

Vegan Resources List!

This list is compiled by Veggie Cats and community members based on both our own preferences and what we know is popular among other people. It is by no means comprehensive; it's just a place to get started! If you'd like more resources, please check us out at Instagram [@uaveggiecats](#) and Discord (<https://discord.gg/N9DxutBRv6>).

*Also, this list is commentable to anyone, so **please feel free to add your contributions** if there's anything we've missed! Thank you :)*

Books

- *Animal Liberation* by Peter Singer
- *How Not to Diet* by Dr. Michael Greger
- *The Case for Animal Rights* by Tom Regan
- *The Plant Based Athlete: A Game-Changing Approach to Peak Performance* by Matt Frazier and Robert Cheeke
- *The Proof is in the Plants* by Simon Hill
- *Engine 2 Diet* by Rip Esselstyn
- *Why We Love Dogs, Eat Pigs, and Wear Cows* by Melanie Joy
- *Eat Like You Care: An Examination of the Morality of Eating Animals* by Gary L. Francione and Anna Charlton
- *Meat Logic: Why Do We Eat Animals?* by Charles Horn
- *Eating Animals* by Jonathan Safran Foer
- *Green Is the New Red: An Insider's Account of a Social Movement Under Siege* by Will Potter

Dairy Alternatives

- **Butter**
 - Smart Balance
 - Earth Balance
 - Forager (organic)
 - Miyoko's Creamery
 - Country Crock
 - Coconut oil or peanut butter (baking)
 - Olive oil, vegetable oil, canola oil, avocado oil, etc. (cooking)
- **Cheese**
 - Miyoko's Creamery
 - VioLife
 - Daiya
 - Follow Your Heart
- **Cream cheese**
 - Kite Hill
 - Monty's
 - Trader Joe's Brand
 - Fry's Brand (Simple Truth organic)

- Oatly
- **Ice cream**
 - Coconut Bliss
 - Van Leeuwen
 - CoolHaus Dairy Free
 - Ben & Jerry's dairy free (almond-based)
 - Oatly (oat-based)
 - Nadamoo
 - So Delicious (many different bases)
 - Snow Monkey (banana-based)
 - Trader Joe's Brand
 - Banana "nice cream" -- make your own! Just google it :)
 - Also pretty much every ice cream brand has a dairy-free line!
- **Milk**
 - SO MANY BRANDS! But here are types, from more to less popular:
 - Oat
 - Almond
 - Soy
 - Pea
 - Flax
 - Rice
 - Cashew
 - Macadamia
 - Walnut
 - Hemp
 - Banana
 - And more...
 - Cheapest soy milk I've found in Tucson is Fry's store brand (\$2.79 + tax)
- **Sour cream**
 - Tofutti
 - Forager
 - Simple Truth Organic Plant-Based (Fry's store brand)
 - Kite Hill
- **Whey/casein protein**
 - Soy protein (complete)
 - Pea protein (complete)
 - Hemp protein (complete)
 - MocuHealth is really tasty, most other brands are kinda gross
 - Plant protein blends (complete)
 - Garden of Life, Orgain, KOS, Amazing Grass, SunWarrior, etc.
 - Peanut protein (tastes like peanut butter; yum)
 - Brown rice protein
 - Pumpkin seed protein
 - Sunflower seed protein

- Sacha inchi protein
- Trader Joe's pea protein
- **Yogurt**
 - Forager Cashewgurt (organic)
 - Kite Hill
 - Silk (soy or almond-based)
 - Trader Joe's Brand (cashew)

Documentaries

- [Dominion](#) (ethics)
- Earthlings (ethics, narrated by Joaquin Phoenix)
- Slay (ethics, about the fashion industry)
- Cowspiracy (environment)
- Seaspiracy (ocean environment)
- Racing Extinction (environment)
- Takeout (environment)
- Forks over Knives (health)
- What the Health (health)
- The Game Changers (health, with a focus on athletic ability)
- The Invisible Vegan (veganism from the black community's perspective)
- Pignorant (ethics, directed by Joey Carbstrong)
- Christspiracy

Egg Alternatives

- Follow Your Heart VeganEgg (any purpose)
- JUST Egg (scrambles, omelets, and other breakfast dishes)
- Tofu (scrambles and other breakfast dishes)
 - Yes Milady! Eggcellent is good and meant to replicate an eggy flavor
- Chickpea flour (scrambles and other breakfast dishes)
- Whipped aquafaba, aka chickpea water (egg whites for baking)
- Ground chia seeds and/or ground flax seeds (for baking)

Fish Alternatives

- Gardein
- Good Catch
- Sophie's Kitchen
- Quorn

Fitness/Athletic/Bodybuilding Nutrition Info

- Documentary: The Game Changers
- Vegains (instagram and youtube account)
- No Meat Athlete
- Some athletes/fitness influencers (most have IG/YT):
 - Rich Roll (ultra-endurance)

- Patrik Baboumian (Strongman)
- Clarence Kennedy (Olympic Weightlifting)
- Nimai Delagado (Bodybuilding)
- Torre Washington (bodybuilding)
- Bianca Taylor (Bodybuilding)
- Brian Turner (Bodybuilding)
- Ferdinand Beck (Bodybuilding)
- Anna Hulda Ólafsdóttir (Bodybuilding)
- Zanna Van Dijk (Fitness)
- Simon Hill (Fitness)
- Brooke Sellers (Bodybuilding)
- Ryan Humiston (Bodybuilding)
- Cole Hastings (Bodybuilding)
- Scott Jurek (Ultramarathon)
- Lewis Hamilton (Motorsports)

