

FREE

CONSIDER ANIMALS IN YOUR EVERYDAY CHOICES

The Plant-Based

STARTER GUIDE

Yum!

Quick, easy, fun
RECIPES

EAT
KIND

30+

mouth watering
MEAT-FREE
meal ideas

EASY • AFFORDABLE • INSPIRED FOOD

Brought to you by



Welcome

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

Just look around. From Hollywood A-listers like Natalie Portman, to the hip guy next door — plant-based eating is everywhere. Even Einstein was onto it. These people recognised 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 fairness, kindness and compassion every day. It's time we felt good about who we are, how we live, and what we 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.

So open your heart, and embrace the future.

Warmly,

Your friends at SAFE



reinvent

your routine. With the easy tips in this guide, you'll be well on your way to a glorious new way of eating.

revitalise

your body. A healthy, plant-based diet can nourish your body, give you peace of mind, and lift your spirits.

rewrite

perfection. Eating plant-based isn't about being perfect. It's about doing the best we can to make our world a better place.

rediscover

flavour. Prepare yourself for an awesome adventure filled with enticing new flavours and delicious old favourites.

Plant-based

A compassionate trendsetter who chooses kinder alternatives to meat, eggs and dairy – in order to live a happy, healthy life without harming others.

You're in GOOD COMPANY

HEALTH

"There are no negatives to eating like this. I feel nothing but positive, mentally and physically. I love it. I feel like it also has a kind of a domino effect on the rest of my life."

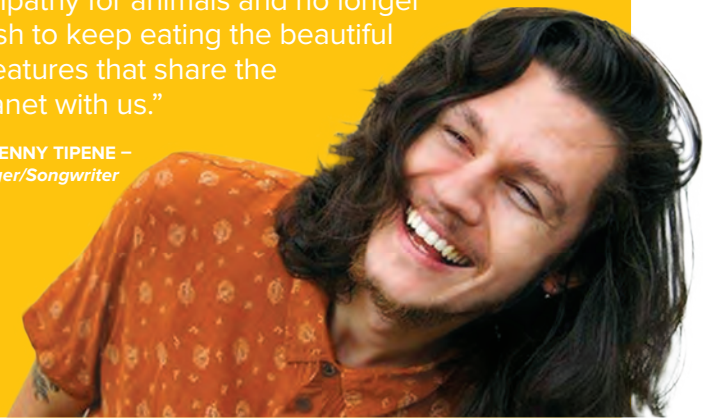
– LIAM HEMSWORTH – Actor



RESPECT

"I've always had such a passion and empathy for animals and no longer wish to keep eating the beautiful creatures that share the planet with us."

– BENNY TIPENE –
Singer/Songwriter



KINDNESS

"The choice to protect animals is a compassionate one; it is an uplifting and gentle decision that allows compassion to enter into every corner of your life."

– MICHELLE
LANGSTONE –
Actor



FLAVOUR



"Vegan food is delicious! I find my followers are highly positive to my posts."

– BRIDGET MALCOLM – Supermodel

FEEL GREAT



"I feel better about not killing to eat."

– CLIFF CURTIS – Actor

INTEGRITY

"It simply makes no sense to me not to be vegan. I like animals and the best way to help them is by not eating them, or any products derived from them. Plus, being vegan also reduces my environmental footprint and is better for my health."

– HANS KRIEK – Animal Rights Leader



Get ready to
CHANGE
the **WORLD**

You are powerful. More powerful than you ever imagined.
By eating animal-friendly foods, you are changing the course of history by helping to halt climate change and saving countless lives — all the while doing your body a favour.

A photograph of two piglets in a grassy field. In the foreground, a piglet with orange-brown fur and large black spots stands facing left. Behind it, a white piglet with pink ears and a pink snout is visible, also looking left. The background is a blurred green field with a small white structure in the distance.

Did you know?

Pigs are highly intelligent and curious. Research shows that pigs dream, have long memories, respond to names given to them by people (just like dogs), can solve mazes and other puzzles and like to play just for fun!

EATING WITH KINDNESS

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



Life for animals on modern day factory farms isn't pretty.

Forget the fairy tale 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...

