because of environmental or ethical concerns, then you should not be buying leather. Cows in factory farms are crowded and tortured. Factory farms waste incredible amounts of resources such as water, corn and soy. They pollute the environment with herbicides, pesticides, toxic chemicals, hormones, antibiotics, and greenhouse gasses. The leather that humans wear is saturated with toxic chemicals that prevent the flesh from rotting away in their closets – gross!

## Non-leather Options

As you might already know, the vegan shoe industry is booming! High end designers like [Stella McCartney](#), [Cri De Coeur](#) and [Olsen Haus](#) are creating beautiful (and very expensive) kicks. Other, more affordable designers like [NeuAura](#), [Mink](#), and [Beyond Skin](#) have some gorgeous creations. There are also boutiques like [Mooshoes](#), [Vegan Chic](#), and [Alternative Outfitters](#) that offer tons of vegan shoes and belts alike.

## Non vegan materials

### Wool

Wool is a tricky one. Although the sheep are not always killed for their wool, they are forced to live in a manner they would not typically live in. The main problem with wool originates in Australia, where the practice of mulesing is extremely common.

“Mulesing is a gruesome procedure in which farmers flip lambs onto their backs, restrain them between metal bars, and use gardening shears to cut huge chunks of flesh from their rumps without any painkillers whatsoever. Mulesing is a cheap, crude attempt to create smooth, scarred skin that is resistant to blowfly maggots which can eat sheep alive. However, the enormous, bloody wounds can attract the very flies the procedure is supposed to repel, and lambs sometimes get flystrike before they even heal from the traumatic ordeal.”

[-savethesheep.com](#)

While these practices are common in 80% of Australian wool production, it is almost always impossible to know where your wool item has originated from.

### Sheep-butt Friendly

As always, polyester is a convenient option. Many organic bamboo materials also do well at mimicking the fuzzy wool texture. Eco friendly boutiques such as [Modcloth](#), [Greenloop](#), [BTCElements](#), and [Nimli](#) have great selections of non-wool sweaters and pullovers. [Vaute Couture](#) offers amazingly beautiful vegan and eco-friendly winter coats.

### Silk

While people do tend to disregard the smallest living things by saying it is “over thinking” the vegan philosophy. Just think about this: Thousands of silk worms are boiled alive to produce even the tiniest amount of silk. In my mind that is wasteful, disgusting, and incredibly cruel, especially when synthetic silks are just as nice as the real thing.

### Just as Silky

Don't be fooled by the “ahimsa” or “peace” silks that you may find. Although they are labeled as cruelty-free, they do still use worms in the process. (The silk is just a byproduct of the worm's natural life-cycle.) However bamboo and polyester do mimic silks nicely and can be found at most of the eco boutiques listed above.



## Down/Feathers

Most down is plucked from live geese. They re-grow their feathers after five weeks and then are run through the plucking machines again. (Imagine a machine ripping all of the hairs out of your head.) After all of this they are sent to the slaughterhouse.

## Anti-fluff

Since many people have allergies to feathers, most companies offer a “hypoallergenic” option minus the down. Check out this cozy cruelty free option at [Gaiam](#).

Feeling good about what you eat is just as important as feeling good about what you wear. Vegans have a plethora of fashionable choices right at their fingertips. It is just a matter of knowing what to look for, and understanding why you are making that choice.

## Unethical clothing production

Lately I have been having an internal conflict about certain products that regularly suggested as “cruelty-free” options for women on a budget. This consists of clothes, shoes and accessories from chain stores such as Forever 21, H&M, Target and other corporations that offer hoards of clothes for incredibly affordable prices. Although these products are technically vegan, it is more of an accidental side effect of cheap mass production. Sure \$20 shoes are wonderful for our wallets but what effect do they have on the rest of the world?

Whenever we spend money on a purchase, we are supporting the industry and ethics behind that company. Our purchase is a vote in favor of their practices. Do we really wish to support inhumane working conditions, environmental destruction, and corporate greed? Even if animal cruelty is not involved in the process, does that make it ok?

Most cheap clothing is made in factories by underpaid workers doing their jobs in squalor. Unfortunately like many industries out there, these companies are expected to adhere to vague regulations and monitor production themselves. Think this is only an issue in Asian countries? Think again. **It happens in the good ol US of A.**

Conventional clothing production **puts heaps of toxins into our air, water and bodies.** It supports forest destruction and unfair situations for farmers. **Cotton production uses more pesticides than any other single crop in the world!**

Companies conveniently offering low prices push out small businesses and ruin local economies. They take business away from small shops owned by a single person devoted to quality goods and personal service.

It is often argued that these large businesses provide jobs, but in retail they typically employ people who do not give back to the local economy, and spend most of their money at their place of employment – like teenagers, or younger persons with no mortgage or property tax.

🌿 Large retail companies are known to **throw out** or even burn clothing after each season, instead of giving those garments to charities and people who could greatly use them.

🌿 Inexpensive clothing is not made as well as its designer or independent counterpart. After clothing falls apart, stretches or develops holes we are forced to go buy more clothing, creating more waste.

