

 One Veg World

**FREE  
COPY**

# VEGAN Starter Kit

One Veg World  
**RECIPES**  
inside!



*Pictured above: A spread of delectable plant-based fare by One Veg World*

**Start Fresh: Your Vegan Journey to a Healthier, Happier You**



**5 EZ Steps to Be Vegan**



**Veg: The Most Powerful Way  
to Save Our Planet**



**Compassion Saves Lives**



Interactive mural at One Veg World

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# Greetings, Kindhearted Friends!

Thinking about going vegan?



One Veg World in West Covina, CA. Interior design by Thái Tú Hòa.

*There's never been a better time to start.*

You'll discover new foods, save lives, and help the environment all while improving your health and quality of life.

Embracing a plant-based diet allows us to reconnect with animal co-inhabitants and our planet, extending our innate kindness and love to all living beings. As you make this compassionate choice, you might find yourself viewing the world with fresh eyes and experiencing a deeper sense of happiness each day.

That joyful feeling has been the drive behind One Veg World since we opened in 2004. We want to share the JOY of COMPASSION through delicious food.

As our customer Marc said, "I love steak, but one taste at One Veg World and I'm a vegetarian." Yes! The transition can be as easy as that.

In this starter kit, we hope to make it as informative, inspiring, and smooth as possible for you to embark on a vibrant vegan lifestyle. So please relax and enjoy—it's time to say hallo to the beautiful vegan in you!

With peace and love,  
 One Veg World

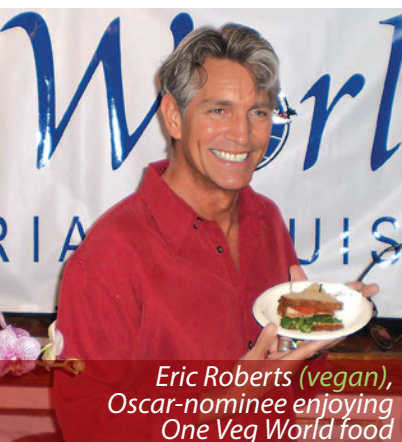
# Contents

*“If we knew just how noble and loving and great the animal-people are, we would be in awe and respect and love them much more.”*

*- Supreme Master Ching Hai (vegan)  
Sept. 21, 2009*



Ocean Tacos  
by One Veg World



Eric Roberts (vegan),  
Oscar-nominee enjoying  
One Veg World food

- 3 Our Inspiration and Our Founder**
- 4 5 EZ Steps to Going Vegan**
- 6 Here's What to Buy**  
Meet Your Meatless Meat and Dairy-Free Dairy
- 8 7 Day Meal Plan**
- 10 One Veg World Recipes**
- 18 The Superstars of Food**
- 20 Vegan Health Benefits**
  - Doctors Tell the Truth • Take Charge of Your Health!
  - Healthy Vegan Kids • Healthy Vegan Fur Kids
- 28 Veg: The Most Powerful Way to Save Our Planet**
- 30 Love Saves Lives**
- 32 True Tales of Animal Heroes**
- 34 Fashion with Compassion**
- 35 Join the Veg Club!**
- 36 One Veg World's Catering**  
Stars who Enjoyed Our Food
- 38 Fun Corner: "Animals are Friends" Comics**
- 39 Poem: Veganism is Healthy for All**
- 40 The Amazing Global Vegan Trend**
- 41 Vegan Resources**
  - Websites • Books • Documentaries • Restaurants
- 63 Customer Testimonials**
- 64 CA State Senate Certificate of Recognition**
- 65 A Final Note**

## Our Inspiration

### Supreme Master Ching Hai (vegan)

*“Be vegan, keep peace.”*

As part of Her simple message of love, world-renowned spiritual Master, humanitarian, artist, and poet Supreme Master Ching Hai has inspired millions of people to adopt a nonviolent plant-based lifestyle.

Over the decades, Supreme Master Ching Hai's humanitarian activities, funded by Her art designs, have aided not only people but also animal co-inhabitants—from abused bears and neglected horses, to rescued farm animals and endangered sea mammals. In addition, Supreme Master Ching Hai launched Supreme Master Television—a global constructive channel with a vegan focus; innovated the concept for Loving Hut, one of the world's largest vegan restaurant chains; created a vegan fur line for Her fashion designs; and authored the #1 international bestselling books *The Dogs in My Life*, *The Birds in My Life*, and *The Noble Wilds*, which foster love for our animal brethren through Her personal experiences with them. Over the years, She adopted 23 birds and over 18 dog family members.

*“Supreme Master Ching Hai brings love around the world where there is hate. She brings hope where there is despair. And she brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us.”*

*- Frank F. Fasi, Mayor of Honolulu*

As a peace lover and spiritual Master who teaches the Quan Yin Method of meditation, Supreme Master Ching Hai once shared Her vision as follows:

*“I dream that the whole world will become peaceful. I dream that all the killing will stop. I dream that all the children will walk in peace and harmony. I dream that all the nations will shake hands with each other, protect each other, and help each other. I dream that our beautiful planet will not be destroyed. It takes billions, billions, and trillions of years to produce this planet, and it's so beautiful, so wonderful. I dream that it will continue, but in peace, beauty, and love.”*



Artistic creations by Supreme Master Ching Hai

## Our Founder

### Thái Tú Hòa

(vegan) (1945-2016)



Los Angeles, CA - Mar. 7, 2010

Multi-talented artist Thái Tú Hòa could do everything: He drew editorial cartoons, illustrated history books, sketched storyboards, composed music and conducted choirs, built lush water gardens, and designed exquisite sets for concerts and music videos. His endless creativity was perfectly matched by his joyful spirit and genuine love for life. To us, he was our mentor, a loving father figure, and our best friend.

In following the compassionate teachings of Supreme Master Ching Hai, he adopted the vegan diet and in 2004, he opened One Veg World. Mr. Thái meticulously designed the interior, incorporating elegant bamboo decor and added romantic touches.

One Veg World catered PETA's star-studded 25th anniversary gala and various celebrity charity events. We received top recognition, including #1 votes with MyFoxLA and the *Los Angeles Times*, which ranked the One Veg World Burger a Top 20 winner in the Battle of the Burgers (among meat burgers!). Since 2008, the restaurant has evolved to become fully vegan, with the aim of doing no harm to any and all animal friends.

We credit our wonderful journey with One Veg World to Thái Tú Hòa. Although no longer with us physically, he will forever be the muse in our hearts.

# 1 Inform yourself on the WHY.

When you keep your mind informed of the reasons and logic of eating plant-strong, staying on the vegan path becomes much easier. We cover the basic benefits to your health, animal friends, and the environment in these pages, but it is highly recommended that you watch the compelling documentaries listed at the end of this starter kit. Additionally, visiting rescued farm animal sanctuaries offers a powerful, firsthand experience of the lives you are helping to protect.



# 5 Meet new veg people.

A support group always helps. Besides joining a thriving vegan social media community, you can check out vegan meetups in your area (we're happy to host!). There are various organizations that offer great programs where you can ask questions one-on-one with a seasoned vegan ([www.plantbasedinformation.com/guide/how-do-i-find-a-vegan-mentor/](http://www.plantbasedinformation.com/guide/how-do-i-find-a-vegan-mentor/)).



▲ Happy customers at One Veg World



# 5 EZ Steps to Going Vegan



# 4 Get veg alternatives to your favorite snacks.

*It's easy. It's fun. It's a game changer for you, countless lives, and our planet. Give it a try. Start your new vegan adventure today!*

Pizza? Ice cream? Nacho chips? Visit One Veg World's mini-mart in West Covina to sample a range of scrumptious vegan treats and snacks. Just remember to indulge in moderation!



# 2 Fill up your kitchen.



# 3

When you clear out your kitchen of animal products, instead of feeling deprived, think of it as filling it up with tons of delicious, yummy plant foods. There are hundreds of different kinds out there waiting for you! Get quinoa, lentils, berries, kale, mushrooms, flax, coconut milk, bananas, green beans, almonds, etc. Bring on the abundance!

# Find recipes you love.

Find vegan recipes that are quick and easy to make, serving as your go-to meals to satisfy you anytime. These recipes can include nutritious whole grains and vegetables, such as bean and rice burritos, chickpea stew, stuffed sweet potatoes, lentil vegetable soup, and spaghetti marinara. Just google your faves with "vegan" and you'll get lots of exciting results. We've also included some recipes of our restaurant's popular dishes in the pages to come.



◀ Photos: One Veg World dishes (recipes on Pgs. 10-17)



# Here's What to Buy



**PANTRY STAPLES.** Stock up on beans, peas, lentils, rice, bread, pasta, tortillas, and root vegetables. Vegetable broth, spaghetti sauce, oatmeal, cereals, veg canned soups, and chili also come in handy.



## FRESH FRUITS AND VEGETABLES.

Eating plenty of fruits and vegetables is key to a healthy, balanced diet.

**Fruits:** Consider apples, bananas, berries (strawberries, blueberries, raspberries), oranges, and avocados.

**Vegetables:** Leafy greens like spinach and kale are important, along with starchy veggies like sweet potatoes and potatoes, and versatile options include bell peppers, broccoli, carrots, and zucchini.



**TIP:** Buy organic whenever possible. Organic fruits and veggies taste more flavorful! People often feel noticeably better when eating them.

**CONDIMENTS & SPREADS.** Get salsa, peanut butter or almond butter, hummus, vegan buttery spread, vegan mayonnaise, and BBQ sauce. Try Asian condiments too, like vegan oyster or mushroom sauce, Thai sweet chili (a sweet and sour sauce), Sriracha, soy sauce, and fragrant sesame oil.



## PLANT-BASED PROTEIN.

Try out firm tofu, seitan (made of wheat protein), TVP (textured vegetable protein), and mushrooms like portobello as new meat alternatives. They're available at large supermarkets, Asian markets, health food stores, and online.



## READY-MADE MEALS.

Sometimes you just don't have time to cook. Here are some ready-to-heat meals we love.\*



# MEET YOUR MEATLESS MEAT...

These alternative meat and dairy products are a quick and fuss-free aid when you're veganizing a traditionally meat-based dish. They'll help satisfy potential cravings and ease your overall transition. Listed below are just a small sample of a huge range of products available in stores and online!\*



# ...AND DAIRY-FREE DAIRY!



## SNACKS & TREATS.

Rest easy. As a vegan, there are so many desserts and goodies out there, from your childhood favorites to amazing, quality goods from both vegan and non-vegan brands.\*



When on the go, keep around a stash of nuts, trail mix, or dried fruits for a healthy snack that'll satisfy and keep you going.

\* One Veg World's mini-mart in West Covina is a great place to start exploring many of the above products and much more! You can also conveniently find them in major chains like Sprouts, Trader Joe's, Target, Ralphs, Aldi, Whole Foods, and Walmart.

We prioritize supporting vegan brands, but we've also included vegan products from larger non-vegan brands to make vegan food more accessible for those transitioning to a plant-based lifestyle.

