



VEGAN IN CHRIST

A SHIFTER'S STARTER
GUIDE BY DAMIEN CLAY



Must-Watch Documentaries

- (Y)OUR **HEALTH**
 - THE GAME CHANGERS (2018) [Watch FREE here.](#)
- (Y)OUR **OCEANS**
 - SEASPIRACY (2021) [Watch FREE here.](#) English starts at 1min35
- (Y)OUR **'FOOD'**
... AND MORE
 - DOMINION (2018) [Watch FREE here.](#)
 - EARTHLINGS (2005) [Watch FREE here.](#)
 - A PRAYER FOR COMPASSION (2019) [TRAILER + guide here](#)
- THE EARTH'S **CLIMATE CRISIS**
 - COWSPIRACY (2014) [Watch FREE here.](#) "You can change the world. You MUST change the world." – Howard Lyman
- ON **VEGANISM**
 - ED WINTERS: The Hidden Cost Of Our Food Choices (2019) [Watch FREE here.](#)
- ON **THE DAIRY INDUSTRY**
 - WHITE GOLD (2022) [Watch FREE here.](#)
 - MILKED (2022) [Watch FREE here.](#)
 - MILK: MAKE YOUR OWN MIND UP (2021) [Watch FREE here.](#)
- ~**OTHERS**
 - OKJA (2017) [Watch TRAILER here.](#)
 - OUR PLANET (2019) [Watch TRAILER here.](#)
 - BEFORE THE FLOOD (2016) [TRAILER here.](#)
- WHY **NO EGGS?**
 - QUICK ANSWERS on eggs, [Watch FREE here.](#)
- WHY **NO HONEY?**
 - QUICK ANSWERS on honey, [Watch FREE here.](#)
- WHY **NO DAIRY?**
 - QUICK ANSWERS on dairy, [Watch FREE here.](#)

[Jane Goodall on Veganism](#) & [Make The Switch \(advert\)](#)

- Honourable mentions ...*
- [What The Health \(2017\)](#)
 - [Land of Hope and Glory \(2017\)](#)
 - [Anonymous Animals \(2020\)](#)
 - [Lucent \(2014\)](#)
 - [Farm to Fridge \(2011\)](#)
 - [Running For Good \(2018\)](#)
 - [73 Cows \(2021\)](#)
 - [The Animal People \(2019\)](#)

Books

- [Why Every Christian Should Be A Vegan](#), by Ryan Hicks
 - [Eating Animals](#), by Jonathan Safran Foer
 - [Slaughterhouse](#), by Gail A. Eisnitz
 - [The China Study](#), by T. Colin Campbell and Thomas M. Campbell
 - [This is Vegan Propaganda \(And Other Lies the Meat Industry Tells You\)](#), by Ed Winters
 - [Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy](#), by Matthew Scully
 - [Harvest for Hope](#), by Jane Goodall
- Reach out to us through Slack to borrow these titles for FREE!*



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Newsletters

GREEN QUEEN HK
greenqueen.com.hk

Your one essential stop for local and global news on compassionate, healthy living. Restaurants, products, and everything you need to know: [click here](#). | IG: [@greenqueenhk](#)

"Green Queen is an award-winning impact media platform advocating for social & environmental change based in Hong Kong with a global outlook and an international audience."

LIVE KINDLY
livekindly.co

The latest in vegan news, plant-based recipes, and nutrition—worldwide. Including topics on food, wellness, entertainment, green business, and more—[click here/here](#). | IG: [@livekindly](#)

"For humanity, our home, and those who share it with us."

Apps - Finding Food Near You

HAPPY COW
happycow.net

Find vegan restaurants/shops near you & share your reviews with others! To download, [click here](#).

"Our purpose is to make healthy food easy to find and more accessible. [...] Today, our online community has grown to include members from around the world who are passionate about the vegan lifestyle as a healthy, compassionate, and environmentally sustainable way of living."

A BILLION VEG
abillion.com

Find vegan dishes near you! For every review of a dish, drink, or product, one US dollar will be donated to the charity of your choice! To download, [click here](#).

