

THE VEGAN GUIDE

Alex Bourke & Ronny Worsey

# THE VEGAN GUIDE

EVERYTHING YOU  
NEED TO EMBRACE  
THE WORLD'S  
FASTEST GROWING  
WAY OF LIFE

Alex Bourke & Ronny Worsey



## YOUR GUIDES TO VEGANISM



**Alex Bourke** is a former director, chair and national media spokesperson for The Vegan Society and has worked at UK vegan campaigning organisation Viva! He has published over 20 vegan books, 100 newspaper and magazine articles, and explained and debated veganism on radio and TV. He lives in London.



**Ronny Worsley** has worked as a vegan chef and baker in restaurants from London to Edinburgh. She is a former director of The Vegan Society, campaigns officer at Animal Aid, and creator of the *Scoffer* series of vegan cookbooks. She lives in Derbyshire with her rescued guinea pigs. She's currently studying a Law degree and finishing off her latest cookbook *PlantCore*.



**Scarlet Hughes** is a vegan and eco-activist with a B.Sc. in Nutrition Sciences from Kingston University. She offers private consultations, food coaching, lectures, presentations, seminars, nutrient analysis, recipe development and labelling.

Continues inside back cover

## THE VEGAN GUIDE

*Everything you need to embrace  
the world's fastest growing way of life*

Welcome to veganism – the kindest, healthiest and tastiest way of living.

This ground-breaking book covers:

- An amazing range of vegan food from around the world.
- Essential cooking techniques.
- Replacing animal products in your favourite dishes.
- Shopping and eating out.
- The twenty tribes of vegan.
- How veganism can save your life - and many others.
- What to say to friends and relatives.

With this guide, you'll be able to become vegan and have a great time doing it. As well as cooking, there's a comprehensive guide to where vegans get protein, calcium, omegas and all the essential nutrients.

For those on a tight budget, we reveal secrets of eating vegan for little more than £1 a day.

Also covered are vegan alcohol, shoes, clothing, cosmetics, holidays, pet food, and raising vegan children.

Whether you're into baking or raw foods, wholefoods or fast food, eco-activism or the high life, this is the complete handbook for all vegans, from total beginner to those ready to spread the word.

THE VEGAN GUIDE – everything you need  
to embrace the world's fastest growing way of life

1st edition by Alex Bourke & Ronny Worsey

ISBN 978-1-902259-22-2 paperback

ISBN 978-1-902259-21-5 kindle

Published January 2021

by Vegan Guides Ltd

2 Hilborough Court, Livermere Road, London E8 4LG, UK

Distributed in UK by Gardners

Gardners.com

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Printed by Buxton Press, England

## THE VEGAN GUIDE

*Everything you need to embrace  
the world's fastest growing way of life*

by

**Alex Bourke & Ronny Worsey**

with

Scarlet Hughes, nutritionist  
Chrissy Leyland, mother, chef & counsellor  
Dr Mike Hooper, GP & nutritionist  
Prof Andrew Knight, vet  
Dean Bracher, campaigner  
Rudy Penando, founder of Pogo Cafe, VX and SSOV

Consultants

Catherine Laurence BA, MSc

Sandra Hood, dietitian

Dr Shireen Kassam

Julia Wilde

TheVeganGuide.info

**Also by Alex Bourke & Ronny Worsey***Vegetarian North of England**Vegetarian Scotland**Campaign Against Cruelty – an activist’s handbook***By Alex Bourke***The Hippy Cookbook**The Vegan Guide to Paris**The Cruelty-Free Guide to London* (with Paul Gaynor)*Vegetarian London* (with Paul Gaynor)*Vegetarian London 3rd ed.* (with Paul Gaynor)*Vegetarian London 4th ed.* (with Jennifer Wharton)*Vegetarian London 2005**Vegetarian London 2008**Vegetarian Britain* (with Alan Todd)*Vegetarian Britain 2nd ed.* (with Katrina Holland)*Vegetarian Britain 2006**Vegetarian France* (with Laurence Auger & Jean-Luc Ferrante)*Vegetarian Europe**Vegetarian East of England**Vegetarian Central London**Vegan Central London**Vegan East London**Vegan North London**Vegan South London**Vegan West London**Vegan London Complete**Animal Rights – a universal declaration* (film, with Harry Snell)**By Ronny Worsey***The Cake Scoffer**The Breakfast Scoffer**Return of the Cake Scoffer**The Salad Scofl Rights***By Andrew Knight***The Costs and Benefits of Animal Experiments*

*“Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.”*

The Vegan Society

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## CHAPTER 1

# The Vegans Are Coming

## YOU ARE POWERFUL

You can help to create the compassionate, healthy, sustainable world that you want to live in.

By deciding to go vegan, you transform your inner world and send positive ripples outwards. Veganism is not simply a diet, or a lifestyle choice. It is a powerful and positive change in how we think, that is gaining momentum around the world.

This book shows you how to go, be and stay vegan. We explain all the practicalities of shopping, cooking and eating out on any budget, as well as arming you with all the knowledge you need about nutrition. We also cover the powerful ethical and environmental arguments against livestock farming.

With your black belt in veganism, you will know how to defend yourself in any situation. You will be able to explain your choices calmly and clearly so that others understand, and bat away any unhelpful assumptions and stereotypes. A vegan warrior wants to help others to realise their full potential.