🌿 Many trendy chains (**I'm looking at you Forever 21**) rip off designers who have worked hard to develop their line and a quality product. They sell these sub-par rip-offs for ridiculously cheap prices, devaluing the work of real artists.

Supporting an industry that actively chooses to produce vegan, environmentally friendly, sustainable products will help make those products readily available and more affordable in the future.

## Compassionate Companies & Designers

### Shops

- Alternative Outfitters
- Bourgeois Boheme Boutique
- BTC Elements
- Cow Jones Industrials
- Everyday Apparel
- Envi
- Fair tribe
- Go Jane
- Green is Black
- Greenloop
- Gretchen and Grace
- Jute and Jackfruit
- LuLus
- ModCloth
- Moo Shoes
- Muso Koroni
- Nau
- Neon Collective
- Nimli
- Ragazzi Vegan
- Shift
- Shop Humanitiare
- The Oko Box
- Vegan Chic
- Vegetarian Shoes

## Clothing

- Autonomie Project
- Everyday Apparel
- Herbivore
- Lara Miller
- Lions Share Industries
- Perfect Pineapples
- Rapanui Clothing
- Stella McCartney
- Trash Rags
- Vaute Couture

## Shoes and Accessories

- Beyond Skin
- Charmone
- Chinese Laundry
- Cri De Coeur
- Earth Vegan
- Extraseed
- Hydra Heart
- Kalia Footwear
- KEEP
- Manimal
- Melissa Plastic Dreams
- Mink
- Mohop
- Neuaura Shoes
- Novacas
- Okabashi
- Olsen Haus
- Simple
- Zoe&Zac

## Bags

- Amy Kathryn
- Cherry Berry
- Crystalyn Kae
- English Retreads
- GG2G
- Matt & Nat
- Mehran
- Melie Bianco
- NOAH


- Pansy Maiden
- Queen Bee Creations
- Reveal
- Ro & Co
- Shiraleah
- Susan Nichole
- Vegan Queen
- Zaum


## Belts


- HELD Belts
- Rubberx3
- Truth Belts
- Vegetarian Belts


## Vintage Shopping

Since my budget is precisely \$3, vintage shopping has become quite a pass time of mine. I've always enjoyed shopping in vintage joints but have never taken the time to truly hone the craft until recently. Here are some great tips I have learned!

 **Explore** – You know that vintage shop in the bad part of town that has spooky mannequins sporting Muumuus? Go there. Chances are it is not as picked over as the popular vintage shops, and you have a better chance of finding some gems. If you are serious about thrifting, you should go into every single shop you see. Every..single...one. Even if it is just to browse quickly. That way you can determine which shops are worth your time and which are not.

 **Discern** – Some things are just unsalvageable. Check everything closely for rips, stains, burns or busted seams. If the garment you desire is ripped or burned in a place that cannot possibly be fixed, just let it go. If it smells funny, it can always be washed. Ripped seams can easily be fixed up. And, of course, make sure your selections are free of leather, silk, wool and other animal products.

 **Get crafty** – If something is not your size – can it be altered to fit you? Almost everything can be made smaller (unfortunately not many things can be made bigger!) depending on your skill level. If you really like the fabric of a piece but not the style, consider turning it into something else. If you are creative enough, a thrift shop can be an upcycler's dream.

 **Get schooled** – Try to be familiar with all brands and where they come from. (I recently found a pair of used Forever 21 shoes for \$60! You're not fooling me trendy

vintage shop!!) You might get duped into buying a \$15 Target shirt for \$40 but you could also get some designer gear for super cheap. Knowledge will get you far, my friends.

🌿 **Try it on** – Sizes have changed drastically through the decades. If your potential purchase is from another generation, make sure to try it on. Some clothes might look cute on the hanger but fit like a burlap sack. Wear leggings and tanks so you don't get arrested if a dressing room is not available.

🌿 **Bargain** – You can totally haggle with shop owners, and if you are paying in cash you can usually get things for a bit cheaper. However, don't bargain at charity stores (Goodwill, Salvation Army) that's just bad manners.

🌿 **Become a stalker** – Find out when your favorite shops get new clothes in. Usually, if you ask the shop owner they will happily tell you the best days and times to come.

# Cruelty-Free Beauty

Did you know that lurking in your beauty products could be animal fat, crushed beetles and chemicals that cause cancer? Did you know that your favorite lipstick could have been tested on a caged, tortured animal? True story! Since you have overhauled your eating and wardrobe, next up are your beauty products.

First, let's cover what animal ingredients are sneaking around in your makeup bag:

## Unvegan Ingredients

### Carmine

Carmine, also referred to as cochineal or carminic acid, is a red pigment obtained by crushing tens of thousands of female cochineal insects. This coloring is used in cosmetics, shampoos and food dyes.

### Collagen and Elastin

Collagen is a fibrous protein usually derived from animal tissue. Elastin is a similar protein found in animal ligaments. Collagen and elastin are popular ingredients in many moisturizers and face creams.