# 7 DAY VEGAN MEAL PLAN

**TIP:**  
Follow  
[@onevegworld](#)  
on Instagram  
for dish  
inspirations!



Photo Credit: One Veg World

BREAKFAST

LUNCH

DINNER

## MONDAY

- Breakfast Bagel  
(Recipe on page 11)
- Vegan Almond Yogurt



- Vegan Black Bean Burger
- Celery Sticks with Peanut Butter

- Vegan Alfredo Pasta  
(Recipe on page 15)
- Strawberry Arugula Salad

## TUESDAY

- Overnight Oats with Fresh Fruit
- Roasted Almonds

- Vegan Bánh Mì Sandwich  
(Recipe on page 12)

- Edamame Pods

- Vegan Burrito Bowl

- Vegan Quesadillas

## WEDNESDAY

- Vegan Eggs & Beans Breakfast Burrito
- Apple



- Vegan Falafel Wrap
- Baked Kale Chips

- Curry with Naan Bread  
(Recipe on page 13)

- Crispy Tofu Nuggets

## THURSDAY

- Vegan Banana Walnut Muffin
- Vegan Protein Bar



- Triple Bean Chili with Sourdough Bread
- Vegan Cookie  
(Recipe on page 17)

- Vegan Lasagna
- Basil Tomato Bruschetta

## FRIDAY

- Green Smoothie  
(Recipe on page 10)
- Pear



- Roasted Vegetable Sandwich
- Carrot Sticks with Hummus

- Vegan Kale Pesto Pizza
- Vegan Caesar Salad

## SATURDAY

- Vegan Chickun and Waffles
- Berries

- Kale Quinoa Salad  
(Recipe on page 11)
- Vegan Coconut Yogurt

- Stuffed Tomatoes with Brown Rice  
(Recipe on page 14)

- Vegan Spring Rolls

## SUNDAY

- Scrambled Tofu, Vegan Sausage and Toast  
(Recipe on page 10)
- Orange



- Sweet Potato and Black Bean Tacos
- Apple Slices with Almond Butter

- Veggie Chow Mein  
(Recipe on page 13)

- Thai Banana Rolls  
(Recipe on page 15)

### Short on time?

Enjoy a meal at any of the vegan restaurants in our guide (Pgs. 42-45), or grab frozen meals at One Veg World.



# One Veg World Recipes

There's a vegan version for everything. Just think of a dish you love and google it with the word 'vegan.' Chances are, a great recipe is just a click away. On the next pages, you'll find 12 simple, fan favorite recipes from our very own One Veg World kitchen!



## BREAKFAST

### Super Green Smoothie

TIME: 5 MINS SERVINGS: 1

#### INGREDIENTS:

- ½ cup soy milk or any plant-based milk
- ½ cup orange juice
- ½ cup spinach
- ½ cup kale, chopped
- 1 banana, frozen and cut into small pieces

#### INSTRUCTIONS:

1. In a blender, combine the soy milk, orange juice, spinach, and kale. Blend until the greens are pureed and smooth.
2. Add the frozen banana pieces to the blender. Blend again until smooth and creamy.
3. Pour into a glass and enjoy.

## BREAKFAST

### Scrambled V-eggs

TIME: 15 MINS SERVINGS: 1

#### INSTRUCTIONS:

1. Drain the tofu. Crumble it into small pieces using your hands or a fork.
2. In a large skillet, heat the vegan butter or oil over medium heat. Add the diced onions and sauté until they become translucent, about 3-4 minutes.
3. Add the crumbled tofu to the skillet and stir well to combine with the onions.
4. Sprinkle the turmeric powder, salt, sugar, garlic powder, and paprika powder over the tofu mixture. Stir well to ensure the tofu is evenly coated with the seasonings.
5. Continue to cook the tofu mixture for about 5-7 minutes, stirring occasionally, until the tofu is heated through and slightly golden.
6. Serve the vegan scrambled eggs hot with your choice of vegan bacon and toast, roasted breakfast potatoes, or sautéed garlic kale.

\* This recipe serves as a base for countless variations. You can spice it up by adding mushrooms and spinach, or give it a Spanish twist with cumin and bell peppers. Have fun experimenting with flavors!

#### INGREDIENTS:

- 14 oz firm tofu
- 1 Tbsp vegan butter or vegetable oil
- ½ cup onions, diced
- ½ tsp turmeric powder
- ½ tsp salt or black salt
- ½ tsp sugar
- ½ tsp garlic powder
- ¼ tsp paprika powder



## BREAKFAST

### Chickpea Chickun Salad Breakfast Bagel

TIME: 15 MINS SERVINGS: 4



#### INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (20 oz) young jackfruit, drained and rinsed
- ½ cup vegan mayonnaise
- 2 Tbsp mustard
- ¼ cup red onion, finely chopped
- ¼ cup pickles, finely chopped
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- 4 bagels, sliced and toasted
- Lettuce leaves or spinach
- 1 tomato, sliced
- 1 avocado, sliced

#### INSTRUCTIONS:

1. In a food processor, place the chickpeas and jackfruit and pulse until the jackfruit is shredded and the mixture reaches a chunky consistency.
2. Stir in the vegan mayonnaise, mustard, red onion, pickles, garlic, salt, and pepper. Mix until well combined. Taste and adjust the seasoning if needed.
3. Spread a generous portion of the chickpea mixture onto the top halves of the toasted bagels.
4. Layer the lettuce or spinach, tomato slices, and avocado slices on the bottom halves of the bagels.
5. Place the top halves of the bagels on the sandwiches and gently press down to close. Now savor your scrumptious start to the day!

## LUNCH

### Southwest Quinoa Salad

TIME: 20 MINS SERVINGS: 2

#### INSTRUCTIONS:

1. Massage the kale with olive oil and a pinch of salt until tender.
2. In a bowl, combine the quinoa, black beans, corn, red bell pepper, onion, and cilantro.
3. In a small bowl, mix the olive oil, lime juice, chili powder, cumin, salt, and black pepper to make the dressing.
4. Pour the dressing over the quinoa mixture and toss well to coat.
5. Place the quinoa mixture on top of the kale and garnish with diced avocado.

#### INGREDIENTS:

- 3 cups kale, finely chopped (stems removed)
- 1 tsp olive oil
- Pinch of salt (for massaging kale)
- ½ cup cooked quinoa
- ¼ cup black beans
- ¼ cup corn
- ¼ cup red bell pepper, diced
- ¼ cup onion, finely chopped
- 1 Tbsp cilantro, chopped
- ½ avocado, diced

#### For the Dressing:

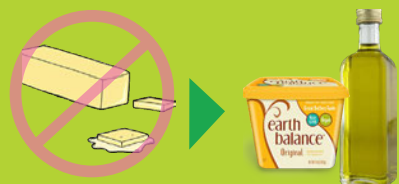
- 1 Tbsp olive oil
- 3 tsp lime juice
- ¼ tsp chili powder
- ¼ tsp cumin
- ⅛ tsp salt
- ⅛ tsp black pepper



## EASY HEALTHY VEGAN FOOD SWAPS



**Cow's Milk** ► Soy, Almond  
or Oat Milk



**Butter** ► Vegan Buttery  
Spread or  
Vegetable  
Cooking Oil



**Eggs** ► Tofu or Vegan Egg  
Products



**Honey** ► Maple or  
Agave Syrup

## LUNCH

### Bánh Mì Bliss

TIME: 25 MINS SERVINGS: 2



#### INSTRUCTIONS:

##### Prepare the Pickled Vegetables:

1. In a small saucepan, bring water to a boil, then remove from heat.
2. Add the vinegar, sugar, and salt. Stir until dissolved.
3. Place the julienned carrot and daikon radish in a jar or bowl and pour the vinegar mixture over them.
4. Let it cool to room temperature, then refrigerate for at least 30 minutes (can prepare a day ahead).

##### Prepare the Lemongrass Chickun:

5. Heat the vegetable oil in a skillet over medium heat. Sauté the diced onions, minced garlic, and chopped lemongrass.
6. Add the sliced vegan chickun, soy sauce, and chili paste (optional) and cook until everything is well combined and heated through.

##### Assemble the Sandwich:

7. Spread vegan mayonnaise on both sides of the baguette.
8. Add the lemongrass chickun to the bottom, then layer on the pickled vegetables, cucumber slices, cilantro, and jalapeños (optional).
9. Serve the sandwiches immediately and enjoy your delicious Vegan Bánh Mì!

#### INGREDIENTS:

##### For the Pickled Vegetables:

- ½ cup water
- ½ cup vinegar
- ½ cup sugar
- 1 tsp salt
- 1 cup carrot, julienned
- 1 cup daikon radish, julienned

##### For Lemongrass Chickun:

- 1 Tbsp vegetable oil
- ½ cup onions, diced
- 2 cloves garlic, minced
- 2 Tbsp lemongrass, chopped
- 8 oz vegan chickun, sliced
- 1-2 Tbsp soy sauce
- 1 tsp chili paste (optional)

##### For the Sandwich:

- Two 7" baguettes
- Vegan mayonnaise
- Fresh cilantro
- Sliced cucumber or lettuce
- Sliced jalapeños (optional)

## LUNCH/DINNER

### Happy Chow Mein

TIME: 20 MINS SERVINGS: 1



#### INGREDIENTS:

- 8 oz egg-free chow mein noodles (or any thin noodles)
- 1-2 Tbsp soy sauce (adjust to taste)
- 2 Tbsp vegan oyster sauce or your favorite stir-fry sauce
- 1 tsp sugar
- 1 tsp sesame oil
- 1 tsp vegetable oil
- 2 cloves garlic, minced
- 1 cup mixed vegetables, cut into 1" pieces (e.g. bell peppers, carrots, cabbage, broccoli)
- ½ cup vegan protein (optional)
- Sliced green onions or cilantro to garnish

#### INSTRUCTIONS:

1. Prepare the egg-free chow mein noodles according to the package instructions. Drain and set aside.
2. In a small bowl, mix the soy sauce, vegan oyster sauce, sugar and sesame oil. Set aside.
3. Heat the vegetable oil in a large pan or wok over medium-high heat. Add the garlic and stir-fry for about 30 seconds until fragrant. Add the mixed vegetables and vegan protein (optional) and stir-fry for 3-4 minutes until they are tender-crisp.
4. Add the cooked noodles to the pan with the vegetables. Pour the sauce over the noodles and vegetables. Toss everything together until well combined and heated through.
5. Garnish with sliced green onions or cilantro and serve hot.

## DINNER

### Hearty Potato Curry

TIME: 20 MINS SERVINGS: 2

#### INSTRUCTIONS:

1. In a large pot, mix the coconut milk, water, curry powder, sugar, mushroom seasoning, and salt. Bring the mixture to a boil.
2. Add the mixed vegetables and vegan protein (optional) to the pot. Reduce heat and let it simmer for about 5 minutes, or until the vegetables are tender and the flavors have melded together.
3. In a separate bowl, mix the cornstarch with the cold water until smooth.
4. Gradually add the cornstarch to your curry to your desired thickness. Stir constantly to avoid clumping. Serve hot over rice or with naan bread.

#### INGREDIENTS:

- 1 can (13.5 oz) coconut milk
- 1 cup water
- 1 Tbsp curry powder
- 2 tsp sugar
- 1 tsp mushroom seasoning
- ½ tsp salt
- 1 cup mixed vegetables, cut into 1" pieces (e.g. potatoes, yams, zucchinis, bell peppers)
- ½ cup vegan protein (optional)

##### Cornstarch Mixture:

- 2 Tbsp cornstarch
- 4 Tbsp cold water



## DINNER

# Stuffed Tomatoes

TIME: 30 MINS SERVINGS: 2



### INGREDIENTS:

3 medium **ripe tomatoes**  
 2 Tbsp **vegetable oil**  
 1 clove **garlic**, minced  
 1 ½ cups **firm tofu**, crumbled  
 ¼ cup **shiitake mushrooms**, finely chopped  
 2 Tbsp **soy sauce**  
 ¼ cup **green onions**, finely chopped  
**Salt and pepper** to taste  
 Fresh **cilantro** for garnish (optional)

### For the Tomato Sauce:

1 tsp **vegetable oil**  
 1 clove **garlic**, minced  
 1 cup **tomato pulp**, diced (from hollowed-out tomatoes)  
 ¼ cup **water**  
 1 Tbsp **soy sauce**  
 1 tsp **sugar**

### Cornstarch Mixture:

1 tsp **cornstarch**  
 1 tsp **water**

### INSTRUCTIONS:

#### Prepare the Tomatoes:

1. Slice the tomatoes in half and scoop out the seeds and pulp using a spoon, being careful not to pierce the skin. Dice the hollowed-out tomato pulp and set aside for the tomato sauce.