"To shape a world guided by compassion, social responsibility and sustainability."

Can never decide where to eat? Try [Vegan Surprise](#) for a random selection.

Transitioning Tools

FORKS OVER KNIVES
forksoverknives.com

Browse hundreds of vegan recipes to cook delicious, healthy meals for you and your loved ones. To download, [click here](#).

Other FREE Resources from Forks Over Knives:

- [DOCUMENTARY: click here/here](#).
- [VEGAN STARTER GUIDE: click here](#).

21 DAY VEGAN KICKSTART
pcrm.org/vegankickstart

Your 21 Day Plan, sorted. "Created by the Physicians Committee of Responsible Medicine, 21-Day Vegan Kickstart is an app that guides you through the transition into vegan eating. The tool not only includes an easy-to-follow menu, but tips and recipes from nutrition experts too."—cleangreensimple. To download, [click here](#).

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Transitioning Tools *ctd.*

VEGAN BOOTCAMP
veganbootcamp.org

"Join Vegan Bootcamp and go vegan in 30 days or less. It's absolutely free!" [click here.](#)

CHALLENGE 22
challenge22.com

For a Community Vegan Challenge, [click here!](#) Connect with [Registered Dietitians](#) equipped to help you transition. More on vegan nutrition [here.](#)

Some Useful Links ...

[NutritionFacts.org](#)

[Veganuary.com](#)

[Cowspiracy.com/FACTS](#)

[VeganEasy.com](#)

[BiteSizeVegan.org](#)

[Peta.org/Living](#)

[MillionDollarVegan](#)

Recipe Bloggers To Follow

OKONOMI KITCHEN
Lisa Kitahara

Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

THE KOREAN VEGAN
Joanne Lee Molinaro

_____ Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

A VIRTUAL VEGAN
Melanie McDonald

Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

AVANT-GARDE VEGAN
Gaz Oakley

_____ Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

SCHOOL NIGHT VEGAN
Richard Makin

Instagram, [click here.](#) Blog, [click here.](#)

CHEAP LAZY VEGAN
Rose Lee

_____ Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

THE VIET VEGAN
Lisa Le

Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

YEUNG MAN COOKING
Wil Yeung

_____ Youtube, [click here.](#) Instagram, [click here.](#) Blog, [click here.](#)

CHEZ JORGE
George Lee

Instagram, [click here.](#) Blog, [click here.](#)

FIT GREEN MIND
Maya Leinenbach

_____ Youtube, [click here.](#) Instagram, [click here.](#)

Honourable mentions ...

[Bianca Zapatka](#)

[Vegging Power](#)

[Hannah Che](#)

[ThrivingOnPlants](#)

[TiffLovesTofu](#)

[WoonHeng](#)

[Plantifully Based](#)

[The Vegan Corner](#)

[Plantbasedrd](#)

[Baking Hermann](#)

[TheBananaDiaries](#)

[GlowVegan](#)

[The Foodie Takes Flight](#)

[Greg's Vegan Gourmet](#)

[Project Vegan Baking](#)

[FromMyBowl](#)

[Minimalist Baker](#)

[VeganChefAdrianWu](#)



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Activists To Check Out

ED WINTERS (UK)

earthlinged.org

Youtube, [click here](#). Instagram, [click here](#). Website, [click here](#).

Some of Ed Winter's work includes: public debates, best-seller book *This is Vegan Propaganda (And Other Lies the Meat Industry Tells You)*, animal rights organisation the *Surge*, animal sanctuary the *Surge Sanctuary*, [@SurgeActivism](#), The Official Animal Rights March, film the *Land of Hope and Glory*, restaurant *No Catch Co*, speeches like "You Will Never Look at Your Life in the Same Way Again" and "The Hidden Costs of Our Food Choices." | Podcast: [PBN](#).

JOEY CARBSTRONG (AUS)

joeycarbstrong.com

Youtube, [click here](#). Instagram, [click here](#). Website, [click here](#).