### Keratin

Keratin is found in animal horns, hooves, feathers, quills and hair. Human hair and nails also contain keratin, so to keep our hair lustrous, cosmetic companies use crushed up animal parts to put keratin in their products including hair rinses, shampoos and permanent wave solutions.

### Stearic Acid

Stearic comes from a Greek word that means tallow (see below). Stearic acid is a saturated fatty acid often taken from animals including cows, sheep, pigs and even euthanized dogs and cats from animal shelters.

### Tallow

Tallow is technically rendered beef or mutton fat, but for commercial purposes, what is referred to as tallow may also be derived from other animals, such as pigs.

### Other Animal Ingredients

There are many, many different animal products used in beauty products falling under

random names that constantly change. **To be ultimately safe look for products that say “vegan” on the label.**

[Go here for a complete list of animal ingredients in cosmetics.](#)

## Animal Testing

Many products on the market have been tested on animals at one point or another. The process of testing varies depending on the research being conducted. All in all, animal testing consists of animals like mice, rats, cats, dogs, and monkeys being locked in small cages while being injected with chemicals, cut open and having chemicals poured in their eyes. This is just the tip of the proverbial iceberg.

There are many companies that test their products on animals. Many of these companies have sub-businesses that are not even marketed as being affiliated with their parent company, in order to market to the ethical population. For example: Tom's of Maine is now owned by Colgate! Try to research products as best as you can before purchasing to make sure you don't commit this common mistake.

### Some Companies that test on animals:

**Arm & Hammer** (Church & Dwight)

**Bic Corporation**

**Church & Dwight** (Aim, Arm & Hammer, Arrid, Brillo, Close-up, Kaboom, Lady's Choice, Mentadent, Nair, Orange Glo International, Oxi Clean, Pearl Drops)

**Clairol** (Aussie, Daily Defense, Herbal Essences, Infusium 23, Procter & Gamble)

**Clorox** (ArmorAll, Formula 409, Fresh Step, Glad, Liquid Plumber, Pine-Sol, Soft Scrub, S.O.S., Tilex)

**Colgate-Palmolive Co.** (Hills Pet Nutrition, Mennen, Palmolive, SoftSoap, Speed Stick)

**Dial Corporation** (Dry Idea, Purex, Renuzit, Right Guard, Soft & Dri)

**Johnson & Johnson** (Aveeno, Clean & Clear, Listerine, Lubriderm, Neutrogena, Rembrandt, ROC)

**L'Oréal U.S.A.** (Biotherm, Cacharel, Garnier, Giorgio Armani, Helena Rubinstein, Lancôme, Matrix Essentials, Maybelline, Ralph Lauren Fragrances, Redken, Soft Sheen, Vichy)

**Playtex Products** (Banana Boat)

**Procter & Gamble Co.** (Clairol, Cover Girl, Crest, Gillette, Giorgio, Iams, Max Factor, Physique, Tide)

**S.C. Johnson** (Drano, Edge, Fantastik, Glade, OFF!, Oust, Pledge, Scrubbing Bubbles, Shout, Skintimate, Windex, Ziploc)

**Unilever** (Axe, Dove, Lever Bros., Suave, Sunsilk)

See the complete list courtesy of [Caring Consumer](#)

## Toxic Ingredients

If there is one thing that vegans know how to do well, it's read labels. While we always check our product labels to make sure they don't contain any gross animal by-products or have been tested on animals, do we look any further than that? Is the vegan stamp of approval good enough or should we question the long term health effects of every last product we use?

The beauty industry is completely unregulated. That means that any company can put anything they want in the products you slather all over your body every single day. Scary? It is. These toxic ingredients range from proven endocrine disruptors (they attach to your estrogen receptors and disrupt your own estrogen from working naturally in your body) to neurotoxins (are toxic to brain and nervous system) to carcinogens (cause cancer) to ingredients directly linked to causing cancer and birth defects.

Here are just a few of the toxic ingredients found in items you use everyday like shampoo, soap, lip balm, lotions, sunscreen, and toothpaste.

- **Propylene Glycol:** Used in anti-freeze and found in make-up, lotion, deodorant, sunscreen, and shampoo. Causes skin irritation. Is a carcinogen. It is also an endocrine disruptor and a neurotoxin.
- **Parabens (Butyl, Methyl, Ethyl, Propyl):** Found in toothpaste, shampoo, conditioner, styling products, lotion and many others. Parabens are endocrine disruptors and Neurotoxins as well.
- **Titanium Dioxide:** Is an effective window cleaner because it degrades anything it touches. Toxic to respiratory and immune system. Linked to cancer, asthma, allergies, and organ toxicity. Found in sunscreens. **Titanium Dioxide is the main ingredient in most mineral makeups which are often tagged "natural". These nanoparticles are more dangerous than the liquid form because they can be inhaled directly into your lungs.**
- **Zinc Oxide:** Mutates skin cells, and is an endocrine disrupter. Found in sunscreens and is also a main ingredient in mineral makeups.
- **Aluminum:** Toxic heavy metal. Neurotoxin. Linked with cancer.
- **Toluene:** Made from tar. Found in fragrances and nail polish. Causes organ damage.
- **Sodium Laureth Sulfate (SLS):** Chemists use SLS to split cells open labs. We put it on our heads in via shampoos and toothpastes! Also found in bubble bath solution and mascara. It is a very strong skin irritant.
- **Petrolatum, Paraffin, Mineral Oil:** Found in lip balms and lotions. These ingredients interfere with your body's own natural moisturizing mechanism. Ever wonder why your lips are mysteriously addicted to lip balm? This would be why.