Trotsky

Like all pigs, Trotsky is very smart and delightfully interactive. He enjoys plenty of pats, tummy rubs are his favourite! Trotsky spends his days playing in the garden with best mate, Rupert the sheep, in their loving home in Canterbury, New Zealand.



While one type of cage (sow stalls) was phased out in 2015, when sows in New Zealand are about to give birth, they are still put in farrowing crates - cages barely larger than the sows, that deprive them of the chance to build a nest and mother their piglets properly.

Womble & Bumble

Rescued from a factory farm, Womble and Bumble are now loving life, enjoying plenty of grass and garden to explore in their forever home in Auckland, New Zealand. These two lucky birds are unlike other chickens bred for meat in New Zealand who live their days in overcrowded sheds, that hold 40,000 other baby chickens, many of whom die from disease before they are six weeks of age.

Others become crippled because their soft, baby bones can't handle their intensive weight gain. That's because 'meat' or 'broiler' chickens, are born with bodies that are designed to produce meat - not sustain the chicken's life.

Sadly, due to this intensive breeding, even rescued chickens - like Womble and Bumble - are only expected to live for a year.



Chickens bred for meat grow so rapidly that their legs can barely support their weight.



Fish feel

Modern science is discovering fish have more in common with us than you might think. Fish have been found to play; some teach their young; and there's no doubt they feel pain.

Fish farming is big business in New Zealand. Farmed fish, like salmon, suffer high mortality rates from injury and disease.

These operations are anything but sustainable. Wild fish are caught and used to feed farmed fish, contributing to a reduction in biodiversity in our oceans. Waste goes untreated into the sea encouraging algal blooms that results in depleted oxygen levels and poor water quality. Our once pristine Marlborough Sounds are under threat due to intensive salmon farming.

Whether farmed or caught in the wild, fish are subjected to cruel practices and left to die in ways that would be illegal in the case of any other animal.

What about 'free-range' 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 must endure the same terrifying journey, trucked to the same slaughterhouses. Find out more at safe.org.nz

What about 'cage-free' eggs?

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 can 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 are of no commercial value to the egg industry are gassed or ground up alive on their first day of life.



Ginger

Ginger is a gentle, friendly calf who would have been slaughtered in his first week of life, if he hadn't been rescued by Starfish Bobby Calf Sanctuary.

Every year five million baby calves like him are taken from their mothers, with two million of them killed as 'waste products' of the dairy industry - while the milk intended for them is processed for human consumption.



Eddie

Eddie is one lucky rooster. After being rescued he's now living in a loving home with his best friend - a goat! If he'd been one of the millions of unwanted boy chicks born into the egg industry each year, Eddie would have been tossed alive into a mincing machine or gassed to death on his first day of life.



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

Since we *can* live happy, healthy lives without harming others, *why wouldn't we?*

YOUR HEALTH IS PRICELESS

Make no mistake, eating plants saves lives —
and that could include yours!



The biggest killer in New Zealand 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 many to an early grave. So get ready to become a part of the health revolution and reap the benefits.

“Quite simply, the more you **substitute plant foods** for animal foods, the **healthier** you are likely to be.”

*Dr T. Colin Campbell,
nutrition expert at Cornell University*



LIGHTEN UP

On average, people who eat a plant-based diet weigh up to 20% less than people who eat meat.

LOVE YOUR HEART

Studies have shown that heart disease can be prevented and even reversed with a plant-based diet.

CUT YOUR CANCER RISK

The World Health Organisation found that about one-third of cancer cases can be prevented with a healthy plant-based diet, physical activity and a healthy waistline.



DAVID 'DC' CORDTZ

Healthy food helps active people get the most from exercise. Fuelling your body with whole grains, fruits, vegetables and legumes provides the balance of carbohydrates, protein and fat your body needs to train and compete. **But don't take our word for it.**

David 'DC' Cordtz, a personal trainer renowned for his street workouts, has been vegan since 2014, after trying a 30-day challenge to eliminate animal products.