Check out JoeybCarbstrong.com's Facts on Fish, Dairy, & Wool. Some of Joey's work includes: public debates, stunts, fundraisers, and street campaigns all over the world as well as a variety of documentary films such as latest production: *White Gold*.

Honourable mentions ...

Nicky Aspey: [Youtube](#). | [Instagram](#). | [Link Tree](#). | Podcast: [Lyt Yoga](#).

Jane Goodall: [On Veganism](#). | [Instagram](#). | [Website](#). | Podcast: [PBN](#).

Local IG'ers & #VEGANHK Shops To Follow

[@joanspicyl](#) [@doyoueatplants](#) [@vilevegan](#) [@veganpawrents](#)
[@veggiehongkongeats](#) [@vegghub.hk](#) [@coconutandwhat](#) [@veganhackspod](#)
[@sharont_852](#) [@greeneatingstylehk](#) [@hkfoodieplate](#) [@eugreenia](#)
[@plantbased.hk](#) [@veganjoyhk](#) [@veganbellyhk](#) [@siay.style](#)
[@plantfit.em](#) [@sweetnessinplants](#) [@veganbayleaf](#) [@unhealthy_vegans](#)
[@mushroomdidi](#) [@veganbearcook](#) [@do_as_I_peas](#) [@her.veggie.plates](#)
[@nicoleatplants](#) [@veg_hongkong](#) [@hkeatgrass](#) [@ivanleekh](#)
[@gogreen.foodie](#) [@vegefoxx](#) [@that.veggielife](#) [@nikinikiyoga](#) [@hkffoodie](#)
[@rosiyogi](#) [@hemingwaysdb](#) [@omnifoods.hk](#) [@alivefoodco](#) [@gardenhill.pb](#)
[@soulmate_ramen](#) [@dandysorganiccafe](#) [@natures_village_hk](#) [@vedahk](#)
[@orkarestaurant_hk](#) [@ahimsabuffet](#) [@404plant](#) [@mirrorveganconcept](#)
[@neighbor.green](#) [@nuteese](#) [@fortunatecoffeehk](#) [@tempehola](#)
[@green_common](#) [@jomocoffeencakes](#) [@foodcraft_hk](#) [@naturescharmhk](#)
[@kirr.hk](#) [@kneadhk](#) [@thecakeryhk](#) [@moono_hk](#) [@avobar_hk](#)
[@the.butchers.club](#) [@years.hk](#) [@justegg](#) [@veggieworldhk](#) [@lataulaofficial](#)
[@baketobasics.hk](#) [@motherpearl.world](#) [@nuttea_hk](#) [@Incoffeehk](#)
[@lefromagebyma](#) [@ma.restaurant](#) [@bien_caramelise](#) [@lonowear](#)
[@veggie_4love](#) [@treehouse.eco](#) [@patisserietonywong](#) [@livezero.hk](#)
[@damajuice](#) [@casadaisy](#) [@youarecleanhk](#) [@mayseartisanbakery](#) [@2084saikung](#)
[@levainbakeryhk](#) [@fivelementshabitats](#) [@soiltosoulhk](#) [@slowood.hk](#)
[@bake.nothing](#) [@nizenhk](#) [@sowvegan](#) [@spiceboxorganics](#)
[@ovule.bakery](#) [@thatsit_hk](#) [@14southlane](#) [@dougheyes](#)
[@oneveganshop](#) [@vegocoffee](#) [@thevegelaab](#) [@lovinghut_spk](#)
[@infiniti_c](#) [@veggiekingdomhk](#) [@essentiabyholgerdeh](#) [@eatwithfabi](#)
[@yukkuri.hk](#) [@gaiaveggieshophk](#) [@threevirtueshk](#) [@tcsmarketkhk](#)
[@bigdilloofficial](#) [@venchi_hk](#) [@shroomi.hk](#) [@planted.hk](#)
[@rootvegan.hk](#) [@cocoparadiselife](#) [@popvegan_hk](#) [@frescahk](#)

VEGGIE ALTERNATIVES

<https://ayushapps.co.uk/veggie-alternatives> & more

TO SAVE UP AND REDUCE FOOD WASTE

[@phenix_by_onthelist](#)
[@chompfoodwaste](#)

WANT TO GO ZERO WASTE?

greenqueen.com.hk/zero-waste-vegan-recipe-book-meal-plan/



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Between You & Me (current favorite *treats!*)

~Some from regular supermarket chains & others specified.