#### Make the Filling:

2. Heat half of the vegetable oil in a non-stick skillet over medium heat. Add the minced garlic and sauté until fragrant. Add the crumbled tofu and chopped shiitake mushrooms. Cook for 5 minutes until the mixture is slightly browned and the mushrooms are tender.
3. Stir in the soy sauce, chopped green onions, salt, and pepper. Cook for another 2 minutes, then remove from heat and allow to cool.

#### Stuff the Tomatoes:

4. Spoon the tofu and mushroom mixture into the hollowed-out tomatoes, packing it firmly.

#### Pan-Fry the Stuffed Tomatoes:

5. Heat a large skillet with the remaining vegetable oil over medium heat.
6. Place the stuffed tomatoes in the skillet, stuffed side up. Cook for 3-4 minutes on one side until lightly golden. Carefully flip the tomatoes and cook the other side for another 3-4 minutes. Transfer the tomatoes to a plate.

#### Make the Tomato Sauce:

7. In a small saucepan, heat the vegetable oil over medium heat. Add the remaining minced garlic and sauté until fragrant.
8. Stir in the tomato pulp and cook for about 3-5 minutes until softened.
9. Add the water, soy sauce, and sugar; bring to a simmer.
10. In a small bowl, mix the cornstarch with water. Gradually add this mixture to the sauce and stir until it thickens.
11. Spoon the sauce over the pan-fried stuffed tomatoes.
12. Garnish with fresh cilantro if desired. Serve warm with rice or crusty bread.

## KALE ME FUNNY!

Why did the **tomato** turn red?

*Because it saw the salad dressing!*



## DID YOU KNOW?

**Tofu**, which is rich in isoflavones, calcium, and iron, may help lower cancer risk and promote heart health!



## DINNER

# Vegan Alfredo Pasta

TIME: 25 MINS SERVINGS: 2



### INGREDIENTS:

8 oz **fettuccine** or your preferred pasta  
 2 Tbsp **vegetable oil**  
 ¼ cup **onion**, finely chopped  
 1 clove **garlic**, minced  
 1 cup **vegan cream cheese**  
 1 cup **unsweetened soy milk** or any plant-based milk

1 cup **water**  
 1 Tbsp **parsley flakes**  
 2 tsp **mushroom seasoning**  
 1 tsp **salt**  
 1 cup **steamed broccoli**, diced

### Cornstarch Mixture:

2 Tbsp **cornstarch**  
 1 Tbsp **water**

### INSTRUCTIONS:

1. Cook the pasta according to the package instructions. Drain and set aside.
2. In a large skillet, heat the vegetable oil over medium heat. Add the chopped onions and sauté until translucent, about 5 minutes.
3. Add the minced garlic and cook for another minute until fragrant.
4. Reduce the heat to low and add the vegan cream cheese, soy milk, and water, stirring continuously until cream cheese is melted.
5. Add the parsley flakes, mushroom seasoning and salt.
6. In a small bowl, mix the cornstarch with water. Gradually add this mixture to the sauce and stir until it thickens.
7. Add the broccoli and cooked pasta to the skillet and toss to coat evenly with the Alfredo sauce.
8. Serve with a side of vegan garlic bread. Enjoy your delightfully creamy vegan Alfredo pasta!

## DESSERT

# Thai Banana Rolls

TIME: 25 MINS SERVINGS: 2

### INGREDIENTS:

2 **ripe bananas**, cut in half lengthwise and then crosswise (8 pieces total)  
 8 **vegan spring roll wrappers**  
 ¼ cup **sugar**  
 ¼ cup **shredded coconut**  
 2 cups **vegetable oil** (for frying)  
**Chocolate syrup** (for drizzling)  
 2 Tbsp **crushed peanuts** (for topping)

### Cornstarch Mixture:

2 Tbsp **cornstarch**  
 2 Tbsp **water**  
 (mix together until smooth)

### INSTRUCTIONS:

1. Cut each banana in half lengthwise and then crosswise to create 8 pieces.
2. Roll each piece in sugar until evenly coated.
3. Place one banana piece on a vegan spring roll wrapper, near the corner edge closest to you. Sprinkle shredded coconut over the banana.
4. Bring up the bottom corner of the wrapper to cover the banana. Fold in the two sides of the wrapper, then starting from the bottom, roll it tightly upward toward the top corner, pressing gently to secure the roll.
5. Brush the top corner edge with the cornstarch mixture to seal. Repeat for all banana pieces.
6. Heat 2 cups of vegetable oil in a deep pan or skillet over medium heat. Carefully place the banana rolls in the hot oil and fry until golden brown, turning occasionally (about 2-3 minutes per side). Remove and place on a paper towel-lined plate to drain excess oil.
7. Drizzle chocolate syrup generously over the fried banana rolls and sprinkle crushed peanuts on top for a delightful crunch. Serve the crispy banana rolls with a scoop of vegan vanilla ice cream for a perfect combo of hot and cold.



DESSERT

# Carrot Cake

TIME: 1 HR 10 MINS SERVINGS: 16



**INGREDIENTS:**

- 3 ½ cups all-purpose flour
- 2 cups sugar
- 7 tsp baking powder
- 1 tsp baking soda
- 4 tsp ground cinnamon
- 1 tsp salt
- 4 cups carrots, grated
- ½ cup pineapple, crushed
- 1 cup vegetable oil
- 4 tsp vanilla extract
- 1 cup walnuts, chopped

**For the Frosting:**

- ½ cup vegan cream cheese
- 1 Tbsp vegan butter, softened
- 2 cups powdered sugar

**INSTRUCTIONS:**

1. Preheat your oven to 350°F (175°C). Grease and line a 9x13-inch pan with parchment paper.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, cinnamon, and salt.
3. In another bowl, mix together the grated carrots, crushed pineapple, vegetable oil, and vanilla extract.
4. Gradually add the wet ingredients to the dry ingredients, stirring until just combined.
5. Fold in the chopped walnuts.
6. Pour the batter into the prepared cake pan and smooth the top.
7. Bake for 50-55 minutes, or until a toothpick inserted into the center comes out clean.
8. Remove the cake from the oven and let it cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely.

**For the Frosting:**

9. In a medium bowl, use an electric mixer to beat the vegan cream cheese and vegan butter until smooth.
10. Gradually add the powdered sugar, beating until light and fluffy. Once the cake is completely cool, frost the top with the vegan cream cheese frosting. Now, slice up your vegan carrot cake and share the love!

DESSERT

# Vegan Chocolate Chip Walnut Cookies

TIME: 20 MINS YIELD: 20 COOKIES



**INSTRUCTIONS:**

1. Preheat oven to 350°F (175°C). Line two baking sheets with parchment paper.
2. Mix baking powder, oil, and water in a small bowl.
3. Whisk flour, baking soda, salt, and cinnamon in a medium bowl.
4. In a large bowl, beat vegan butter, brown sugar, and sugar until fluffy. Add vanilla and egg replacer; mix well.
5. Gradually add dry ingredients to the vegan butter mixture and mix until combined.
6. Stir in chocolate chips and walnuts.
7. Chill dough for 30 minutes in fridge.
8. Scoop 1-2 tablespoons of dough onto the baking sheet and flatten slightly. Space them 2 inches apart.
9. Bake for 10-12 minutes until edges are golden. Cool on sheet for 5 minutes, then transfer to a wire rack. Treat yourself and your friends!

**INGREDIENTS:**

- Egg Replacer:**
- 2 tsp baking powder
  - 1 Tbsp oil (canola oil or any neutral flavor oil)
  - 2 Tbsp water
- Dry Ingredients:**
- 2 ½ cups flour
  - 1 tsp baking soda
  - ¼ tsp salt
  - 1 tsp cinnamon

**Other Ingredients:**

- 1 cup vegan butter
- ¾ cup brown sugar
- ¾ cup sugar
- 1 tsp vanilla extract
- 1 cup vegan chocolate chips
- ½ cup walnuts, chopped

# VEGAN EGG SWAPS

(FOR 1 EGG WHEN BAKING)



1 Tbsp Vinegar + 1 tsp Baking Soda



½ Mashed Banana OR ¼ cup Applesauce



1 Tbsp Ground Flax (or Chia) Seeds + 3 Tbsp Water



¼ cup Silken Tofu



¼ cup Vegan Yogurt

## VEGAN MEAL DELIVERY SERVICES



- |                   |                   |
|-------------------|-------------------|
| Daily-Harvest.com | SplendidSpoon.com |
| MealTicketLA.com  | Sprinly.com       |
| MosaicFoods.com   | Thistle.co        |
| PurpleCarrot.com  | Veestro.com       |
| Sakara.com        | Veginout.com      |

## PLANT-BASED PUNCHLINE

Why did the *vegan* become a gardener?



Because *vegans* really know how to *beet* the odds and *turnip* the good vibes!

## CRAVING FOR MORE RECIPES?

Explore with these popular vegan recipe websites:

- |                              |                      |                  |
|------------------------------|----------------------|------------------|
| SupremeMasterTV.com/cooking  | MakeltDairyFree.com  | VeganRicha.com   |
| SweetSimpleVegan.com         | MarysTestKitchen.com | KeepinItKind.com |
| ItDoesntTasteLikeChicken.com | NoraCooks.com        | TheVietVegan.com |
| SchoolNightVegan.com         | ThePPK.com           |                  |
| PlantBasedonaBudget.com      | OhSheGlows.com       |                  |

For more recipe resources: [OneVegWorld.net/Recipes](https://www.onevegworld.net/Recipes)





**Cholesterol Support**

**Avocados:** Improve cholesterol levels, anti-inflammatory, support heart health.



**Weight Control**

**Chia Seeds:** Support bone health, promote fullness for weight management, aid digestion.



**Fights Cancer**

**Kale:** Reduces cancer risk, promotes eye health, fights inflammation, supports liver and kidney health; rich in vitamins A, C, and K.



**Heart Health**

**Tomatoes:** Improve heart health, support skin health, rich in vitamins C and K.



**Improves Sleep**

**Bananas:** Promote better sleep, support muscle function, aid digestion, high in potassium.



**Brain Boost**

**Dark Chocolate:** Enhances mood, decreases stress, rich in antioxidants.



**Rich in Antioxidants**

**Acai:** Aids digestion, high in antioxidants, supports skin health.



**High in Protein**

**Quinoa:** Gluten-free, aids digestion, helps maintain healthy weight, rich in protein.



**Lowers Blood Pressure**

**Beets:** Improve blood flow, lower blood pressure, support liver health; contain betalains linked to cancer prevention.