We have been black belt vegans for decades, doing and teaching veganism. We have worked in restaurant kitchens and bakeries, and written cookbooks and vegan travel guides. We have also worked in national vegan organisations such as Animal Aid, Viva! and The Vegan Society, and collaborated with and learned from the most effective and successful vegan activists and teachers around the world. We have run workshops, and given local and national radio and television interviews. In this book we will teach you to handle situations with confidence, knowledge, and in a way that will inspire others to join us.

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*“Veganism is a way of living which  
 seeks to exclude, as far as is possible  
 and practicable, all forms of exploitation  
 of, and cruelty to, animals for food,  
 clothing or any other purpose.”*

The Vegan Society

*“The animals of the world exist for their own reasons.  
 They were not made for humans any more than black people  
 were made for white, or women created for men.”*

Alice Walker

*“I AM VEGAN. I don't eat animal products.  
 I don't use any animal products because of ethical,  
 environmental and climate reasons.”*

Greta Thunberg

*“The vast majority of premature deaths can be  
 prevented through simple changes in diet and lifestyle.”*

Michael Greger M.D., nutritionfacts.org

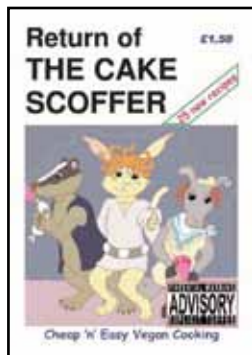
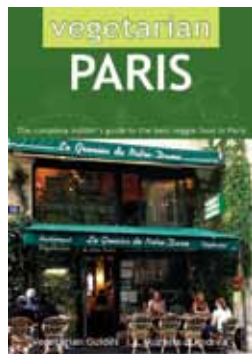
*“There are two kinds of cardiologists,  
 vegans and those who haven't read the data.”*

Dr Kim Williams, cardiologist

Veganism is just love in action.

Let's vote with our forks, spoons and chopsticks  
 for a better world.

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## CONTRIBUTORS AND CONSULTANTS



**Dean Bracher** is a vegan campaigner and former staff member at The Vegan Society.

*Chapter 1, Animals*



**Catherine Laurence** BA, MSc has worked as a lawyer and environmental planner, and now spreads her time working and volunteering full time to promote the benefits of plant-based diets. She coordinated the 2013 *London Vegan Pledge*.

*Chapter 1, Environment*



**Sandra Hood** is a diabetes specialist dietitian for the National Health Service who runs education sessions for patients and health professionals. She has written a book on vegan nutrition in babies and children and is an advisor to the Vegan Society.

*Chapter 2, Nutrition*



## CONTRIBUTORS AND CONSULTANTS



**Rudy Penando** co-founded *Pogo*, London's first vegan cafe, and founded its first vegan shop *VX* and the first UK vegan Merch company *Secret Society of Vegans*.

*Chapter 4, Vegan Tribes*



An experienced dog and cat veterinarian, **Andrew Knight** is Professor of Animal Welfare, and Founding Director of the Centre for Animal Welfare at the University of Winchester. He leads a masters degree in animal welfare.

*Chapter 5, Vegan Pets*



**Chrissy Leyland** holds a postgraduate diploma in Integrative Counselling, and was a co-founder of *Pogo* vegan café, *London Vegan Campaigns* and the *London Vegan Pledge*, and *The Vegan Approach*.

*Chapter 6, Parenting*

## CONTRIBUTORS AND CONSULTANTS



**Dr Michael Hooper** is a GP in London with an MSc in Nutrition, and over 20 years of frontline healthcare experience. He has followed a fully plant-based diet for 18 years, and co-hosted the *London Vegan Pledge* for four years.

*Chapter 7, Vegan Doctors*



**Dr Shireen Kassam** MBBS, FRCPath, PhD, is a medical doctor, consultant haematologist, and founder and director of *Plant-Based Health Professionals UK*. She is visiting Professor at Winchester University, where she runs the UK's first university-based course on evidence-based plant-based nutrition for health professionals.

*Chapter 7, Vegan Doctors*



**Julia Wilde** is a freelance business copywriter.

*Chapter 7, Vegan Doctors*

## Let's vote with our forks, spoons and chopsticks for a better world!

**The Vegan Guide** covers everything you need to embrace the world's fastest growing way of life

- Vegan food from around the world.
- Cooking vegan staple foods.
- Replacing meat, dairy and eggs.
- Bargain meals for tough times.
- Vegan nutrition.
- Raising vegan children.
- Clothing, cosmetics, alcohol, pet food.
- Reversing heart disease and diabetes.
- The twenty tribes of vegan.
- Vegan self-defence.
- Explaining your ethics confidently to friends and family.
- Veganism will save the world.

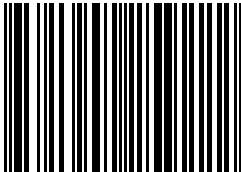
**Alex Bourke** and **Ronny Worsley** are two of Britain's most experienced vegan activists. They have taught veganism for over 20 years in talks, workshops, radio and TV, in cookbooks and travel guides, and working for vegan restaurants and national vegan organisations. With contributions from an expert team of vegan professionals including a nutritionist, counsellor, vet, doctors and campaigners.

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£5.00

ISBN 978-1-902259-22-2



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