Meat Alternatives

- Tempeh (soy)
- Tofu (soy)
- Seitan (wheat)
- Textured Vegetable Protein (TVP) (perf for a ground beef substitute)
- Jackfruit (perfect for pulled “pork”, among other things)
- Mock meats
 - Lightlife (especially the bacon)
 - Beyond burger
 - Impossible burger
 - MorningStar (check the ingredients to be sure!)
 - Alpha Foods
 - Field Roast
 - Gardein
 - Raised & Rooted
- Beans or lentils

Protein Sources

- See all the meat alternatives above, except jackfruit
- Nuts and seeds (especially peanuts, hemp seeds, and pumpkin seeds)
- Whole grains
- Edamame
- Bean-based pastas (Banza, Explore Cuisine, and plenty other brands. Tolerant has a weird texture.)
- Peas
- Vegetables (especially mushrooms, dark leafy greens, broccoli, and brussels sprouts)
- Many non-dairy milks and dairy alternatives
- Plant-based protein powders (see above)

- Animal Free Dairy (Bored Cow Milk and MyProtein Whey Forward)
- There is protein in pretty much everything you eat!! The meat and dairy industries like to exaggerate the amount of protein you really need. Just eat a variety of plant foods and you'll be fine! Protein powder is totally optional.

Recipe Blogs

- minimalistbaker.com (easy, simple, often healthy, and mostly gluten-free)
- veganricha.com (Indian-focused, often healthy)
- hummusapien.com (often healthy)
- ohmyveggies.com (easy, simple, lots of comfort food)
- rabbitandwolves.com (lots of classic comfort foods)
- simple-veganista.com (easy, simple, and mostly healthy)
- keepinitkind.com (lots of everything, really)

Tucson Restaurants

- Tumerico (Mexican; vegetarian/mostly vegan)
- Lovin' Spoonfuls (vegan)
- Govinda's (Indian; vegetarian/mostly vegan, Wed-Fri 100% vegan)
- Urban Fresh (vegan)
- Beaut Burger (vegan)
- Cinnaholic (vegan, mostly cinnamon rolls)
- The Tasteful Kitchen (vegetarian w/vegan options, delivery service)
- Substance Diner (all vegan)
- Houlden's Rise Above Bakery (all vegan)
- Midtown Vegan Deli and Market (all vegan)
- Le Cave's Bakery (many vegan donuts – make sure to ask while ordering)
- Many other restaurants offer a variety of vegan options!
- For anywhere in the world -- check the Happy Cow website or app!

Meal Plan Options

- nRich's pre-packaged tabbouleh salad, bean salad, and hummus, along with microwaveable tamales, silk yogurt, Late July chips, and a few more options
- IQFresh's Garden of Eden Wrap
- Radicchio - many vegan options, just check with the employees since not everything is vegan
- ShakeSmart has smoothies, frosties, and acai bowls (you can add up to 2 scoops of additional Acai for \$1 per scoop) - just make sure you sub plant protein for anything that has whey protein and almond milk or oat milk for cow's milk
- Highland Market - Southwest vegan wrap, NuGo bars, McDougall's ramen, Nature's Path Organic Waffles, canned beans and vegetables
- Papa John's - you can special request a side of plain breadsticks
- Sushi with Gusto (right next to Sabor) let's you special request cucumber rolls (made with rice, seaweed, and cucumber); you can get two for a swipe

Websites

- **Ethics**
 - <https://watchdominion.org/>
 - <https://www.animal-ethics.org/veganism/>
 - <https://www.end-of-speciesism.org/en/faq/>
 - <http://vegansidekick.com>
 - YouTube channels: Earthling Ed, Joey Carbstrong, Lifting Vegan Logic
- **Environment**
 - <https://planetaryvegan.net/>
 - <https://ourworldindata.org/land-use-diets>
 - <https://ourworldindata.org/environmental-impacts-of-food>
 - <https://ourworldindata.org/less-meat-or-sustainable-meat>
 - <https://www.independent.co.uk/life-style/health-and-families/veganism-environmental-impact-planet-reduced-plant-based-diet-humans-study-a8378631.html>
- **Health and nutrition**
 - <https://plantproof.com/>
 - <https://veganhealth.org/>
 - <https://nutritionfacts.org/>
 - <https://www.pcrm.org/>

Instagram Pages

- **@deathfreefoodie** (local to Tucson!)
- **@speaktucson** (local to Tucson!)
- **@brittanyforanimals** (local to Tucson!)
- **@midtownvegandeliandmarket** (local to Tucson!)
- **@veganhiphopmovement**
- **@foodempowermentproject**
- **@afrovegansociety**
- **@the.cranky.vegan**
- **@iyeloveslife**
- **@collectiveabolition**

Personal Pages of Vegans on Instagram

- **@zipporahthevegan**
- **@hildasparkston**
- **@fulanivegan**

Instagram Recipe Pages

- **@turnipvegan**
- **@thekoreanvegan**

- **@jessicainthekitchen**

Idea: Frys/kroger brand products

- **Pb hatch queso**