“ *Since becoming vegan I have increased my strength and muscle, my focus and energy.* ”



GREEN *your* DIET

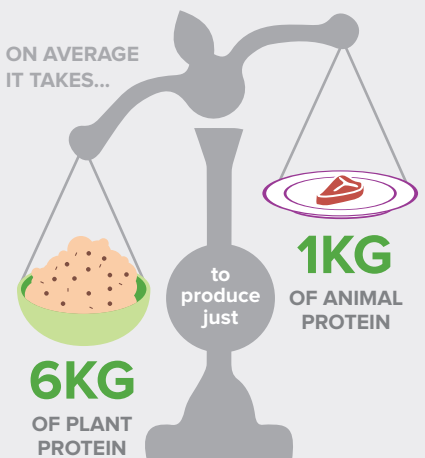
Farming animals is ruining New Zealand's clean, green image. Our waterways, land and reputation are under threat from animal farming.



The New Zealand Ministry for the Environment reports that runoff from animal farms is so toxic it is contaminating surrounding groundwater & streams, **MAKING IT THE WORST THREAT TO OUR FRESHWATER ECOSYSTEMS.**

FACTORY FARMS CONSUME MORE FOOD THAN THEY PRODUCE.

ON AVERAGE IT TAKES...



AN ESTIMATED

ONE THIRD

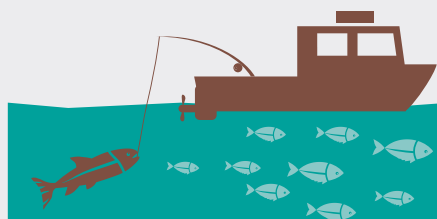
OF THE WORLD'S CEREAL HARVEST IS FED TO FARMED ANIMALS.



That would be enough grain to feed about **3 billion people.**



SCIENTISTS PREDICT THAT **AT CURRENT FISHING RATES**



THE OCEANS' FISH POPULATIONS COULD **COLLAPSE BY 2050**



RAISING ANIMALS FOR FOOD CONTRIBUTES TO MORE **GREENHOUSE GASES** THAN ANY OTHER SECTOR (INCLUDING TRANSPORTATION).

New Zealand's greenhouse gas emissions are the fifth highest per capita among 40 developed countries.



The BASICS

The next few pages will take you through the nuts and bolts of your nourishing new way of eating. Protein, calcium, iron? ***No worries, we've got you covered.***



Did You Know?

Did You Know? To ensure a healthy lifestyle, the World Health Organisation recommends eating "A nutritious diet based on a variety of foods originating mainly from plants, rather than animals."

NOURISH *your* BODY

Too much to think about?

Don't fret. According to Dr T. Colin Campbell of Cornell University, the ideal human diet looks like this: "Eat plant-based foods in forms as close to their natural state as possible. Eat a variety of vegetables, fruits, raw nuts and seeds, beans and legumes, and whole grains. Steer clear of heavily processed foods and animal products, added salt, oil, and sugar. 80% of what you eat should be carbs, 10% fat, and 10% protein."

SEEDS & NUTS

What they do: Nuts and seeds provide protein and iron, as well as zinc, which supports a healthy immune system. Omega-3 fatty acids, found in walnuts, flax seeds (linseeds), and chia seeds, aid 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, flax seeds, walnuts, almonds.

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

What about...

Protein

All plants contain some protein. The best sources are whole grains (e.g. quinoa, brown rice), legumes (e.g. beans, lentils), nuts, seeds, plant-based meats (e.g. tofu, tempeh) and green vegetables.

Iron

Green leafy vegetables, beans and pulses, nuts and seeds (almonds, pumpkin seeds, sesame seeds), dried fruit, whole grains, fortified cereals.

Healthy fats

Nuts, seeds, nut butters and avocados. For good sources of omega-3 fatty acids get your hands on flax seeds (linseeds), olive and hemp oils, tofu, or walnuts.

Calcium

Green leafy vegetables, broccoli, tofu, beans, molasses, dried figs, fortified plant-milks.

Vitamin B12

It can be hard to get enough Vitamin B12, whatever your diet - that's because Vitamin B12 is produced by a bacteria that is removed when we wash our foods. The good news is lots of foods are fortified with B12 and you can easily get what you need by taking a supplement. If you're concerned about your B12 intake, talk to your doctor.