*Make sure to explore even more superfoods beyond this list and enjoy their amazing benefits!*



**Broccoli:**

- Strong bones
- Fights cancer
- Reduces chronic disease



**Almonds:**

- Satiety
- Blood sugar control
- Promote gut health



**Garlic:**

- Boosts immunity
- Enhances heart health
- Antibacterial properties



**Black Beans:**

- High fiber content
- Supports cardiovascular health
- Regulate blood sugar



**Sweet Potatoes:**

- High fiber
- Rich in vitamins A & C
- Stabilize blood sugar



**Mushrooms:**

- Immune support
- Rich in antioxidants
- Boost cognitive function



**DOCTORS TELL THE TRUTH ABOUT MEAT**

**“It may seem radical to consider foods like meat—I prefer the term **dead animal flesh**—and its derivatives, including dairy, **POISON**. It may not kill you right away, but it can negatively affect brain functions, body functions, premature aging, aches and pains. That seems the norm nowadays. So it takes someone to step out and **say what’s right**, even if it seems radical.”**

—Baxter D. Montgomery, MD, FACC (vegan)  
Leading cardiologist,  
Founder of Montgomery Heart  
& Wellness Center  
[www.MontgomeryHeart.com](http://www.MontgomeryHeart.com)

**“I realized that an **animal-based diet was NOT a healthful thing, no matter what I had learned in [medical] school and our farm growing up.**”**

—Michael Klaper, MD (vegan)  
Acclaimed physician,  
consultant, and educator  
[www.DoctorKlaper.com](http://www.DoctorKlaper.com)

**“ANIMAL PROTEIN is one of the biggest factors behind the **OBESITY epidemic**. It is strongly associated with diabetes, hypertension, heart disease, and cancer, the primary **KILLERS** of our time.”**

—Garth Davis, MD (vegan)  
Esteemed surgeon,  
bestselling author  
(Proteinaholic)  
[Proteinaholic.com](http://Proteinaholic.com)

**“The fact of the matter is... **ANIMAL [PRODUCTS] ARE TERRIBLE FOR YOU.**”**

—Kim A. Williams, MD (vegan)  
Chief of cardiology at  
Rush University  
Medical Center,  
Former President of  
American College of Cardiology

**“There was a man who came into our [vegan] study named Vance. It seemed to him like the easiest diet in the world because he didn’t have to limit how much he ate. Well, as time went on...he had lost 60 pounds. His blood sugar, which had been out of control, came down so much, his doctor sat him down and said, ‘Vance, **you’ve been on this diet; YOU DON’T HAVE DIABETES ANYMORE!**’ His doctor took him off his medicine.”**

—Neal Barnard, MD, FACC (vegan)  
President of Physicians Committee  
for Responsible Medicine,  
Founder of Barnard Medical Center  
[www.pcrm.org](http://www.pcrm.org)



**“An injured person will **HEAL FASTER while eating a plant-based diet** than someone who consumes a diet rich in fat, animal protein, and junk foods.”**

—Pam Popper, PhD, ND (vegan)  
Naturopath and internationally  
recognized nutrition expert  
Founder and President of  
Wellness Forum Health  
[www.DrPamPopper.com](http://www.DrPamPopper.com)



## THE HEALING POWER OF PLANT-BASED DIETS

**“In theory, vegetable nutrition prohibits obesity, reduces the possibility of suffering from type 2 diabetes and cardiovascular disease. In practice, it is a **COOL LIFESTYLE** that allows you to develop yourself as a person. You enjoy life, you feel good, and you have the energy to train and help others.”**

—Mauricio Gonzalez, MD (vegan)  
Respected ER physician of Metropolitan Hospital/New York Medical College  
Founder of Latin America’s first plant-based medical immersion program  
[www.DrMauricioGonzalez.com](http://www.DrMauricioGonzalez.com)

## MEAT AND DAIRY MYTHS BUSTED!

### MYTH: The more protein, the better? NO!

**FACT:** All Americans, including vegans, get far more than enough protein. Plant protein is complete, and the idea that we need to “combine foods” to get enough protein is outdated. According to Dr. Garth Davis, a lower-protein (and low fat) diet is the most effective way to lose weight and prevent disease.

### MYTH: Egg is good for you? NO!

**FACT:** Eggs are acid-forming (causing mucus and arterial plaque), with too-high protein, fat, and cholesterol. Dr. Neal Barnard explains: “Since one egg has the same amount of cholesterol as a Big Mac, it is unnecessary—even detrimental to your health—to consume eggs or egg products. One egg has more cholesterol than your body needs. In fact, any added dietary cholesterol is unnecessary because our bodies already produce more than the amount we require.”

### MYTH: Eating fish is healthy? NO!

**FACT:** Fish has fat but no dietary fiber. Fish protein is very acidic; it can weaken bone density, leading to osteoporosis and kidney stones. It has far more protein than anyone would ever need. Thus, it suppresses the immune system and encourages cancer and infections. Fish today is also heavily contaminated with toxins such as mercury.

### MYTH: Cow mothers’ milk is needed? NO!

**FACT:** We have no more need for cow’s milk than we do for dog’s or giraffe’s milk. Dr. Michael Klaper calls it “baby calf growth fluid,” ideal for a small calf rapidly becoming a 700-lb cow—not ideal for humans wanting a lean body! Cow’s milk is also called “liquid meat.” Dr. John McDougall explains: “You’re dealing with high fat, high cholesterol, high protein, highly contaminated food, which is ideal for a baby cow if it were clean—which it’s not anymore; it’s contaminated with bovine leukemia, bovine AIDS viruses, listeria, all kinds of pathogens. It causes serious food allergies in people, such as rheumatoid arthritis and lupus, and it’s probably involved in multiple sclerosis and other autoimmune diseases.”

## PLANT FOODS HAVE PLENTY OF...

### CALCIUM

To keep your bones strong, it’s more important to prevent the loss of calcium from your body than to increase your calcium intake. Animal protein from cow mothers’ milk causes calcium loss, which is why dairy-consuming countries have the highest osteoporosis and hip fracture rates. Calcium from plants doesn’t cause a problem and is much easier to absorb. Good sources include broccoli, kale, collard greens, Chinese cabbage, okra, almonds, fortified soy/almond milk, etc.

### IRON

“Iron overload” is much more common in the U.S. than iron deficiency. Iron in red meat may be highly absorbable, but storing too much of it increases cancer risk. Iron from plants is better because you’ll get sufficient iron without the risk. Beans and dark green leafy veggies in particular are rich in iron.

### OMEGA-3s

You can get omega-3 fatty acids without all the saturated fat and cholesterol that comes in fish! Look to abundant sources like algae oil, spinach, chia seed, flaxseed, walnuts, broccoli, edamame, winter squash, vegetable oil (rapeseed, canola), kidney beans, and black beans.

### VITAMIN B12

Vitamin B12, which comes from bacteria in soil (not from animals or plants), helps make red blood cells and keeps our nervous system healthy. But because we live in a modern, sanitized society, everyone—vegan or not—could benefit from increasing their intake of B12. Foods that have B12 include fermented soy (miso, soy yogurt), nutritional yeast flakes, spirulina, and seaweeds. Even more reliable sources are a B12 supplement, vegan multivitamin, and fortified foods like many plant-based milks, cereals, and alternative meat/dairy products.



# TAKE CHARGE OF YOUR HEALTH!

## Remarkable Recoveries

with a

# Vegan Diet



### The Open-Hearted Vegan Heart Surgeon

Dr. Ellsworth Wareham, a pioneer of open-heart surgery, performed over an impressive 12,000 operations. The renowned surgeon was surprised to observe that vegetarians had **cleaner arteries** than meat-eaters. The arteries of meat-eaters tended to be full of calcium and plaque. Dr. Wareham credited his **plant-based** diet for his **good health** and **longevity**—he lived to an inspiring 104 years, full of energy and zest!



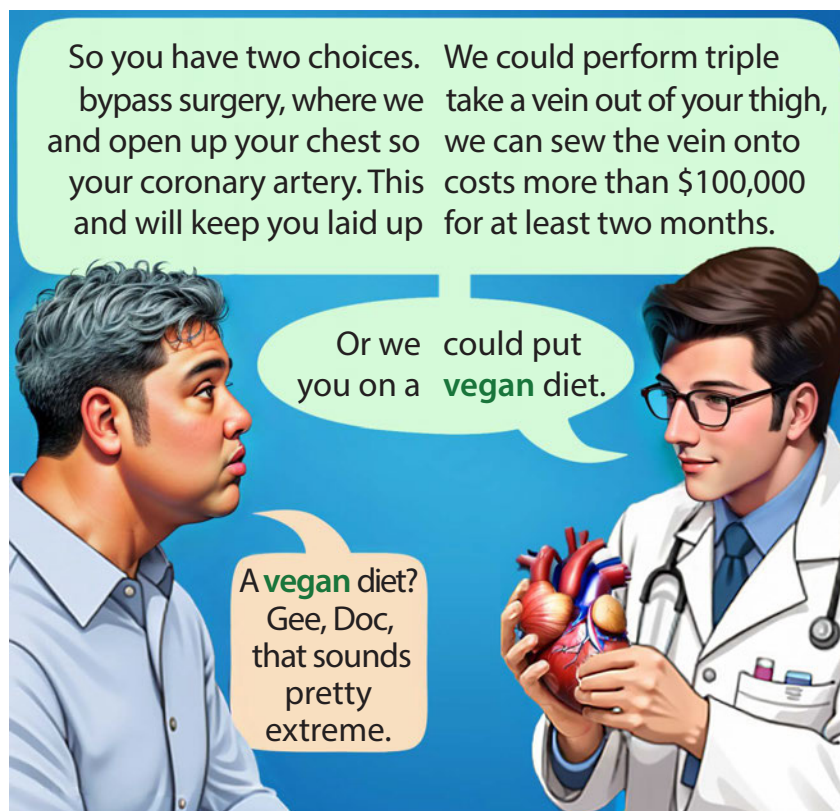
### The Victorious Vegan: How A Lifelong Runner Conquered Cancer

At 47, Ruth Heidrich, Ph.D., was diagnosed with stage 4 breast cancer and decided to go **vegan** after joining a study by Dr. John McDougall. Her **cancer went into remission**, but Ruth didn't just stop there—she became a worldwide superstar athlete, completing the Ironman Triathlon six times and racking up over 900 trophies, including 8 gold medals in the U.S. Senior Olympics. Now at a vibrant 88 years young, she's living proof of how powerful a **plant-based** diet can be for **health** and **athletic performance**.

### Vegan Verdict: Liver Vitality Restored



The Honorable Judge Patricia S. Spratt's story is nothing short of remarkable! Diagnosed with nonalcoholic fatty liver disease and severe fibrosis/cirrhosis, she faced the grim prospect of needing a liver transplant if her condition didn't improve. After watching the *Forks Over Knives* documentary, she decided to switch to a healthy **vegan** diet. This life-altering choice led to incredible results—she **lost excess weight**, dramatically **improved her liver health**, and **normalized her A1C and cholesterol levels**. Now, Judge Spratt happily creates delicious, spice-filled meals, embodying her new mantra: food is medicine!



▲ Adapted from VeganStreet.com. Based on a quote from Dr. Caldwell Esselstyn (vegan)

*The first step in healing starts with you!*

### Justice on a Plate: A Lawyer's Vegan Redemption



At One Veg World, when we first met "Larry," he was a lawyer in a high-stress job and had just received a devastating cancer diagnosis—his doctor told him he had only six months to live. Determined to seek alternatives, he wanted to try a **plant-based** diet and was thrilled to discover One Veg World nearby. Eating at our restaurant five days a week, Larry not only **improved his health** but thrived. After a year, he was **cancer-free!** He expressed his gratitude to One Veg World for the delicious **vegan** meals that played a crucial role in his miraculous recovery.



# Healthy Vegan Kids



Meet Genesis Butler, award-winning animal rights activist and great-grandniece of civil rights leader Cesar Chavez (vegetarian). At age 6, Genesis inspired her parents and entire family to go vegan. Watch the FREE documentary film that features her story: [www.veganmovie.org](http://www.veganmovie.org)

**Q: What age did you become vegan?**  
**Genesis:** I went vegan when I was 6 years old.

**Q: Why did you go vegan?**  
**Genesis:** I became vegan because I don't like animals being killed for food.

**Q: What do you think about One Veg World?**  
**Genesis:** I love the food. It's so delicious.



Genesis, one of the youngest TED Talks speakers at age 10, shares her vegan vision for healing the planet.

Interview with Genesis at One Veg World - CA

**Q: Why do you think people should go vegan?**

**Genesis:** People should go vegan because my generation and future generations are worried about our future. When you go vegan, you will reduce climate change, so you guys should really go vegan because you'll help not only me but the Earth, and you'll help your health too.



VeganEvan with Opal the hen.

Known as "VeganEvan," this young man has been an animal rights activist since he was 5 years old. Evan is co-president and spokesperson for Animal Hero Kids, a non-profit that teaches kids kindness to all beings. You can find Evan on Youtube delivering speeches and raps, like this one:

"VeganEvan is my name,  
Since animals is my game.  
I like to be vegan and you will too.  
Go vegan; it's the best thing to do.  
I don't eat meat and I don't eat eggs.  
Don't eat anything that has legs.  
Yeah, you heard I don't eat  
decomposing flesh.



VeganEvan gives a speech at an LA Animal Save event.