- **Phthalates:** A plasticizing ingredient directly linked to birth defects. Found in nail polish, and cuticle treatments. Toxic to the environment, respiratory system, immune system, nervous system.
- **Flouride:** Found in toothpaste, mouthwash, breath fresheners. Is a neurotoxin, toxic to organs, aids tumor formation, endocrine disruptor.
- **Artificial Fragrances:** Can cause asthma. Found in perfumes, lotions, shampoo.
- **Diethanolamin (DEA or TEA):** Causes allergies, skin irritation, and toxic to immune system. Found in sunscreen, moisturizers, foundation, hand cream, soap.

Many people will argue that products containing these toxic ingredients (and oh so many more) are safe because the harmful effects only occur in large quantities. However it doesn't take a mathematician to figure out that if you are using products that contain certain ingredients for years, that the toxins can and will build up in your system. Some faster than others. But regardless of that, why take the risk? Why not just live as healthy as you can without all the added chemicals?


Do not be fooled by products labeled as “natural”, “organic” or “green”. Don't assume that products carried in a health store are automatically healthy for you. Be sure to read labels closely. Here are some tips for choosing safe products:

- Make sure the ingredient list is short and easy to understand. The ability to pronounce ingredients is a plus.
- Handmade items, and products made by smaller companies usually contain less harmful ingredients.
- Educate yourself about toxic ingredients in everything we use and consume.


To learn more about the chemicals in your makeup check out [The Cosmetics Database](#) - courtesy of the [Environmental Working Group](#). Search any product or ingredient for a full rundown of its harmful side effects.


## Beauty Starts on The Inside


We all want beautiful, smooth, glowing skin. Thankfully, being vegan it comes very easily. Having healthy skin means we can use less makeup and not have to worry so much about what we are putting on our skin. Here are some tips to get the glow from the inside out.

 **Stress Less** – When you are happy and relaxed, it shows on your face. It is proven that the biggest contributor to rapid aging and disease is stress. All that frowning, and brow furrowing, and those sleepless nights take a toll on your complexion. Learn to let go of what troubles you with yoga, meditation or other relaxation techniques. Try to develop a different outlook on life. Don't dwell in the past. Learn to look on the bright

side. Simplify. All that “self help” mumbo jumbo really works if you are open to it. Positive thinking can change your life.. and your looks.

 **Work it out** – Sweat does wonders for your skin. It’s something about the release of toxins and all that circulating blood that leaves you with a healthy glow post workout. And if you work out on a regular basis, that glow never goes away. You don’t have to be a kickboxing master or a gym rat to get the benefits of exercise. Just get moving for at least 40 minutes a day. Find out what works for you and stick to it.

 **Be a good girl** - I really hope I don’t have to tell you this, but – Don’t smoke. It’s gross, it causes cancer, and it makes your skin cry out in agony. A glass of red wine here and there is good for your skin, but drinking like a pirate every day? Not so much. Always wear sunscreen, preferably in your makeup. Don’t pop zits until they are ready to pop themselves. And most importantly, lay off the processed foods, your body doesn’t like them and your skin has to pay for it – more on that below.

 **Eat these foods** - You can basically eat any “whole food” and your body will thank you. Processed foods (anything not in its original state) takes longer for your body to break down and may be treated as a toxin that your body works hard to flush out... through your skin. These are the “best of the best” as far as skin-friendly whole foods go.

- Spinach, Kale, Collards, and other leafy greens.
- Nuts
- Flax seeds, hemp seeds, and Udo’s Oil
- Berries, raisins, prunes
- Peppers, sweet potatoes, tomatoes, carrots
- Avocados
- Beans
- Whole grains (many people have minor gluten sensitivities that may make them break out. If you are eating whole foods and still mysteriously breaking out, try to cut out wheat and then see what happens.)

## Polish Up The Outside

It’s important to have a good skin care regimen so your face gets the proper care on the outside. Since we are all beautiful snowflakes, everyone’s skin requires a different type of care. The following products are just suggestions that I find work well on both oily and dry skin.

## Cleanse



**Desert Essence Thoroughly Clean Face Wash** – This is by far my favorite face wash. It washes off easily and leaves my face feeling squeaky clean. Plus, it is cheap and you can get it in bulk at most health food stores!



**Marie Veronique Organics Gentle Cleanser** - A little goes a long way with this super gentle face wash. It leaves your skin feeling clean but soft and supple, unlike many face cleansers.



**Coalface Cleanser by LUSH** -Don't let its moody color scare you, this soap is awesome. It zaps oil without over-drying and gently exfoliates. At first it will pull everything out of your face and cause a few breakouts, but then it is smooth sailing after that!