2+
SERVINGS
per day

1-2
SERVINGS
per day

4+
SERVINGS
per day

VEGETABLES

What they do: Vegetables are chock-full of nutrients, like beta carotene, that 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.

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

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

FRUITS

What they do: 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 are also an amazing source of antioxidants.

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

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

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

5+
SERVINGS
per day

GRAINS & STARCHY VEGETABLES

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

Good sources: Brown rice, whole wheat pasta, porridge, quinoa, kumara.

Tip: Mix some quinoa into your salad to add some bulk and additional flair.

What's a serving? ½ cup cooked rice, pasta, or quinoa, 1 kumara, ¼ cup muesli or 1 slice wholegrain bread.

LEGUMES & SOY PRODUCTS

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

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

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

What's a serving? ½ cup cooked beans, ½ cup tofu, ½ cup tempeh or 1 cup fortified soy milk.

3+
SERVINGS
per day

“I'd already been vegan for many years when I became pregnant, but carrying a child and preparing to breastfeed her was the first time I properly understood exactly how completely cruel the dairy industry is, and how bizarre it is to drink another species' breast milk.”

- FLIP GRATER - Musician and Founder of Grater Goods Deli

A well balanced plant-based diet is appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence.

Pregnancy - It's easy to have a healthy pregnancy without consuming animal products. Pregnancy means eating for two, but remember one of you is very small. So, while you need more nutritious food, your overall calorie intake should only increase modestly during pregnancy. All pregnant women need to choose their meals wisely. Ensure you eat a wide variety of whole plant foods, and avoid foods that are high in fat and sugar.

Children - Choosing a plant-based diet for your child helps set up healthy eating habits right from the start. Children raised on fruits, vegetables, whole grains and legumes grow up to be slimmer, healthier and even live longer than their meat-eating friends. Plant-based diets provide excellent nutrition for all stages of childhood, from birth through adolescence. Handle social situations like a pro by always preparing in advance for school, parties, sporting events, etc.

Infants - As in pregnancy, it is important to maintain a healthy diet during breastfeeding. Milk production requires even more calories than pregnancy, so you may need to boost your food intake a little bit. During the first six months, you need 500 more calories than you did when you were pregnant. If you do not breastfeed, soy-based formulas are easy on your baby's digestive system.



Flip & Anais

LET'S *go* SHOPPING!

It's time to give your fridge a ***lean, green, animal-friendly makeover***. From foods chock-full of vitamins, antioxidants, and nutrients, to delicious, plant-based meat and dairy alternatives, you'll find it a breeze. And if you don't find everything you need at your local supermarket, just ask. Many supermarkets are happy to stock items for their regular customers.

YOUR
Amazing
PLANT-RICH
FRIDGE



SUPER NATURAL FOODS

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.



Flax seeds / linseeds: Loaded with omega-3. Add to smoothies for a healthy punch. You can also mix 1 part ground flax to 3 parts cold water to create an egg replacer when baking.



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



Lentils: High in protein and high in iron.

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



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



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

Beetroot: Full of nitrates – which lowers blood pressure.



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



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



○ **Kumara:** A good source of vitamin C.



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

○ **Mushrooms:** Shown to offer immune-boosting effects.



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



○ **Walnuts:** Rich in omega-3!

○ **Cocoa:** Loaded with fibre, iron and magnesium.



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



WTF? (*What's That Food?*)



Nutritional Yeast: OKAY, 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): It's similar to tofu with a 'meatier' texture. Perfect on a burger or to bulk up a salad.



Seitan (say-tan): Made from wheat and flavoured with natural spices. A versatile and tasty alternative to tofu.



GET THIS
~ RECIPE ~
*Tropical
Salad*
safe.org.nz

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: High in protein with less fat than beef burgers.

CRUELTY FREE



CHICKEN

Try a variety of chicken-free options, including schnitzels, roasts and tenders.

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

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 and without any cruelty to mother cows and their calves.

NO LACTOSE



PIES & SAUSAGE ROLLS

Quick, easy and a Kiwi favourite, meat-free pies and sausage rolls can be found in the supermarket frozen section.