- PLANT MILK - Soy: green **Marusan** abc (DonDonDonki etc), **Almond: Almond Breeze** Unsweetened, **Oat: Chocolate Oatly**, **Others: Orasi**
- PLANT YOGURT & WHIP - **Alpro** velvet desserts/fruit yogurts & **Reddi Wip** (Nature's Village)
- PLANT EGG - **JUST** egg folded (Nature's Village, Green Common, NG, HKTvm)
- PLANT LUNCHEON - **Omnipork** (Green Common & McDonald's breakfast, ask no egg)
- PLANT BUTTER - **Follow Your Heart original spread** (City Super, Neighbor Green)
- PLANT CHEESE - **Daiya** slices/shreds, Chao, ViOLife, GreenVie, Applewood / soft: Shamembert
- PLANT MAYONNAISE - **Follow Your Heart's Vegenaize** (City Super, U-Select, NG...)
- 'MEAT' PATTY - **Beyond** Meat, **Hoya** (City Super, HKTvmall, BatataGreens...)
- PLANT NUGGETS - **Alpha** Nuggets & **Meat Zero** (Green Common, HKTvmall), **Hoya**
- PLANT SAUSAGE - **Field Roast** apple+sage (City Super), **Beyond**, **Linda McCartney**
- PLANT SAUSAGE PATTY - **Moving Mountains**
- PLANT MINCE - **Meat Zero & Impossible Mince**
- PLANT CHICKEN - **Beyond & Alpha** Strips
- PLANT FISH - **Gardein** Fishless Filets, **Companion** Tuna (Vegetarian Museum)
- TEMPEH - **Tempehola** (>8shades interview), **Tonzu**, local market
- HUMMUS - **Marks & Spencer** Extra Virgin Olive Oil, & @Vegtastic.hk
- PLANT CHOCOLATE - Ethical **Tony's Chocolonely** blue/green (Feather & Bone), **Venchi**
- PLANT SOFT SERVE - **DAMA** (durian, pistachio, or mango pomelo, check flavor schdl.)
- PLANT ICE CREAM - At 7/11: **DAMA**, **IzeCoco**. Or: **Arctic Zero** pistachio & **So Delicious** in PB&J (Nature's Village), **Harmony**, **XTC** sorbets
- PLANT FROYO - **SoCoco** (Central Market)
- PLANT VIENNETTA ICE CREAM - **Infiniti C** at K11 Musea
- PLANT BURGER - **Big Dill**, **Butcher's Club (QB)**, **Grand Hyatt Cafe**, Treehouse
- PLANT BAGEL-BURGER - **404 Plant** (Wild Black Burger charcoal + try the Tofu Katsu!)
- PLANT SPREAD - **Biscoff Lotus** Cookie Butter (smooth/chunky, buy @DS_Groceries)
- COOKIES & CINNAMON ROLLS - **Bake To Basics** (warm PB&J! And Biscoff rolls), **Cookie Dpt** vegan choc chip, **Fabi**
- PLANT CUPCAKES, TARTS, ETC - **The Cakery** (also Thanksgiving Pies), **Nizen**, **Moono** (macaroons)
- WRAPS & GRAIN BOWLS - **Treehouse** (+ vegan creme brulée!), **Cooshti**
- PLANT RAMEN - **RootVegan & Soulmate Ramen**
- HARD TOFU - **Chung Hua Bai Yei 100 layer bean curd** (Taste), **Wildwood**
- PLANT FOIE GRAS - Faux Gras, **LeFroMAge**
- CROISSANTS - **The Cakery**, **SowVegan**, **FortunateCoffeeHK**
- PLANT DIM SUM / YUM CHA - **Veggie Kingdom** (TST, HIGHLY RECOMMEND) + Siu Mai etc by Omnipork & **Batata Greens** for home (Gaia/GC)
- PLANT BUBBLE TEA - **TPTea**: regular boba, **MotherPearl**: healthy, **Nuttea**: 'cream'-top
- PLANT PROTEIN BARS - **Barebells**, **Lenny & Larry's** Cookies (HKTvmall, NV, RootVegan)
- VEGAN BANANA BREAD - **VegoCoffee**, **RootVegan**
- VEGAN LAVA CAKE - **Veggie4Love** (also must try their **TripToBali** & Thai SoyMilk Tea)
- PLANT FRIED CHICKEN - **Shroomi**, **Big Dill**
- PLANT CHICKEN LAKSA - **Green Common**