Instead, I eat fruits and veggies that are fresh.  
I don't eat or drink anything that's scared,  
So I definitely don't do dairy!  
So, save the planet, save the animals,  
and GO VEGAN!  
Vegan rapper VeganEvan out!"



There are millions of vegan and vegetarian children like Genesis and Evan who are happy and thriving. You would definitely consider it too after learning of the harms of meat and dairy to children. It is similar to how we wouldn't want our kids to smoke cigarettes, which, like meat, increases the risk of heart disease and cancers. For more info, watch Forks Over Knives, a must-see documentary that also has a companion book for parents titled Forks Over Knives Family.

# Healthy Vegan Fur Kids

▼ Introducing... our 3 ADOPTED dog companions!

These sweet boys are vegan, healthy, and oh-so-cute! They're proof that dog pals can thrive on a balanced vegan diet. With meat-based pet foods often containing harmful substances like hormones, antibiotics, bacteria, pus, and even cancer cells, a plant-based diet offers the safest option for feeding our fur babies in today's world.

Esteemed researcher, veterinarian and professor Dr. Andrew Knight states that "cats and dogs may be successfully maintained on nutritionally sound vegetarian diets long-term and indeed, may thrive. Such diets have been associated with...decreased incidences of cancer, infections, hypothyroidism, and ectoparasites." According to a very large-scale study in 2024, dogs fed vegan diets clearly had the best health outcomes. The odds of suffering from six specific health disorders fell by 50%–61% compared to dogs fed a conventional meat diet.



◀ Let's meet a VEGAN cat queen! Meow! I'm Reign, the purrfect ruler of my vegan kingdom! I was rescued from the scary freeway when I was just a kitten. Since then, I've grown into a beautiful cat with pure vegan food that includes nutritious, plant-based cat kibbles. My favorite food is tofu! Life is pawsitively awesome!

For more info, check out these resources:

[GentleWorld.org/good-nutrition-for-healthy-vegan-dogs](http://GentleWorld.org/good-nutrition-for-healthy-vegan-dogs) (Guide and great list of vegan companies for animal companions)

[PlantBasedTreaty.org/dogcatvegfood](http://PlantBasedTreaty.org/dogcatvegfood) (Guide book)

[VeganEssentials.com](http://VeganEssentials.com) • [Vecado.com](http://Vecado.com) (Online vegan supplies for dogs and cats)



Hallo, I'm Bailey. Daddy Hòà adopted me from a shelter, and I'm so, so grateful and love him so much!! I'm pretty shy, but I do have a gift of calming others.

My name is Happy! When I was younger, I was mistreated, so I was really scared of humans. But my new family gave me lots of love and patience, and I became REALLY happy. I make everyone happy too!

Angel here! I'm the baby of the family and the best cuddler ever! When they found me, I was in the streets, dirty and sick with itchy bug bites. Thankfully, my new family took me in, and I became healthy on a vegan diet, just like my brothers. You should consider feeding your fur kids vegan too!

## Remember - Save a Life. Adopt, Don't Shop.

# VEG: The Most Powerful Way to Save the Planet

Greenhouse gas emissions

**>51%**  
from livestock sector



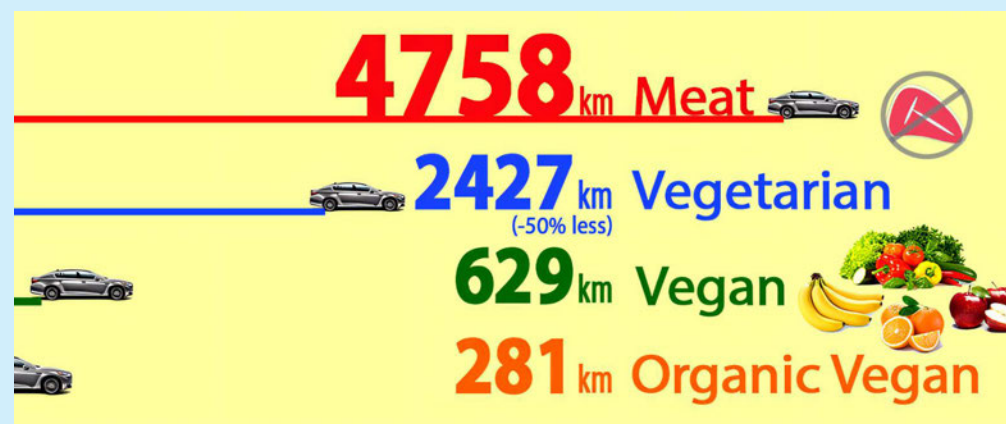
## STOP CLIMATE CHANGE

Greenhouse gas emissions



Animal agriculture emits more greenhouse gas emissions than all the world's cars, trucks, boats, airplanes and trains COMBINED.

Carbon Emissions Equivalent in Distance Driven



In its 2023 report, the **United Nations** emphasized that a swift shift toward sustainable plant-based food systems is critical to mitigating climate change and reducing global greenhouse gas emissions.

Amazingly, an animal-free vegan diet can reduce your food-related carbon footprint by up to **94%**!

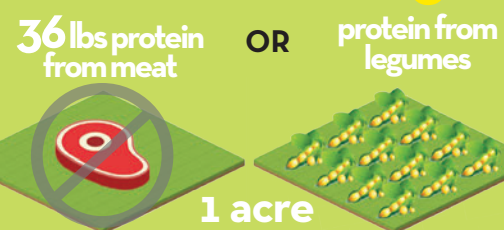
Watch this shocking and inspiring environmental documentary, available at [Cowspiracy.com](http://Cowspiracy.com) or Netflix.



## USE LAND WISELY

Livestock covers **45%** of the earth's habitable land and is the #1 driver of desertification.

One acre of land yields up to **15 times** more protein from plants than from animal products.



A concentrated cattle feedlot operation.



## SAVE THE LUNGS OF THE EARTH



There are over 500 dead zones, expected to expand to over 1.6 million square miles, roughly the size of the European Union.



Healthy coral reef Ocean dead zone

## REVIVE THE OCEANS

**3/4** of the world's fisheries are exploited or depleted. We could see fishless oceans by 2048.

## SAVE WATER

Growing feed crops for livestock consumes **56%** of water in the US. You save more water by not eating **4 hamburgers** than by not showering for **6 months**!



## STOP POLLUTION

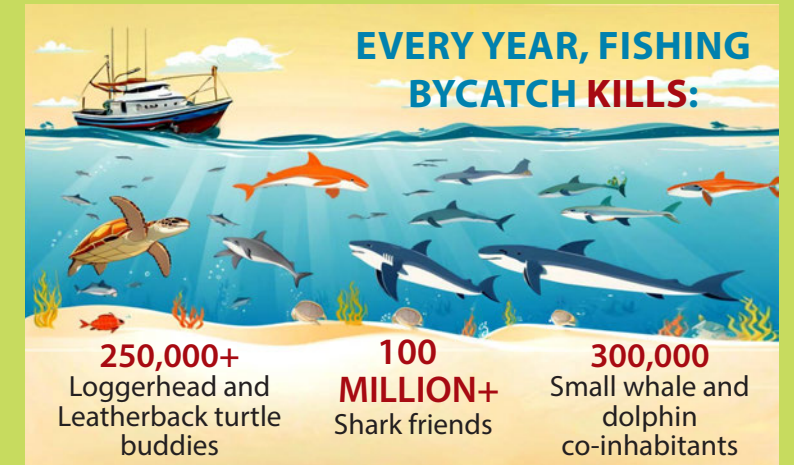
U.S. animal farms produce **130 times more fecal waste** than the entire human population. That's **58 tons per second**! Untreated, this waste threatens our health by entering our drinking water supplies and triggers ocean dead zones, which release harmful gases that are **300 times more potent** than carbon dioxide.



There are thousands of factory farm hog waste "lagoons" across the U.S., prone to leaks and flooding. The putrid contents are illegally sprayed into the air, causing nearby residents to suffer stress and breathing problems.

## SOLVE WORLD HUNGER

Every **5 seconds**, a child dies from hunger. Every night, **1 billion** people go to bed hungry. Grain currently fed to livestock is enough to feed over **2 billion** people.

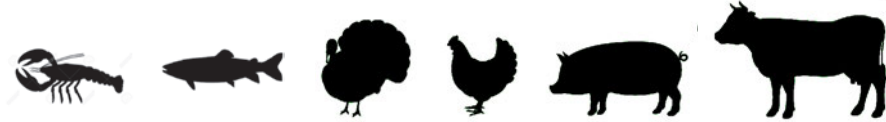


For more info, please visit [www.SupremeMasterTV.com/SOS](http://www.SupremeMasterTV.com/SOS)

# LOVE SAVES LIVES

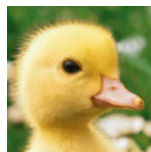
**IF HUMANS KILLED EACH OTHER AT THE SAME RATE THAT WE KILL ANIMALS, WE'D BE EXTINCT IN LESS THAN 3 DAYS.**

**One vegan person saves hundreds of innocent animal lives per year**, including cows, pigs, chickens, turkeys, fish, and shellfish, simply by not eating them.



Each day, between **3.4 - 6.5 billion** animals are killed for food. That's a staggering **1-2 trillion** animals killed every year.

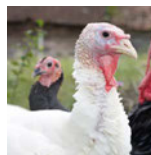
## Intelligent Animal Friends



**DUCK buddies** are the MacGyvers of birds—using tools, showing abstract thinking, exhibiting strong memory, and even engaging in gossiping.



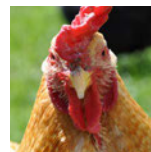
**LAMB/SHEEP friends** have complex personalities, are able to recognize faces from photos, read emotions, self-medicate, and feel optimism or pessimism.



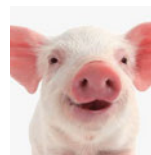
**TURKEY teammates** are brainy birds with exceptional memory, intricate social hierarchies, and the ability to mourn and empathize.



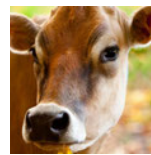
**CRAB co-inhabitants** feel anxiety and pain, remember past trauma, plan for the future, and form alliances to protect their neighbors—nature's armored strategists!



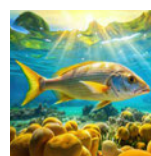
**CHICKEN brethren** can solve math problems, make devoted mothers, and are socially complex, with the ability to remember 100+ other chickens.



**PIG pals** are more intelligent than a 3-year-old human child. They can play video games and adjust the air conditioner to be comfortable.



**COW companions** are extremely loving, peaceful, and emotionally complex. They jump with joy and excitement when they've learned how to solve a problem.



**FISH folks** possess intelligence that rivals mammals—they can form mental maps, use tools, count, recognize their own reflection, feel pain and stress, and even comfort one another.

**These and ALL our animal friends are so gifted! More importantly, they can feel pain and suffer, love and empathize, just like we do.**

# VEGAN IS LOVE



Photo Credit: Animal Place

**When was the last time you took a deep breath of fresh air or felt the sunshine on your face?**

Sadly, over 97% of farmed pigs and 99.9% of farmed chickens never had a breath of fresh air, seen sunlight, or touched the earth since the day they were born. Their first taste of the outdoors is when they're taken to slaughter. So the next time you enjoy the sun or cool outdoor breeze, please, think of those who never had a chance to do the same...

◀ *Rescued farmed animals, who had been abused and neglected, live out the rest of their lives in safety and peace at Animal Place sanctuary in California.*



Photo Credit: Farm Sanctuary

**Like humans, a cow mother produces milk only during pregnancy.** On dairy farms, cows are forcibly impregnated repeatedly. When a cow's baby is born, they have an immediate, strong bond but are separated within hours (on "free-range" farms too). The anguished mother cow calls frantically for her baby for weeks. Baby girls are enslaved as dairy cows like their mothers. Baby boys are either left to die or are chained 24/7 to tiny stalls so that their anemic and wasted muscles can be sold as veal. By then, their mothers have already been forcibly impregnated again. The vicious cycle goes on.