MINCE

Try a variety of meatless mince in your favourite dishes. There's a great range that can be found in the fridge and freezer sections in supermarkets.



HOT DOGS & SAUSAGES

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

CHEESE

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



MILK

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

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.

ICE CREAM

Dairy-free ice cream, made with soy or coconut milk, is rich and creamy and comes in many different flavours.

FACT: No cruelty to cows.



MAYO

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

FACT: 99% fat free, 100% egg-free and cruelty-free.



MARGARINE

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

CONDIMENTS

Try a dollop of plant-based sour cream in your burrito, or spread a tasty (and healthier than the animal-based version) egg-free mayo on your sandwiches! Yum!



CHOCOLATE

Got a sweet tooth? From soft, creamy white chocolate to rich and decadent dark chocolate, all your late night cravings and baking needs are covered with delicious dairy-free options.



In addition to products that are purposefully made without animal products, there are lots of yummy foods that are made without animal products but just not marketed that way, like some crackers, cookies, crisps, breads, baked goods, cereals, dips, sauces and spreads, and much more! Just check the label!

Different supermarkets stock different products. So go explore your local supermarket and organic stores.

If you don't find what you're after, ask them to stock it.

Quick. Easy. Cheap.

BAM!

BUILD A MEAL

It's all good — you don't have to be a master chef to create mouth watering plant-based dishes in the kitchen. With just a few simple steps and easy-to-find ingredients, you can serve up meals that will have all your friends begging for more.

.. Burger ..

Try a Fry's 'chicken' burger patty or marinated tofu strips on your burger.



Veesey Cheese
Slices are delicious
and animal-friendly!



Serve your burger with
wedges or chips and
your favourite sauces,
like egg-free mayo.



.. Pizza ..

Try Angel Food vegan cheese with your favourite plant-based pizza toppings.



.. Stuffed Kumara ..

Scoop out some of the middle of baked kumara halves, mix this with veggies and chickpeas. Spoon filling back and garnish with herbs, vegan cheese or a dollop of coconut yoghurt.



SOCIAL Qs OF BEING VEG *with Kathy Freston*

- bestselling
vegan author

I'm out all the time. So I've had to learn how to navigate a meat-eating world while sticking with my great love of vegan food. Here are some situations I find myself in, and my usual way of handling them:

DINNER PARTIES: I call my hosts in advance and let them know I'm vegan. "How about if I bring a dish or two so you don't have to worry about me?" This way, they don't get stressed out and they can try some of the food that I love! I also bring a gift of some non-dairy ice cream or vegan chocolate; that way all of the guests can see vegans can be decadent too!

BIRTHDAYS: I bring vegan cupcakes or cookies, or a stack of dark chocolate bars to pass around and enjoy!

FAMILY OCCASIONS: I serve really traditional meals that I grew up loving so nobody feels like they're missing out: veggie chicken and non-dairy mashed potatoes, pizza with soy cheese and mock sausage; chilli made with black beans; and tacos with veggie mince rather than meat.

.. Stir Fry ..

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



.. Burrito ..

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



CAN'T SEE YOUR FAVOURITE MEAL? Type it into Google, add the word 'vegan' and away you go!

LET'S *get* COOKIN'

Feel like upping your game in the kitchen? Try these delicious recipes that'll astound your friends and family.



GLUTEN
FREE

Serves
2-3

Oh my!

PAD THAI

You will need:

- 100G THAI RICE NOODLES
- 200G PACK OF FIRM TOFU WITH THE WATER PRESSED OUT, CHOPPED INTO SMALL CUBES
- 1 CLOVE OF GARLIC, MINCED
- 3-4 SPRING ONIONS, SLICED
- 3 CARROTS, JULIENNED OR FINELY SLICED
- 1 CUP MUNG BEAN SPROUTS
- 1 TABLESPOON OIL

The sauce (mix it all together and tweak quantities to taste):

- 1 TABLESPOON TOMATO PURÉE / SAUCE
- 1/3 CUP WARM WATER
- 2 TABLESPOONS TAMARI SOY SAUCE
- 1/2 TEASPOON FRESH GINGER, GRATED
- 2 TABLESPOONS COCONUT SUGAR
- 1/4 TEASPOON CHILLI FLAKES
- 2 TABLESPOONS LIME JUICE
- CHOPPED PEANUTS & FRESH CORIANDER TO GARNISH

Prepare your rice noodles according to the instructions on the back of the package. It may say to soak them in boiling water or it may say to boil them in a pot.

