

Roadmap for eliminating animal products

Breakfast

Eat dairy free cereal for breakfast without milk (i.e. dry) or with non-dairy milk such as soy, almond, rice or coconut milk. Oatmeal is a high fiber, easy to make breakfast. Try different seasonings-cinnamon, nutmeg, pumpkin pie spice, vanilla or even almond extract. I use a teaspoon of sugar free pancake syrup as a topping.

Another option is fruit with soy yogurt. <http://www.happyherbivore.com/recipe/homemade-vegan-yogurt-tofu-yogurt/>

Bisquick is vegan so make the family pancakes, waffles or biscuits with dairy free milk and applesauce instead of eggs.

Once you have eased into an animal free breakfast routine you can try out the hundreds of fancy breakfast recipes like no huevoes rancheros, scrambled tofu instead of eggs and eggless French toast.

Snacks

Fruit is nature's pre-packaged snack. Baby carrots are easy, too. If you need something to store for 'emergencies' Nature's Valley granola bars have no milk but Quaker oats granola bars do so look at your snacks before you buy. Most pretzels are safe if you have to buy something 'on the go'. Worst case-packaged nuts, most graham crackers, even Oreos.

Lunch

Most French bread, some sour dough breads and Rotella brand Italian white bread are dairy free to use as sandwich bread for your lunches. You can buy pre-packaged vegan faux lunch meats, faux hot dogs and faux sausages. Better yet, bring leftovers for lunch or make "tuna" salad (HH pg 113) or black bean burgers (HH pg 86) on French or sourdough bread or bean burritos for lunch. <http://www.happyherbivore.com/recipe/mock-tuna-salad/>

<http://www.happyherbivore.com/recipe/quick-black-bean-burger/> Try eggless salad sandwiches.

<http://www.happyherbivore.com/recipe/eggless-salad/>

Dinner

For dinner find a plant based cookbook like *The Happy Herbivore Cookbook* by Lindsay Nixon that has *normal* ingredients with familiar foods like "burgers", tacos, pot pie-all plant based versions of food that will look and taste familiar to you and your family. Vegweb.com has thousands of recipes to choose from.

Family favorites can be mock meatloaf <http://www.happyherbivore.com/recipe/mock-meatloaf/> with mashed potatoes and brown gravy <http://happyherbivore.com/recipe/vegan-brown-gravy/> or vegan crab cakes

<http://www.happyherbivore.com/recipe/vegan-crab-cakes/> or nachos <http://happyherbivore.com/recipe/low-fat-vegan-nachos/>

Eating out

No one cares about what goes in your body more than you do and so strangers have no incentive not to pollute your food with animal products or fat. But sometimes eating out is unavoidable. For fast food, believe it or not, Taco Bell has several vegan options-bean burritos or 7 layer burrito without the sour cream and cheese. Chipotle has options too (the pinto beans are cooked with pig parts). Black and pinto beans are safe at Qdoba. Subway's Veggie Delite on most bread like Hearty Italian is safe. Mongolian BBQ is nice as you can self-select your food. Indian can be cooked vegan but since it is usually heavy with milk you have to ask. Likewise Chinese can be made plant based if they use soy sauce instead of fish sauce or butter. Spaghetti with marinara is usually safe at an Italian place. The most comprehensive site for chain restaurants is <http://veganmasterlist.blogspot.com/>

To jump or ease

People tend to eliminate animal products in one of two ways-100% all at once or over time replacing animal products with healthier options until completely free of toxic animal products. Neither method is "right", whatever fits your need and ability. Here are some sites with ideas on how to get started.

<http://happyherbivore.com/2011/08/how-become-a-vegetarian/>

<http://www.chooseveg.com/vegan-substitutes.asp>

<http://www.oprah.com/packages/vegan-starter-kit.html>

Or order a starter kit with tips:

<http://www.mercyforanimals.org/vegan-starter-kit.aspx>

<http://pcrm.org/factsheets/resources/downloadable-publications-and-fact-sheets>

Or for online handholding and encouragement try <http://www.pcrm.org/health/diets/kickstart/kickstart-programs>