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Apps - Building Habits That Last

VNUTRITION

vnutritionandwellness.com

To begin monitoring your eating habits and achieve optimum health, click here: [Google Play/App Store](#). This app was designed by registered dietitian Heather Russell to help you transition easily.

"VNutrition is mainly aimed at new vegans, and those trying out a vegan diet, but it's also useful for someone who wants to assess the quality of a well-established vegan diet." – [The Vegan Society](#)

DAILYDOZEN

nutritionfacts.org

Stay on track with Dr. Michael Greger's inspiring [Daily Dozen](#). The app works as a nutritional checklist to help ensure you are eating enough and [eating well](#). Follow [@Nutrition_Facts_Org](#) for more.

"Our health-focused app is designed to help you think about meal planning and how you can improve the nutrient density of your meals. It is an aspirational minimum that can be customised to meet your specific needs." – [Nutrition Facts](#)

FEELBETTER

by Deliciously Ella Ltd

These practical wellness plans combine vegan nutrition, mindfulness, and exercise to help you feel better than ever.

Available on [Google Play/App Store](#).

"We are passionate about making health & wellbeing as simple and accessible as possible. Using our holistic, science backed approach we're here to help you with the four pillars of health: plant-based recipes, movement classes, mindfulness and meditation, and sleep."

GONUTSS

gonutss.com

This great 'vegan translator' helps you adapt recipes by finding quick alternatives to animal-derived ingredients. Available on [Google Play/App Store](#) and [desktop](#).

Featured among PETA's 10 Vegan Apps You Need to Download, Veganuary's Best Vegan Apps, and [Healthline's](#) best of the year selection!

Honourable mentions ...

Macro Tracking: [Cronometer](#) & [Lose It!](#)

Additive Checker: [VegSafe](#) & more on animal-derived ingredients [here](#)

More Recipe Ideas: [@OhSheGlow](#)s ([App](#) + [Site](#)) & [The Green Loot](#)

Looking for a vegan veterinarian? [Dr. Roy Jones](#) is mine! His wife

[Rosalie e'Silva](#) ([@rosiyogi](#)) is also a vegan Yoga Nidra instructor!

SEARCH ENGINE THAT PLANTS TREES

ecosia.org

HELP DELIVER FOOD AID

milliondollarvegan.com

Health Corner Reads:

- ADA recommends: <https://pubmed.ncbi.nlm.nih.gov/19562864/>
- BDA confirms: <https://www.bda.uk.com/resource/british-dietetic-association-confirms-well-planned-vegan-diets-can-support-healthy-living-in-people-of-all-ages.html>
- Studies on prevention, treatment, and reversal of type 2 diabetes through vegan diets: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/> & <https://www.livekindly.co/slovakian-researchers-vegan-diet-reverse-type-2-diabetes/>
- The Secret: https://www.medscape.com/viewarticle/953854?spoon=26&uac=401838SK&impID=3482249&sso=true&faf=1&src=WNL_mdpls_210702_mscpedit_neur#vp_2



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Did You Know? *(rarely thought of sources of: essential vitamins)*

VITAMIN A

is naturally present in

sweet potato (with skin), pumpkin (canned), carrot, salad mango, apricot, melon...

VITAMIN B1

is naturally present in

brown rice, potatoes (boiled), oat flakes & bran, wheat germ, nutritional yeast, hazelnut, pistachio, flax, sesame, puffed rice, spirulina, watermelon, tamarind, orange marmalade...