Meanwhile heat the oil in a large frying pan and fry the tofu until lightly browned. Add the garlic and stir for 30 seconds. Add the prepared rice noodles, carrots and sauce and mix gently. Turn off the heat and fold in the mung bean sprouts and spring onions, then pour into bowls and top with fresh coriander and chopped peanuts.

Recipe from SuperfoodSiobhan.com



GLUTEN
FREE

Easy bean NACHOS



Hearty SHEPHERD'S PIE

- 1 BROWN ONION, DICED
- 400G CAN 4-BEAN MIX, DRAINED AND RINSED
- 1 SACHET OF TACO OR FAJITA SEASONING
- 400G CAN DICED TOMATOES
- 1 TABLESPOON OIL FOR FRYING
- 1 RIPE AVOCADO
- 1 LARGE RIPE TOMATO, CUBED
- JUICE OF ½ LIME
- PINCH OF SALT
- 230G BAG CORN CHIPS
- 100G GRATED DAIRY-FREE CHEESE
- 1 SMALL CAN SWEET CORN KERNELS, DRAINED AND RINSED

Serves
2-3

- 400G TIN BEANS
- 3 TABLESPOONS TOMATO PASTE
- 1 CUP TOMATO PURÉE
- 1 ONION, VERY FINELY CHOPPED
- 2 CLOVES GARLIC, FINELY CHOPPED
- SALT TO TASTE
- A LITTLE WATER
- AROUND 5 MEAT-FREE SAUSAGES, FRIED OR GRILLED, THEN CUT INTO SLICES AND SET ASIDE
- 1 CUP DAIRY-FREE CHEESE (OPTIONAL)
- OLIVE OIL FOR FRYING
- 400G FIRM MASHED POTATO (ADD MARGARINE, SOY MILK & SALT FOR BEST RESULTS)

Serves
4

Scoop contents of avocado into a bowl. Add lime and salt and mash well. Mix in the tomato chunks. Set aside. Heat a large saucepan over a high heat with oil. Fry onion for 1-2 minutes until soft. Add beans and stir until heated through. Add contents of seasoning sachet and stir to coat. Heat until fragrant. Add can of diced tomatoes and cook for 4-5 minutes, stirring frequently.

To serve, arrange corn chips on plate, top with bean mix, dairy-free cheese, corn kernels and finish with a dollop of guacamole.

Tip: Swap out corn chips for a whole baked potato or kumara for an easy chilli non-carne.

Perfect Pavlova

This will sound crazy ... but the water from a can of chickpeas has seemingly supernatural powers. Whip it up like egg whites and make amazing meringues, pavlovas, macarons and more! Google "aquafaba" to blow your mind.



Preheat oven to 200°C. Make mashed potatoes.

Fry onions and garlic in a skillet pan. Add the tomato paste, and the beans, and stir. Add a little bit of water, the salt and tomato pulp, and cook until thickened slightly. Remove from heat and place in baking dish.

Add grated 'cheese' on top of the bean mix, and add the cooked sausages on top of this. Spoon mashed potato on top and place in pre-heated oven. Bake until mashed potato is golden on top. Serve and enjoy.

Recipe from MouthwateringVegan.com

Egg-free BAKING

Cookies, muffins, cakes? No egg? No problem. When baking, in place of one egg try these healthy options.