## Exfoliate

Exfoliating renews your skin after it scrubs away your old 'blah' skin cells. Exfoliators are best used once or twice a week – everyday use tends to irritate.



**Desert Essence Exfoliating Facial Scrub** – This stuff is heaven sent for those with dry skin. It scrubs away the dead cells and keeps your new layer “moist” with its essential oils.



**Lavender Exfoliating Enzyme Scrub** – Renewal at its finest. This refreshing scrub will have you stroking your face alll dayyy lonngg.

**\*\*Did you know?** You can make your own exfoliator by adding baking soda, cornmeal, coffee grinds, or ground almonds to your cleanser.

## Repair



The one and only anti-aging/ repair serum I recommend is **Marie Veronique Organics Anti-Aging Mist**. Spray this heavenly smelling concoction all over your clean face and within a few days you will notice softer and more supple skin without all the nasty chemicals.

## Moisturize

If you are young or can't afford fancy anti-aging creams, I whole-heartedly suggest moisturizing. Moisturize before you apply your makeup, before bed, and any other time you can possibly do it. A face full of moisture keeps you looking young, fresh and line free. I promise!



**Desert Essence Daily Moisturizer** – if you can't tell already, I'm totally in love with the Desert Essence line. It is cheap, with great ingredients and works wonderfully. This moisturizer is light but penetrates deep and makes your skin feel heavenly. Somehow it works great with both oily and dry skin.



**Jason Aloe Vera Gel** – Perfect if you have very sensitive skin, or acne. I use this when I am breaking out or my skin is irritated. Aloe is non-greasy and also encourages collagen production!

**Remember kids...** too many products equals irritated, dry skin and breakouts! Take it easy and let your skin do its thing. Cleanse and moisturize when you need to and only with products that have simple ingredients made from plants.

## Compassionate Makeup Companies

\*\*Some of these companies may not be 100% vegan but they do not test on animals and their vegan items are clearly labeled.

Marie Veronique Organics  
Physician's Formula Organic Wear  
Sugar Pill  
Urban Decay  
Smashbox

Lime Crime  
E.L.F  
Beauty Without Cruelty  
ZuZu Luxe  
Pin-Up Cosmetics

..and of course [tons of Etsy shops!](#)

**For a full list of cruelty-free beauty companies, [check out Cruelty Free Face.](#)**

For step by step makeup tutorials, product suggestions, and other helpful makeup info check out [Chic Vegan's Creating a Perfect Face series.](#)

# Everyday Living

Diet, clothing and makeup are serious components of vegan living, but it does not stop there! Being vegan is a lifestyle, and that means every day you live and breathe compassion for sentient beings.

## Vegiquette

Unfortunately, vegans carry around the stigma of being demanding, difficult, and even elitist to unsuspecting omnivores, especially in a situation that involves food. Here is a random and possibly incomplete list of etiquette that I, personally, have found to be beneficial in remaining likable and respectful to others while still holding tightly to my ethics.

🌱 When eating at a friend or relatives house, do not expect them to make anything special for you to eat. They probably will, but if you don't get your hopes up, you won't be disappointed. Always eat a little bit before you arrive so you are not famished. Also, bring something small that you know you can eat (side dish or dessert). If they successfully and purposefully make something you are able to eat, let them know how very appreciative you are!

🌱 When out to eat with parties of 3 or more, order last. If you order last, the rest of the table might not notice you giving the server the third degree about the possibility of butter being used to cook your veggies. Also, if the server has to go back and speak with the chef, and decides to do it at that moment, the rest of your party might get irritated that they have to wait to place their order.

🌱 Always, ALWAYS be courteous and appreciative to the server when requesting your food to be prepared in a specific fashion. Emphasize your pleases and thank yous, and let the server know how important your food preparation is to you. For the love of god, DO NOT make demands or place your order in a threatening fashion. (Ex: "If I find a molecule of cheese in my salad, I will send it back, and then leave and never return.") By nature, people are more willing to help others when they are treated with respect and compassion.

🌱 If you are going out to eat with omnivores, do not expect them to go to a 100% vegetarian or vegan restaurant. Unless they specifically say they want to, always choose a restaurant where everyone has plenty of options.

🌱 Do not preach the health, environmental, and ethical benefits of veganism with every opportunity you get to speak. If it comes up in conversation or someone specifically asks you, then preach away!

🌿 Do not look at anyone's food/ leather items/ pure bred poodle with obvious disgust, even if you are disgusted. You wouldn't want anyone to give menacing stares to your seitan dish or hemp handbag now would you?

🌿 Most importantly, if anyone disrespects your beliefs and purposely attempts to make you feel ashamed of your lifestyle, do not hesitate to either walk away (far away and don't turn back), or stand up for yourself and your noble beliefs. Don't stand for ignorance. Either avoid it or prove them wrong.

This list just includes some things that have worked for me personally. I find that just using common sense, compassion and good ol' fashion manners are the best ways to achieve mutual respect.