Photo Credit: Hillside Animal Sanctuary



Photo Credit: Animal Place

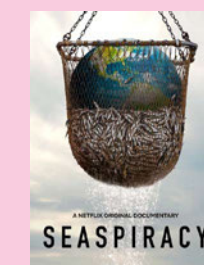


Photo Credit: Best Friends Animal Sanctuary

**In the egg industry,** "useless" male chicks are ground alive or suffocated to death in garbage bags by the thousands. Their sisters end up confined to lay eggs, each given a space the size of a notebook paper.

It's no wonder that the milk, veal and egg industries are considered to be among the cruelest.

# VEGAN IS PEACE



◀ *Seaspiracy warns that industrial fishing is the leading force behind ocean destruction—an existential threat to human survival, as the planet cannot sustain life without healthy oceans. Watch the full documentary on Netflix.*



Based on chart by SkoolofVegan.com

## A Mother Cow's Clever Plan

In a touching story of motherly love, a cow on a dairy farm delivered her fifth calf in the pasture by herself and brought the newborn to the barn, where, heartbreakingly, the calf was taken from her as usual. Yet, for days, the farmer noticed something highly unusual: her udder remained empty of milk. The mystery was finally solved when the farmer discreetly followed her to the pasture and discovered a hidden calf in the bushes. She had secretly given birth to twins the past week, bringing only one to the barn while hiding the other so she could stay with her baby and nurse him daily.

Veterinarian Dr. Holly Cheever paints a detailed picture of this cow's deep thinking and love for her babies. First, the cow could remember the pain of losing her calves before and knew bringing one to the barn meant losing it forever. Second, she was able to come up with a clever plan to hide one calf. Third, she showed amazing foresight: if she had hidden both calves, the farmer would have known something was amiss since he knew she was pregnant. So, in a heartbreaking decision that no mother should have to make, she sacrificed one baby to save the other.

This story not only shows the emotional depth and intelligence of cows but also makes us think twice about our choices when it comes to eating these sensitive animals, encouraging us to see them in a new light.



*Note: These images are representative and do not feature the actual animals in the stories.*



## The Most Courageous Chickens

Meet the feathered hero, a chicken named Cluck Cluck, who saved her human companion's life! When a fire broke out in the house, Cluck Cluck sprang into action. Despite being in the basement where she slept, she made a ruckus until she woke up her caretaker. Together, he and his wife narrowly escaped the flames. Cluck Cluck's quick thinking and fearless actions prove that heroes come in all shapes and sizes, even with feathers!

In another tale of heroism, firefighters stumbled upon an extraordinary scene after a forest fire. Beneath the charred remains of a mother hen, they uncovered an astonishing sight—four chicks, alive and unharmed under her wings. The mother hen, who could have flown to safety, chose instead to endure unimaginable pain from the searing flames, sacrificing herself to shield her chicks. Her noble act of love ensured their survival. This heartwarming tale shows just how smart and selfless chickens can be, reminding us to see them as sentient beings deserving care and respect.

**“Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to.”**

*-- Alfred A. Montepart, American author and philosopher*



## Lulu the Lifesaving Pig

When JoAnn Altsman suffered a heart attack, her pot-bellied pig, Lulu, came to the rescue. Realizing JoAnn was in distress, Lulu forced her way out of the yard, injuring herself in the process.

Although bleeding and wounded, she ran into the street and lay down in front of traffic to get help, risking the danger of being run over. Lulu repeatedly went back to check on JoAnn before returning to the road to seek assistance. Eventually, a driver stopped and followed Lulu back to JoAnn, who was then rushed to the hospital just in time for life-saving surgery.

Pigs are incredibly intelligent animals, capable of forming strong bonds with humans and displaying awesome problem-solving abilities. Lulu's story illustrates the admirable qualities of pigs, proving they belong by our side as cherished co-inhabitants, not as food.

*There are many other incredible accounts of our wonderful animal friends helping humans, but we are unable to include them all due to limited space.*



## Seal Savior

A British tourist was on the brink of death after a shark attack in South Africa, with severe leg injuries and loss of blood. Two men jumped in to save him, but the shark was ready to attack them as well. But then an unexpected hero arrived to the scene—a seal! Despite being at risk of being attacked by the shark itself, the seal swam around the men, confusing the shark and causing it to swim away. This brave seal stayed with the men until they were safely back to the shore. This extraordinary display of kindness and sacrifice beautifully illustrates the selflessness that can be found in wild animals.



## Mandy the GOAT (Greatest Of All Time)

When farmer Noel Osborne had a terrible fall and broke his hip, he was stuck outside with no way to call for help. That's when Mandy, his loyal goat, stepped in. She stayed by his side for five days, keeping him warm during the cold nights and letting him milk her for nourishment. Thanks to Mandy's dedication and care, Noel survived until rescuers arrived. Mandy's loyalty and resourcefulness make her a true GOAT hero.

# FASHION with COMPASSION

Many major fashion houses and all-vegan luxury brands are embracing ethical, non-animal materials—radiating both elegance and empathy.



Each year, an estimated **100 million animals** are farmed and **killed for fur**.

Fur, feather, and leather clothing comes from animals often **skinned alive, electrocuted, or plucked to death**.

- One fur coat kills:**
- \* 150-300 chinchillas
  - \* 200-250 squirrels
  - \* 50-60 minks
  - \* 30-40 rabbits
  - \* or 15-40 foxes

## Vegan fashion is beautiful and kind!

Vegan Fur    Vegan Leather    Vegan Fur • Vegan Silk    Vegan Feather



Love me. Don't skin me.

# Join the VEG CLUB

These distinguished individuals, both past and present, are all vegans or vegetarians and among the most gifted and accomplished people in the world. So choose veg now and join the club!



**Novak Djokovic (vegan)**

24-time Grand Slam champion, World No. 1 tennis player, and Olympic gold medalist



**Aly Raisman (vegan)**

Olympic gold medalist gymnast



**Morgan Mitchell (vegan)**

Two-time Olympic sprint runner



**Joaquin Phoenix (vegan)**

Oscar & Grammy Award-winning actor



**“My strength is my compassion!”**

**Patrik Baboumian (Vegan)**

World record-holding strongman

Patrik flipping a car with his bare hands.



**Billie Eilish (vegan)**

Grammy Award-winning singer and songwriter



**Al Gore (vegan)**  
45th US Vice President and Nobel laureate



**Natalie Portman (vegan)**  
Oscar Award-winning actress



**Cesar Chavez (vegetarian)**  
Iconic civil rights leader



**Greta Thunberg (vegan)**  
Environmental activist and Nobel Peace Prize nominee



**Leonardo Da Vinci (vegetarian)**  
Renaissance artist, engineer, and scientist



**Jessica Chastain (vegan)**  
Oscar Award-winning actress

# One Veg World Event Catering

We have had the pleasure of offering delicious plant-based fare for various special occasions.



"I've been a vegetarian for over 25 years, teetering on being vegan. But tonight, being able to eat One Veg World made all the difference."  
- **LU PARKER** (vegan), KTLA5 news anchor, former Miss USA



▲ "Experiencing the amazing meal here tonight by One Veg World was just fantastic."  
- **SCOTT JUREK** (vegan), ultra-endurance champion and bestselling author (*Eat & Run*)



**ELAINE HENDRIX** (vegan), film actress (*Superstar*, *The Parent Trap*)



**KRISTY SWANSON**, actress (*Buffy the Vampire Slayer*)



**KEVIN SORBO**, actor (*Hercules*)



**JOHN SALLEY** (vegan), 4-time NBA champion



**THANH HÀ**, singer, actress and model



**LINDSAY WAGNER**, (vegetarian), Emmy-winning actress



**MELISSA MANCHESTER**, Grammy-winning singer



**LIZ CALLAWAY**, Emmy-winning singer



**DONNA LEWIS**, multi-platinum singer



**LISA BLOOM** (vegan), CNN/CBS legal analyst



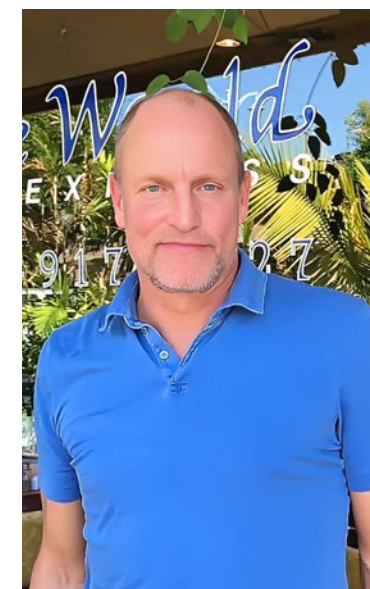
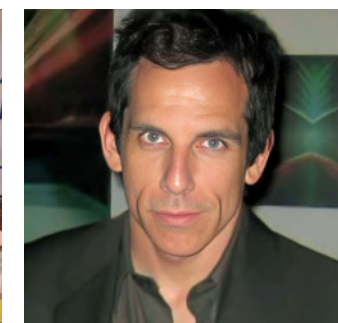
**DAN PIRARO** (vegan), Bizarro cartoonist

## Stars who Enjoyed Our Food

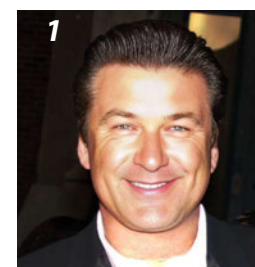
at Hollywood events and Oscar parties.



▲ **MAYIM BIALIK** (vegan), actress (*The Big Bang Theory*), **BEN STILLER**, Emmy-winning actor (*Zoolander*) ▲ **WOODY HARRELSON** (vegan) Emmy-winning actor (*Cheers*) ▶  
▲ (1) **ALEC BALDWIN** (vegan), Emmy & Golden Globe Award-winning actor (*30 Rock*), (2) **LISA KUDROW**, Emmy-winning actress (*Friends*), (3) **PINK**, 3-time Grammy-winning singer



▲ "One of the best vegan foods that I've tasted."  
- **JIMMY JEAN-LOUIS** (vegetarian), actor (*Heroes*)



◀ **KAY TSE** (vegetarian), Chinese platinum pop star

◀ "Mm... I'm so full! I LOVE it that I can eat everything here. It's great!"  
- **PAMELA ANDERSON** (vegan), Golden Globe-nominated actress (*Baywatch*) with **INGRID NEWKIRK** (vegan), president of PETA (People for the Ethical Treatment of Animals) at Paramount Studios

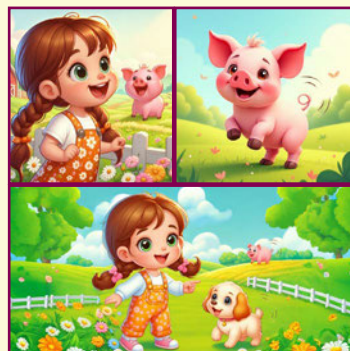
▶ **GARY BUSEY**, Oscar-nominated actor (*Under Siege*)



# Animals are Friends



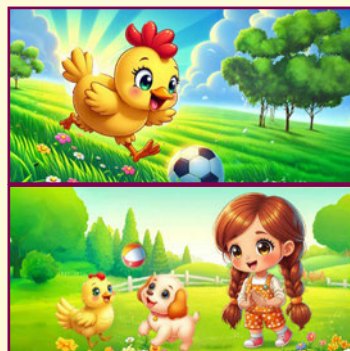
Joy, her parents, and their playful dog companion, Leo, visit an animal sanctuary.



"Look, Leo! That adorable pig pal wags her tail just like you!"



"She's so smart! She understands 'sit' just like you, buddy!"