Commercial egg replacer
(like "The Vegg" or "Orgran No Egg")

1 tablespoon vinegar + 1
teaspoon baking soda

1 tablespoon ground flax seed (linseed)
+ 3 tablespoons water



½ mashed banana

¼ cup apple sauce

¼ cup silken soft tofu

¼ cup soy yoghurt





Mushroom STROGANOFF

- 225G PASTA
- ¾ CUP CASHEWS, SOAKED FOR AT LEAST 2 HOURS
- 1½ CUPS VEGETABLE OR MUSHROOM BROTH
- 225G MUSHROOMS (SWISS BROWN OR BUTTON), THINLY SLICED
- 400G EXTRA FIRM TOFU, IN BITE-SIZED PIECES (OR EXTRA MUSHROOMS)
- 2 TABLESPOONS OLIVE OIL
- 1 MEDIUM YELLOW ONION, QUARTERED AND THINLY SLICED
- ½ TEASPOON SALT
- FRESHLY GROUND PEPPER, TO TASTE
- 4 CLOVES GARLIC, MINCED
- 1 TEASPOON DRIED THYME
- ½ CUP DRY WHITE WINE
- 2 TABLESPOONS TOMATO PASTE
- CHOPPED FRESH FLAT-LEAF PARSLEY, FOR GARNISH (OPTIONAL)

Serves
4

Cook the pasta according to the package directions. Drain and set aside. Blend cashews with vegetable broth until very smooth.

Preheat a large, heavy-bottomed pan over medium heat and add 1 tablespoon of oil. Sauté the tofu along with the salt for 5 minutes or so, until slightly browned. Set the tofu aside. In the same pan, still on a medium heat, add remaining oil and sauté the onion with a pinch of salt for about 5 minutes, until translucent. Add garlic and sauté for another 30 seconds.

Add the mushrooms and thyme and cook until the mushrooms are lightly browned. Add the wine, tomato paste, remaining ½ teaspoon salt, and pepper, stir, and turn the heat up to high. Let the wine reduce by about half (about 5 minutes). Turn the heat back down to medium.

Pour in the cashew mixture. Stir until well combined and let it thicken for about 5 minutes. Add the tofu and carefully toss to coat. Serve over the pasta, and garnish with fresh parsley, if you like.

Recipe from *Isa Does It* by Isa Chandra Moskowitz. Photo by Vanessa Rees.



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Brownies
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TRY *this* MEAL PLAN

BREAKFAST • LUNCH • DINNER

MON



Porridge with fruit



Fry's chicken-style
mayo sandwich



Vegetable Pasta

TUE



Cereal with fruit



Chickpea & avocado
salad



Veggie pizza

WED



Toast with peanut
butter or jam



Chunky vegetable soup



Nachos

THU



Fruit salad



Avocado & cucumber
sushi



Tofu & veg stir-fry

FRI



Berry & banana
smoothie



Salad & hummus wrap



Bean burrito

SAT



Tofu scramble



Veggie burger



Pad Thai

SUN



Pancakes



Falafel pita



Mushroom stroganoff

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Pancakes
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TAKE *me* OUT

“What about eating out?” you ask. Global cuisine can prove to be a treasure trove of plant-based goodness. So many fast food chains also offer delicious vegan options. Here are our top tips for ordering delicious meat-free meals wherever you go.

Whether you’re wanting to try somewhere new in your neighbourhood or discover good food while overseas, you can find veg-friendly restaurants just about anywhere using the Happy Cow app and website.

FOODS *from* AROUND THE WORLD



Quick & Easy Takeaway Options



Hell Pizza & Domino's: Try a pizza from their range of vegan options or create your own.



Burger Fuel offers vegan friendly burgers with dairy-free cheese and aioli. Add chips or motobites with tomato sauce or relish.



Subway: Ask for the veggie patty or veggie delight. Add fresh avocado for extra punch.



St Pierre's offers super fresh vegan options. If a flavour has sold out, just ask the sushi chefs to make you a fresh roll. They also welcome special requests!



Z Energy & BP: Both of these stations now stock delicious vegan pies.



Pita Pit offers lots of opportunities to customise a pita that suits your taste. Try their range of vegan wraps or salads.

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 to help animals. Every step you take 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!**



**HUNGRY FOR
more?**

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learn more at:

safe.org.nz/recipes



A kinder world
starts with you.

SAFE is New Zealand's leading animal advocacy organisation.

SAFE educates, informs and empowers people to make cruelty-free, plant-based and vegan choices.

If you found this guide helpful, please pass it on.



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