## Compassionate Choices

We all live our own lives according to our own rules, however if you are interested in the welfare of animals, (you are! Or else you wouldn't be here.) here are some things you should think about.

### Zoos

Many zoos are responsible for the saving and preservation of near extinct, orphaned or injured animals. However said animals are kept in unnaturally small enclosures and deal with the stress of humans doing human things (tapping, pointing, yelling) day in and day out. This is not natural for these animals and in no way does this mimic their natural habitat. Zoos also make a profit from the exploitation of these animals. Although zoos are supposed to be used as an educational platform for children and adults alike, many patrons do not attend the zoo to learn something. They go to be entertained. The bottom line is, taking animals out of their natural habitat and placing them in a stressful environment to make a profit in the name of education/entertainment is wrong. There are better ways to care for wild animals and endangered species than throwing them in a virtual prison.

### Circuses

Having personally known many, many people that have worked for and traveled with circuses I can say with complete confidence that animal abuse does happen. Beautiful, emotional and intelligent animals like lions and elephants are whipped chained and forced to perform tricks just so that circuses can pull a profit. These animals are fed inadequate diets and kept chained and caged when not performing. This is a miserable life for an animal!

### Companion Animals

We all love our furry little friends and any pet owner knows that nothing trumps the bond between you and your pet. However many things should be considered when you are thinking of taking an animal into your house. **First you should seriously consider if you have the time to spend and take care of an animal.** A puppy is almost the same kind of commitment as a newborn baby. An older dog still requires a good amount of



your time everyday as well. Cats are much easier and require less of a commitment. Once you figure out what kind of little friend you would like to take into your home, go to [petfinder.com](http://petfinder.com) to find local shelters and get the scoop on all of their animals.

**It is very important to adopt an animal!** Thousands of animals are put to sleep in shelters every year. These are rescued animals from abused homes, animals that were given up by their owners because they could not care for them, and litters from unspayed females.


It is also important to **never buy an animal from a store.** These animals come from puppy mills where they are treated like products, and are abused and kept in squalor.


**Breeders produce puppies and kittens solely for profit,** many time animals are cross bred to produce “designer dogs”( cockapoo, anyone?) and the result is an adorable puppy with some serious health issues. Every time you buy from a breeder or a store an animal in a shelter dies.

Last but certainly not least, **spay or neuter your animal!** If you adopt from a shelter, they will do it for you for a small fee or sometimes for free. By fixing your friend you ensure that you will not be contributing to the overpopulation problem, and that Fido’s offspring will not have an ominous fate.

## Activism for Busy People

Being vegan already does a big service to animals and the environment. However, when the glistening newness of being vegan begins to fade, us truly compassionate people start to get antsy and seek out other ways to help animals and our fellow human beings. In today’s busy society it is incredibly hard to find the time to fit all of this love into our jam packed schedules. Here are some easy ways to add some extra activism into your life every day.

 **Eat and buy vegan and cruelty free** – Obviously! Chances are you already know and do this – and good for you! Make sure to keep updated and informed on the newest vegan items available. Try to patronize companies that clearly label their products as “vegan” and that practice other noble endeavors such as recycling or donating to charities.

 **Get social** – Nowadays everyone spends a good chunk of their day twittering, facebooking, or blogging. Instead of using that medium to inform the world of our breakfast choices and how we hate bad drivers, why not use social networking to save animals or spread the word of a righteous cause? Tweet about urgent dog adoptions or post a link to a petition to end unethical practices on Facebook.

🌿 **Foster or adopt a little furry one** – We all know that buying from a breeder or a store is a bad, bad thing. But not all of us have the time, space or even the desire to have a companion animal. Contact your local animal shelter and see if you can foster a dog or cat for a limited amount of time. Still too much? Go to a shelter and offer to take an animal out for a walk.

🌿 **Thank and promote ethical companies** – When you come across a company that you really admire for doing the right things and providing products or services you love – tell them! One thing businesses love is positive feedback. Reminding a person or company that what they do is wonderful, gives them the motivation to keep doing what they are doing. Place links to this company on your Facebook or Twitter, or even do a review on your blog.

🌿 **Educate your self** – Learn about all of the benefits of veganism for yourself, the planet and the animals. Even learn the arguments that have been contrived against the pro-vegan facts. Be prepared so that when someone challenges your ethics, you can school them in what being vegan is really about.

🌿 **Create your own ethically driven hobbies** – use whatever skills you have to create something that benefits the animals, even in the smallest way. Bake vegan goods, design informative flyers, or make clothes without using animal derived fabrics.

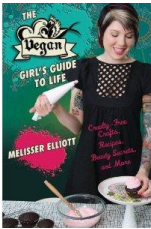
🌿 **Donate** – If you simply don't have the time to do any of these suggestions, the quickest and easiest way to make a difference is to donate to an organization you respect and admire.

# Resources

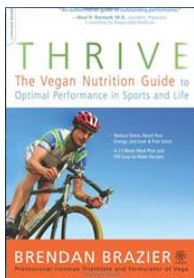
Perhaps the most important part of making any kind of change or improvement in your life is keeping informed and up to date. Being vegan is no different. It is important to remain thoroughly educated on animal rights, a healthy diet and different vegan products that regularly come out on the market. Here are some great places to start.