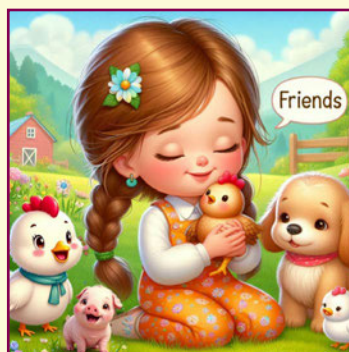
"Wow, you're such a clever chicken boy! You can play ball as well as Leo!"



"Aw, this gentle cow friend is just as affectionate as you!"



"The peaceful sheep folks enjoy music too!"



"I love you all! Animals are people too, who want to live and love like us!"



"I want to be the protector and true friend of animals! I am going to be vegan!"



Dad

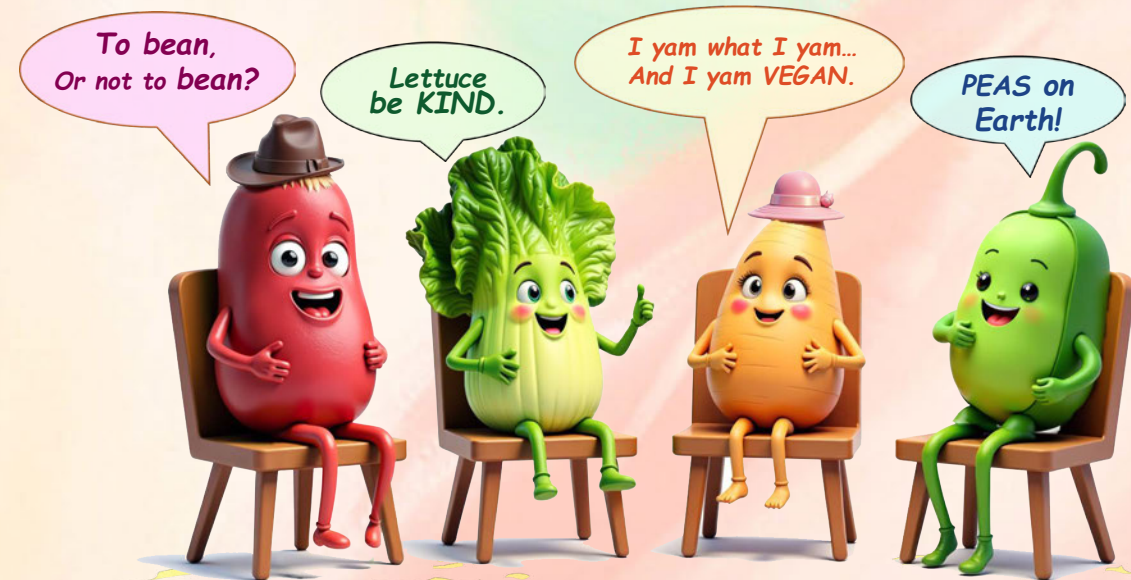


Joy



Mom

# Council of VEG PHILOSOPHERS



# Veganism is Healthy for All

JoyVui.com

Poem by T. H.  
Originally in Aulacese (Vietnamese)

All life is of one essence, mammals, fishes, birds, and all seek to preserve one thing: *life*, in a single word.

Veganism, science has shown, is healthy for all, my friend. If we want to live longer, avoid illness, and grow stronger, eat vegan—it helps us mend.

It may be difficult at first, but if we are sincere and ask God to sustain us, He'll assist us to adhere.

Soon the very smell of meat will repel us so! If we have compassion, then meat, we must forgo.



Their wretched plight is cruel. To slaughter they are given, the blood of anguish flowing as their helpless flesh is riven.

They scream in fear and agony while drawing their last breaths. To satisfy our cravings, we inflict so many deaths.

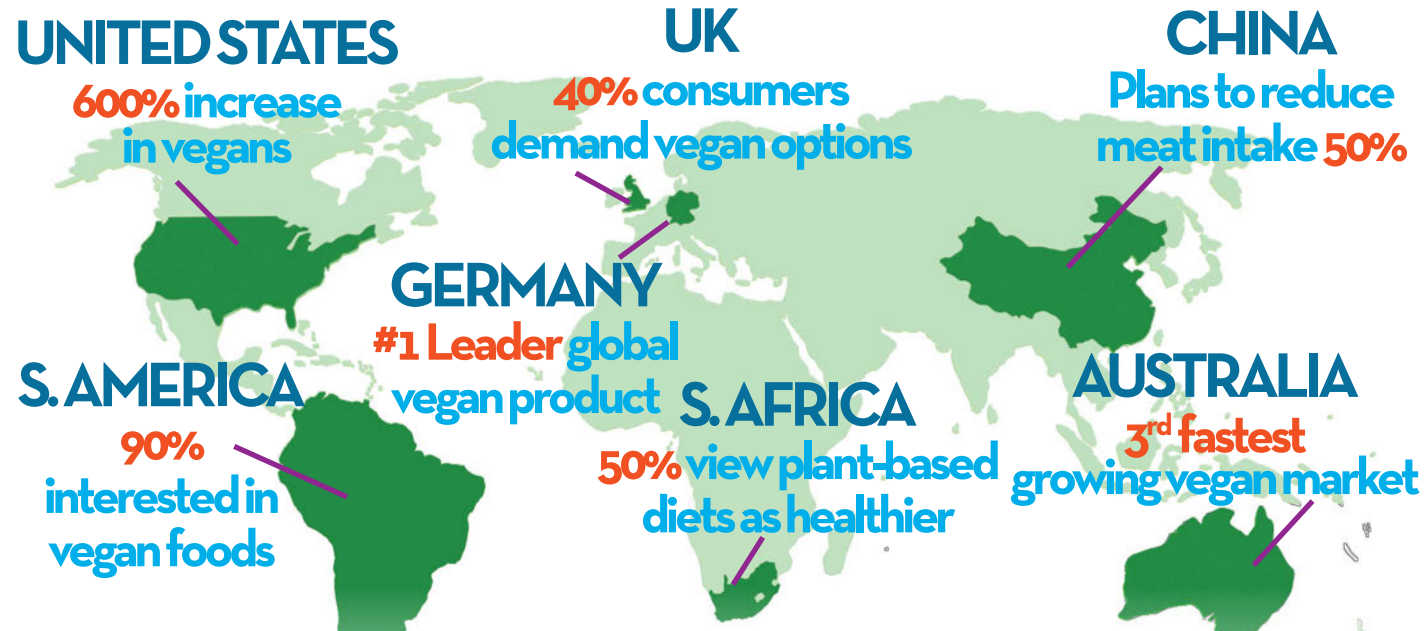
The sacred scriptures teach us: though we kill not by our hands, our appetites are culpable. We kill by our demands.

No party is without fault, for, if flesh we would forsake, there'd be no need to kill them. Of peace they could partake.

Our guilt would fall behind us. Joy and harmony would find us. A meatless life is wholesome, lending health and might. Caretaking cultivation perpetuates Earth's life.

Veganism as a choice is kindness to us all, and peace to every animal, care for great and small.

# THE AMAZING GLOBAL VEGAN TREND



- Globally, demand for vegan food has surged by more than **980%** over the last decade.
- **70%** of the world's population is reducing their meat intake.
- The last few years saw a **600%** increase in Americans identifying as vegans.
- **40%** of UK consumers are demanding vegan options.
- Germany is the **#1 leader** in the global vegan product market.
- The Chinese government officially recommended to its **1.3 billion** citizens to reduce their meat intake by **50%** for health and the planet. Vegan restaurants in Shanghai doubled in 5 years.
- Australia is the **third-fastest** growing vegan market in the world.
- A study shows that **90%** of South Americans are interested in plant-based foods, driven by health and wellness goals.
- In South Africa, **50%** of consumers believe a plant-based diet can help improve overall health, contributing to the rising interest in veganism.

## BIG INVESTORS IN PLANT-BASED MEATS:

- Sir Richard Branson (Virgin Group founder)
- Bill Gates (Microsoft founder)
- Leonardo DiCaprio (Oscar-winning actor)
- Khosla Ventures (venture capital firm)
- Li Ka-shing (Hong Kong's richest man)

...and many more!



- Global plant-based meat market: **\$24.77 billion** by 2030
- Global non-dairy milk market: **\$75.3 billion** by 2030

# Vegan Resources

## Supreme Master Television

Watch [SupremeMasterTV.com/Max](http://SupremeMasterTV.com/Max), the uplifting, constructive global television channel, for fascinating shows on veganism, famous vegans, spirituality, our animal co-inhabitants, and more!

## Informative Books

### Love is the Only Solution

by Supreme Master Ching Hai  
 - Free copies available at One Veg World  
 - Free ebook version: [www.smchbooks.com/ebook/data/english/E-LoveisTheOnly.pdf](http://www.smchbooks.com/ebook/data/english/E-LoveisTheOnly.pdf)



- The Starch Solution by John McDougall, M.D.
- Proteinaholic by Garth Davis, M.D.
- Mad Cowboy by Howard Lyman
- How Not To Die by Gene Stone & Michael Greger, M.D.
- Prevent and Reverse Heart Disease by Caldwell B. Esselstyn, M.D.
- Dr. Barnard's Program for Reversing Diabetes by Neal Barnard, M.D.

## Must-See Documentaries!

- Cowspiracy \*
- What the Health \*
- Forks Over Knives \*
- Vegucated \*
- Earthlings \*
- Dominion \*
- Game Changers \*
- Seaspiracy
- Got The Facts On Milk? \*
- The Smell of Money

\*These are FREE to watch on Youtube

## Cool Websites

- Guides**
  - [www.chooseveg.com](http://www.chooseveg.com)
  - [www.foodrevolution.org](http://www.foodrevolution.org)
- 'Why Veg' Facts**
  - [www.freefromharm.org](http://www.freefromharm.org)
- Vegan News**
  - [www.yourdailyvegan.com](http://www.yourdailyvegan.com)
  - [www.riseofthevegan.com](http://www.riseofthevegan.com)
  - [www.vegoutmag.com](http://www.vegoutmag.com)
  - [Youtube.com/plantbasednews](http://Youtube.com/plantbasednews)
- Health Info**
  - [www.nutritionfacts.org](http://www.nutritionfacts.org)
  - [www.vegetarianbodybuilding.com](http://www.vegetarianbodybuilding.com)

...plus many more!



## High IQ Linked to Veg Diet

A UK study found that people with an above-average IQ became vegetarian by the time they were 30 years old.

*"Smart people consider all aspects of their life very, very carefully. People who think about the ethics of killing animals will naturally choose vegetarianism...more often."*

- TRISH KENNETT, chief executive of Mensa in Australia (International High IQ Society)



## GENIUSES AND BRILLIANT MINDS

◆ ALL VEGANS OR VEGETARIANS ◆

- (1) **Albert Einstein** Nobel Prize-winning physicist
- (2) **Thomas Edison** One of the most important inventors in history
- (3) **Dr. Jane Goodall** World-renowned primatologist
- (4) **Benjamin Franklin** U.S. Founding Father, inventor

Socrates Founder of Western philosophy, Sir Isaac Newton Father of Physics, polymath, Leo Tolstoy One of the greatest authors of all time, Nikola Tesla Futurist, inventor, Susan B. Anthony Pioneer of women's suffrage, George Bernard Shaw Nobel laureate playwright, Louisa May Alcott Esteemed author and abolitionist, Mayim Bialik, Ph.D. Actress and neuroscientist, and many more!