VITAMIN B2

is naturally present in

soya steaks, lentils, cucumber, nutritional yeast, lettuce, red fruits (=raspberry, strawberry, goji), banana, date, longan, lychee, passion fruit, avocado...

VITAMIN B3

is naturally present in

wheat, rice, soursop, cocoa, goji, raspberry, date, tamarind, macadamia nuts, pistachio, avocado, rambutan...

VITAMIN B5

is naturally present in

whole grains, soy, lentils, brewer's yeast, beans, avocado, almonds, peanut, cashew nuts, watermelon...

VITAMIN B6

is naturally present in

green vegetables, cereals (grains), cassava, beans, banana, kiwi, guava, watermelon, avocado...

VITAMIN B8

is naturally present in

brewer's yeast, mushrooms, lentils, sweet potatoes, whole grains, beans, wholemeal bread, cauliflower, lettuce, dry yeast, artichoke banana, apple, berries, almonds...

VITAMIN B9

is naturally present in

watercress, avocado, spinach, endives, pumpkin, corn, eggplant melon, strawberry, banana, chestnut, hazelnut, avocado, fig, lemon, tomato, olive, lychee, mango...

VITAMIN B12

should be supplemented (!)

(requires bacterial fermentation of naturally occurring active methyl & adenosyl) fermented soybeans, sauerkraut, beer, root vegetables, seaweed algae (spirulina, nori, dulce, sea lettuce), mushrooms, oatmeal, sea buckthorn, nutritional yeast...

VITAMIN C

is naturally present in

green & red pepper, parsley, broccoli, horseradish, Brussels sprouts, papaya, kiwi, orange, guava, blackcurrant, lemon...

VITAMIN D

is naturally present in

mushrooms, avocado, plant-milk, dark chocolate, margarine...

VITAMIN D3

should be supplemented (!)

soya drinks, lichen-derived supplements...

VITAMIN E

is naturally present in

sunflower oil, grapeseed oil, walnuts, hazelnuts, almonds dried apricot, avocado...

VITAMIN K

is naturally present in

green vegetables (= green cabbage, broccoli, lettuce, spinach), date, fig, grape, strawberry, plum, peach...

NB: this list is non-exhaustive (many would be repeated).

Disclaimer: All information listed in this guide and the associated article is for reference only and reflects nothing more than the beliefs and opinions of the author: please conduct your own thorough, up-to-date research and consult certified health professionals educated in the relevant areas before choosing to either perpetuate existing or implement new dietary behaviors that could affect your health and wellbeing. This author and publication cannot be held responsible for any of the adverse effects associated with the continued consumption of animal-derived products, nor for those associated with a poorly planned vegan diet, nor for those associated with any other lifestyle.



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CALCIUM
is naturally present in

CARBON
is naturally present in

CHLORINE
is naturally present in

CHROMIUM
is naturally present in

COPPER
is naturally present in

IRON
is naturally present in

FLUORIDE
is naturally present in

IODINE
is naturally present in

MAGNESIUM
is naturally present in

MANGANESE
is naturally present in

MOLYBDENUM
is naturally present in

PHOSPHOROUS
is naturally present in

POTASSIUM
is naturally present in

SELENIUM
is naturally present in

SILICON
is naturally present in

SODIUM
is naturally present in

SULPHUR
is naturally present in

Did You Know? (rarely thought of sources of: essential minerals & trace elements)

dried basil, seeds (= poppy, sesame, chia), leek, chickpeas, cauliflower, wakame, coconut, banana, curly kale, collard greens, okra, nuts, soy products, dried figs... [& more](#)

all fresh fruits...

salt, black olives in oil, pesto, ketchup, rye bread...

potato, asparagus, beans, broccoli, grapes...

garlic, sesame seeds, cocoa powder, spirulina, broccoli, orange, cashew nuts, Brazil nuts...

brown rice, beets, quinoa, seaweed algae (= aonori, nori, kombu, sea lettuce, dulse, wakame), cumin, fenugreek, beans, cashews...