## Required Reading

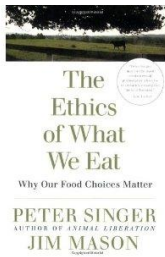
There are so many genuinely good vegan book and cookbooks that I don't even know where to begin! Below are some of my favorite books, although I haven't even come close to covering them all. What are your favorites?



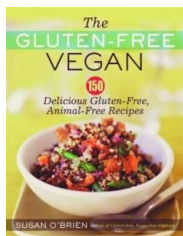
**The Vegan Girl's Guide To Life** by Melisser Elliot (**The Urban Housewife, Cruelty Free Face**) will be your bible! It is loaded with DIY projects, recipes, makeup tips, travel advice and a whole lot more. Make sure to put this book in your wishlist.. it get's released November 11th!



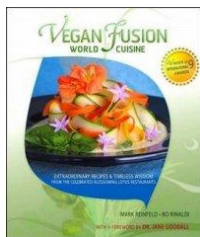
**Thrive** is a book by Brendan Brazier, a vegan athlete. This book is filled with tons of nutrition info, amazing and easy recipes, and lots of other goodies. I discovered Maca and the joys of yerba mate from this book! Thrive is a dream for vegan athletes as well as those just looking to eat healthier



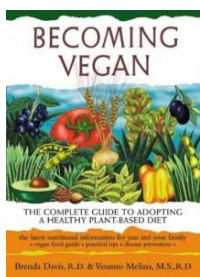
**The Ethics of What We Eat** is an amazing book that will get you thinking about the ethical side of veganism. It is very unbiased and portrays each side of the animal farming industry and questions ethics on every level.



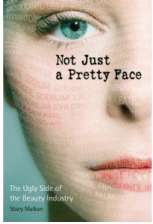
**The Gluten Free Vegan** is heaven on paper for all of you gluten-free and vegan peeps. It contains a great section about healthy vegan eating and covers the science behind certain dietary restrictions. It is loaded with tons of easy recipes sans complicated ingredients.



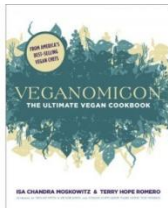
**Vegan Fusion** is a comprehensive high raw and vegan cookbook. Some of the recipes in this book are still served at **The Blossoming Lotus** in Portland, OR.



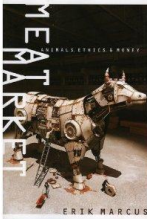
**Becoming Vegan** was my handbook for life when I first went vegan 5 years ago. If you are new to vegan living or not entirely clear on it, this is the book for you.



**Not Just a Pretty Face** is required reading for any cosmetic-loving goddess. Learn about the true ingredients in every day beauty products and the effects they have on our health.



**Veganomicon**. The name does not lie, it is THE ultimate vegan cookbook. Oh and it is beautiful too.



**Meat Market** is the ideal book for any animal activist or those interested in animal welfare.

## Online Resources

The internet is overflowing with resources for vegans. Food blogs, boutiques and activism lurk around every corner. This list is hardly the tip of the iceberg, but contains some mighty fine sites.

### Activism & Compassionate Organizations

<http://www.cok.net>

<http://awic.nal.usda.gov>

<http://www.eggindustry.com>

<http://www.peta.org>

<http://www.ifaw.org>

<http://www.veganoutreach.org/>  
<http://www.vegan.org>  
<http://www.farmsanctuary.org>  
<http://www.friendsofanimals.org>  
<http://www.vegansociety.com>  
<http://www.americanvegan.org>  
<http://www.mercyforanimals.org>

## **Food**

<http://www.theppk.com>  
<http://www.vegweb.com>  
<http://www.fatfreevegan.com>  
<http://www.rawmazing.com>  
<http://seitanismymotor.com/>  
<http://getsconedpdx.com/>  
<http://urbanvegan.net>  
<http://www.ecovegangal.com>  
<http://vivelevegan.blogspot.com/>  
<http://vegandad.blogspot.com/>  
<http://www.manifestvegan.com/>

## **Dining Out**

<http://www.vegguide.org>  
<http://supervegan.com>  
<http://www.happycow.net>  
<http://www.veg dining.com>  
<http://www.veganeatingout.com>

## **Eco & Vegan Friendly Clothing\***

<http://www.herbivoreclothing.com>  
<http://www.theokobox.com>  
<http://www.juteandjackfruit.com>  
<http://www.thegreenloop.com>  
<http://www.fairtribe.com>  
<http://www.shopenvi.com>  
<http://btcelements.com>  
<http://gretchenandgrace.com>  
<http://modcloth.com>  
<http://greenisblack.ca>  
<http://www.alternativeoutfitters.com>  
<http://www.stellamccartney.com>  
<http://www.nimli.com>  
<http://charmone.com>

<http://www.lionsshareindustries.com>  
<http://rapanuiclothing.com/>

### **Vegan Friendly Shoes & Accessories\***

<http://www.minkshoes.com>  
<http://www.beyondskin.co.uk>  
<http://www.bboheme.com>  
<http://www.mooshoes.com>  
<http://www.mattandnat.com>  
<http://www.ragazzivegan.com>  
<http://www.veganchic.com>  
<http://www.vegetarianbelts.com>  
<http://www.lulus.com>  
<http://www.shopplasticland.com>  
<http://cri-de-coeur.com>  
<http://www.olsenhaus.com>  
<http://www.mohop.com>  
<http://www.melissaplasticdreams.com>  
<http://www.alternativeoutfitters.com>

### **Vegan Beauty Products\***

<http://www.eyeslipsface.com>  
<http://www.perfectorganics.com>  
<http://urbandecay.com/vegan.cfm>  
<http://greenridgeherbals.com>  
<http://www.sevicosmetics.com>  
<http://www.beautywithoutcruelty.com>  
<http://www.desertessence.com>  
<http://mvorganics.com>  
<http://www.lush.com>  
<http://www.physiciansformula.com>  
<http://www.cosmeticskitchen.com>  
<http://www.dermaminerals.com>  
<http://www.smashbox.com>  
<http://www.gabrielcosmeticsinc.com>  
<http://www.lavera.com>  
<http://www.sugarpillshop.com>

### **Vegan Fashion & Lifestyle Blogs**

<http://girliegirlarmy.com>  
<http://animalfriendlyshopping.com>  
<http://compassionatefashion.com>  
<http://crazysexylife.com>

<http://www.ecouterre.com>  
<http://kblog.lunchboxbunch.com>  
<http://www.sweetonveg.com>  
<http://www.thekindlife.com>  
<http://streetsiknow.blogspot.com>  
<http://whatiwore.wordpress.com>  
<http://onoursleeve.com>  
<http://www.thediscerningbrute.com>  
<http://myveganblog.com>

## **Eco-living**

<http://www.ecorazzi.com>  
<http://ecosalon.com>  
<http://gliving.tv>  
<http://www.groovygreen.com>  
<http://www.alternativeconsumer.com>  
<http://theecodiva.com>  
<http://eccoeco.blogspot.com>  
<http://www.magnifeco.com>  
<http://blisstree.com>  
<http://greenbydesign.com>  
<http://seedandsew.com>

\*Some shops and products are not 100% vegan. As always, you should thoroughly check materials and ingredients before purchasing!

## **Thank You and Good Luck!**

Armed with this information, you are well on your way to achieving supreme vegan status! Thank you so much for taking the time out to read this e-book and seriously consider the most compassionate lifestyle you could possibly live.



## About Chic Vegan



**Hi! I am Mandi!** I currently reside in sunny Portland, Oregon. I have undying passions for saving animals, circus arts, and creating new and exciting things every day. I have been vegan for about 5 years and have been running [chicvegan.com](http://chicvegan.com) since June of 2008. My mission is to spread the message that you can be fashionable, eat amazing food and live a remarkable life all while making the most ethical choices possible. Going vegan has been an amazing experience that has changed my life in countless ways, and I truly want to help you make the best of yours. To learn more about me and my adventures you can tune

in to my personal site: [poniesandunicorns.com](http://poniesandunicorns.com). If you have any questions you can always contact me at [mandi@chicvegan.com](mailto:mandi@chicvegan.com)!

## Find Chic Vegan Elsewhere

Visit [Chicvegan.com](http://Chicvegan.com)

Follow [Chic Vegan on Twitter](#)

Like (love!) [Chic Vegan on Facebook](#)

Sign up for [our weekly newsletter: The Sunday Spectacular!](#)

## Vegan Consulting

It may be obvious from this e-book, but just in case you haven't caught on....*I really, really want you to be vegan.* Not just any vegan – the best one you could possibly be! I want you to love every minute of it. I want you to be proud of your ethical savvy. To look fierce in Olsen Haus pumps and be the hit of the organic potluck. I want you to be fit and healthy and love life. **I want you to be the envy of omnivores everywhere.**

**I want to help.**

Do you really want to adopt a veggie lifestyle but don't know where to start?

Do you want to be healthier?

Are you overwhelmed with the facts behind cruelty-free and healthy beauty products?

Would you like help with goal setting or productivity?

Do you want shopping tips, and DIY advice for your strict budget?

I can totally help you with all of these things and more! I want to get to know you and your specific needs, goals and dreams – and help make your path easier and possible.

The past 4 years of my life has been dedicated to learning about the vegan lifestyle including fashion, animal rights, diet, health, and beauty products. I have shared most of this information on Chic Vegan and in this book, but a lot of you may have more specific questions pertaining to your specific lifestyle needs.

**Let me help you be the best vegan you can be with a consulting package.** This is for the veg-curious to seasoned veggie experts with a few questions. All you have to do is fill out the form and I will contact you with specific questions and package information! I have economical consulting packages that include email, phone and Skype consulting. Your information and our discussions will remain completely confidential. Promise.

**Go fill out the form now and get started on being the best vegan you can be!**