tea, onion, carrot, cabbage, dates...

seaweed, Brazil nuts, sesame seeds...

dried seaweed, cocoa, oat flakes, Brazil nuts, brown rice, oilseeds, pulses...

brown rice, wheat germ, pineapple, blackcurrant, dark chocolate, walnuts, almonds...

celeriac, garlic, green vegetables, coconut...

wheat germ, brewer's yeast, lentils, soy beans, cereals, vegetables, pistachio, almonds, walnuts...

dried banana, dried apricot, quinoa...

mushrooms, brazil nuts, shiitake, peanuts...

rice, oats, spelt, buckwheat, oat bran, lentils, avocado, white beans, green beans, lettuce, mushroom, parsley, garlic onion, lemon, date, apple, banana...

pickles, fermented miso, salt, baking soda, soy sauce, olives, corn, shoyu, Chinese cabbage, tamarind, sea buckthorn, guava...

green cabbage, Brussels sprouts, broccoli, lentils, chickpeas, horseradish, cranberries, pistachio...

NB: this list is non-exhaustive (many would be repeated).

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NB: this list is non-exhaustive (many would be repeated).

TRYPTOPHAN

is naturally present in

NITROGEN

is naturally present in

ZINC

is naturally present in

OMEGA 3

is naturally present in

OMEGA 6

is naturally present in

PROTEIN

is naturally present in

+ Don't forget Mineral & Spring Waters, favoring those with the least dry residue!

Did You Know? (rarely thought of sources of: essential minerals & trace elements ctd.)

sweet potato, spinach, grapes...

chia seeds, nuts, beans...

sesame seeds, pumpkin seeds, wheat germ, shiitake, coral lentils, whole grains...

vegetable oils (= of rapeseed, of walnut, of soy, of flax, of hemp, of camelina), avocado, almonds, pistachios, seeds (= flax, hemp chia), green salad-vegetables (= watercress, lamb's lettuce, purslane)...

soy, corn, walnuts, pine nuts, sunflower oil, safflower oil...

seitan (vital wheat gluten), tofu, tempeh, edamame, soya steaks & other vegan meat alternatives, chickpeas, lentils, quinoa, seeds (= chia, pumpkin, flax, sunflower, hemp), beancurd, beans, peas, peanuts, almonds, pistachio, nuts & nut butters, spirulina, nutritional yeast, whole grains, sourdough/wheat bread, oats, teff, amaranth, dark leafy greens... [more here + treats!](#)

For more ideas on fun ways to charge your meals with extra nutrients, [click here](#).

In My Open Tabs:

VEGAN ATHLETES

- Our very own Olympic fencer Vivian Kong, Christian vegan 7x Formula One world champion Lewis Hamilton, as well as tennis superstar Venus Williams, [bodybuilders](#), and weight-lifting champions/strongmen like Patrick Baboumian (from [The Game Changers](#)), [Noah Hannibal](#), or [Nick Squires \(295kg record-breaking deadlift\)](#): [thebeet](#), [greatveganathletes](#), [veganfoodandliving](#), [vegnews](#), [greenqueen](#).

VEGAN HK

- [VeganHK treats](#), [dairy](#), [meats](#), [desserts](#), [new & upcycled snacks](#).

HK ETHICAL LIVING

- [Put resolutions into action](#), [reduce waste](#), [shop refillable](#), & [more](#).

CHRISTIAN VEGANISM READS

- [Biologos](#), [Washington Post](#), [The Crimson](#).

Luke 12:48 — But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.

THANK YOU FOR READING!

Disclaimer: All information listed in this guide and the associated article is for reference only and reflects nothing more than the beliefs and opinions of the author: please conduct your own thorough, up-to-date research and consult certified health professionals educated in the relevant areas before choosing to either perpetuate existing or implement new dietary behaviors that could affect your health and wellbeing. This author and publication cannot be held responsible for any of the adverse effects associated with the continued consumption of animal-derived products, nor for those associated with a poorly planned vegan diet, nor for those associated with any other lifestyle.