# Vegan Restaurants

## For your further veg exploration...

### Los Angeles County

**All Vegan Franks**  
Los Angeles - (213) 648-3186

**Araya's Place**  
Los Angeles - (323) 900-0557

**Âu Lạc - DTLA**  
Los Angeles - (213) 617-2533

**Baba's Vegan Café**  
Los Angeles - (323) 834-2693

**B&T's Deli**  
Santa Monica

**BeeWali's Vegan AF**  
Los Angeles - (323) 289-2660

**Berbere by T&T**  
Santa Monica - (310) 699-8642

**Beyond Vegan**  
Los Angeles - (424) 312-1169

**Borreguitas**  
Pomona - (626) 391-0700

**Cafe Gratitude**  
Los Angeles - (323) 580-6383  
Venice - (424) 231-8000

**Cena Vegan**  
Los Angeles - (323) 250-8965  
Whittier - (562) 317-8252

**Comida Vegana - Cloud Kitchen**  
Culver City - (424) 222-9768

**Crossroads Kitchen**  
Los Angeles - (323) 782-9245

**Cruzer Pizza**  
Los Angeles - (323) 666-0600

**Crystals Soul Cafe**  
Los Angeles - (424) 292-3378

**Doomie's Home Cookin'**  
Los Angeles - (323) 469-4897

**Garden Fresh Vegan**  
Hacienda Heights  
(626) 968-2279

**Gorganson's**  
Pomona - (909) 414-9166

**Gracias Madre**  
W. Hollywood - (323) 978-2170

**Guacamaya Oasis**  
Downey - (562) 674-3014

**Happy Veggie**  
Redondo Beach  
(310) 379-5035

**Hey Sunshine Kitchen**  
Culver City - (310) 360-3620

**Higher Taste, Plant-Based**  
Long Beach - (562) 435-7115

**H.O.P.E. Healthy Organic Positive Eating**  
Studio City - (818) 506-9015

**Hollywood Vegan (Organic)**  
Los Angeles - (323) 874-6673

**House of Fortune Vegan Cuisine**  
Chino - (909) 517-2988

**Julie Goes Green**  
Los Angeles - (310) 398-4620

**Lettuce Feast (Food Truck)**  
Long Beach  
\*Plus other locations

**Lil' Vegerie**  
Redondo Beach  
(310) 504-0236

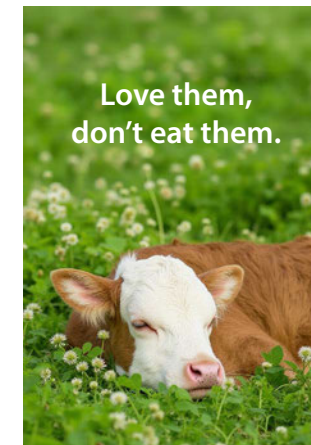
**Little Barn Coffee House**  
Los Angeles - (323) 612-6000

**Love Amaro Pizzeria**  
Venice - (424) 744-8537

**Love Organic Cafe**  
W. Hollywood - (323) 688-2065

# Vegan Restaurants

## For your further veg exploration...



**Loving Hut**  
Glendora - (626) 387-9623

**Maciel's Plant-Based Butcher & Deli**  
Los Angeles - (213) 537-5120

**ManEatingPlant**  
Mobile Truck - (424) 256-8736

**Más Veggies Vegan Taqueria**  
Long Beach - (562) 285-6888  
\*Plus other locations

**Monty's Good Burger**  
Culver City - (213) 915-0257  
\*Plus other locations

**Mr. Charlie's**  
Los Angeles - (323) 424-4795

**The Mustard Seed**  
Cerritos - (562) 860-7772

**My Vegan**  
Los Angeles - (323) 739-0285  
Pasadena - (626) 578-9017

**Nice Burger**  
Long Beach - (562) 362-6477  
Stanton - (629) 468-3426

**O'cado**  
Sherman Oaks - (818) 380-0005

**One Veg World**  
West Covina - (626) 917-2727

**Othello's Plant Based Kitchen**  
Woodland Hills  
(818) 436-2126

**Planta**  
Los Angeles - (925) 515-2984  
Marina Del Rey  
(310) 362-7730

**Plant Power Fast Food**  
Long Beach - (562) 343-5045  
Los Angeles - (323) 471-1550

**PlanTita's Kitchen**  
Long Beach - (562) 612-0271

**Pura Vita**  
W. Hollywood - (323) 688-2303

**Rahel Ethiopian Vegan Cuisine**  
Los Angeles - (323) 937-8401

**Ramenhood**  
Los Angeles - (213) 285-7571

**Raw Mango Vegan**  
Redondo Beach  
(515) 865-5003

**RedWhite Boneless Ramen**  
Studio City - (818) 579-4190

**Satdha, Plant Based Thai Kitchen**  
Santa Monica - (310) 450-6999

**Salaya**  
Los Angeles - (323) 741-0074

**Samata Vegan House**  
Los Angeles - (323) 608-9883

**Shojin**  
Los Angeles - (310) 390-0033

**Something Vegan**  
Toluca Lake - (818) 980-3888

## Vegan Food Stores

**All Vegetarian Inc. (vegan)**  
El Monte - (626) 448-5919

**Allison's Goods**  
Fullerton - (714) 770-0550

**BeLeaf Corp**  
City of Industry  
(626) 346-3359

**Best Vegetarian World - Liên Hương**  
Santa Ana - (714) 638-3568  
\* vegetarian/vegan

**Besties Vegan Paradise**  
Los Angeles - (929) 456-4882

**Bodhi Vegetarian Supply Inc.**  
Rosemead - (626) 280-7936  
\* vegetarian/vegan

**Ethikli Sustainable Market**  
Long Beach - (562) 612-3647

**Follow Your Heart Market & Cafe**  
Canoga Park - (818) 348-3240

**Glowing Plant-Based Eatery + Market**  
Los Angeles - (213) 537-0680

**Myrtle Greens**  
Monrovia - (626) 386-0800

**Urthly Vegan Market**  
Garden Grove  
(714) 591-5630

**Vegan Popup By XMarket**  
Venice - (310) 301-2524

**Vege Wholesale**  
Westminster - (714) 902-1335  
\* vegetarian/vegan

**Vromage**  
W. Hollywood - (323) 745-0157

**Eco Vegan**  
San Jose - (669) 235-5300

## Vegan Bakeries and Sweets

**Cake Girl**  
Los Angeles - (323) 305-4623

**Chaumont Vegan**  
Beverly Hills - (310) 274-5683  
Santa Monica - (323) 553-9810

**Cinnaholic**  
Los Angeles - (323) 844-3944  
\*Plus other locations

**Cocoa Parlor**  
Laguna Niguel - (949) 877-9459

**Coffee and Plants**  
Pasadena - (626) 615-1261  
Studio City - (818) 987-5177

**Creamo**  
Los Angeles - (213) 863-0979

**Devi's Donuts and Sweets**  
Long Beach - (562) 343-5802

**Donut Friend**  
Los Angeles - (213) 908-2745  
Los Angeles - (213) 908-2743

**Erin McKenna's Bakery LA**  
Los Angeles - (855) 462-2292

**Giselle's Vegan Kitchen**  
Laguna Hills - (949) 516-1177

**Happy Ice**  
Los Angeles - (855) 934-2779

**Hug Life**  
Garden Grove - (714) 760-4345  
Long Beach - (562) 343-5991

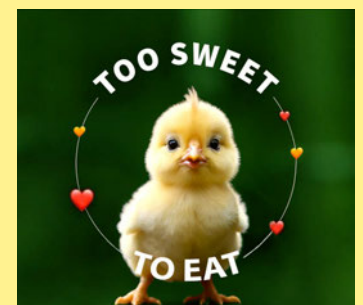
**ID-eclair**  
Pasadena - (626) 365-1161

**The Moody Vegan**  
Los Angeles - (323) 410-7272

**San and Wolves Bakeshop**  
Long Beach - (562) 342-4460

**Soy Concha Bakery**  
East L.A. - (323) 213-3109

**Toluca Bakery**  
Toluca Lake - (323) 213-3109



**Treaty Boba**  
Anaheim - (657) 363-4278

**Yoga-urt**  
Glendale - (818) 545-3880  
\*Plus L.A. and Santa Monica

**Yvonne's Vegan Kitchen**  
Pasadena - (310) 869-7181



The only way to bring a pig home from the grocery store

# Vegan Restaurants

## For your further veg exploration...

- Stuff I Eat**  
Inglewood - (310) 671-0115
- Thai Style Vegan**  
Los Angeles - (213) 651-0908
- Sushi Vegan**  
Santa Monica - (310) 310-3314
- Thai Vegan**  
Santa Monica - (310) 581-4255  
*\*Plus other locations*
- Un Solo Sol**  
Los Angeles - (323) 269-8680
- Variable Cafe**  
Culver Cit y - (424) 228-5768
- VegainzLA**  
Inglewood - (310) 415-0050  
Los Angeles - (310) 415-0050
- Vegan AF Food Truck**  
Mobile Truck - (323) 347-4970
- Vegan Castle**  
Long Beach - (562) 726-1722
- Vegan Glory**  
Los Angeles - (323) 653-4900
- Vegan Thai Kitchen**  
Long Beach - (562) 619-0884
- Veggie Grill**  
Hollywood - (818) 641-1955  
*\*Plus other locations*
- Veggie House**  
Los Angeles - (323) 851-8837
- Veggie Life Restaurant**  
S. El Monte - (626) 443-8687
- Vegi Wokery**  
Cerritos - (562) 809-3928
- VeStation Urban Organic Kitchen**  
Sherman Oaks - (818) 784-8388
- Vinh Loi Tofu**  
Cerritos - (562) 403-3377  
Reseda - (818) 996-9779
- Vurger Guyz (Food Truck)**  
Los Angeles - (213) 298-1724
- The Wild Chive**  
Long Beach - (562) 588-9421

### Orange County

- Âu Lạc**  
Fountain Valley - (714) 418-0658
- Chicana Vegana**  
Fullerton - (714) 519-3380
- FreeSoulCaffé**  
Tustin - (714) 371-0976
- Loving Hut**  
Orange - (714) 464-0544
- Loving Hut**  
Garden Grove - (657) 233-5780
- Vegan Bánh Mì (Loving Hut)**  
Huntington Beach  
(714) 698-8053
- Más Veggies Vegan Taqueria**  
Irvine - (949) 565-1700
- Mitasie**  
Lake Forest - (949) 446-6563  
Huntington Beach  
(714) 847-5262



Based on art by Laura Nualart

- Nice Burger**  
Costa Mesa - (901) 468-3426  
*\*Plus other locations*
- The Plot**  
Costa Mesa - (714) 852-3181
- Saigon Vegan**  
Garden Grove - (657) 231-6607
- Seabirds Kitchen**  
Costa Mesa - (714) 549-2584
- SubVegan Sandwiches**  
Santa Ana - (714) 852-3896
- The Sun Vegan**  
Fountain Valley - (714) 617-5888
- Thiên Đẳng Vegetarian**  
Garden Grove - (714) 531-4888
- Thuyền Viên**  
Anaheim - (714) 490-0242
- Vegan by El Zamorano**  
Costa Mesa - (657) 247-5200
- Vegan District Asian Eatery**  
Anaheim - (714) 820-6866
- Vegan Pizza**  
Garden Grove - (714) 750-8686
- Vegan Stops**  
Garden Grove - (714) 561-0073
- VegiOasis**  
Huntington Beach  
(714) 377-3928
- Veggos Green Cuisine**  
Lake Forest - (949) 305-3593
- Vibe Organic Kitchen & Juice**  
Newport Beach - (949) 478-4118

### Others (SoCal)

- Bright Star Thai Vegan Cuisine**  
Rancho Cucamonga  
(909) 980-9797
- Choice Superfood Bar & Juicery**  
San Diego - (858) 832-7905  
San Diego - (619) 450-7970
- Gentle Grill**  
Temecula - (951) 240-7455

# Vegan Restaurants

## For your further veg exploration...



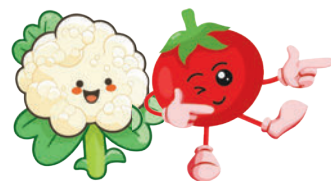
- Gorilla Eats Sushi**  
San Diego - (619) 400-6563
- Loving Hut**  
San Diego - (858) 578-8885
- Loving Hut**  
San Diego - (619) 683-9490
- Loving Hut**  
Redlands - (909) 335-0077
- Native Foods Café**  
Palm Springs  
(760) 416-0070
- Peace Pies**  
San Diego - (619) 223-2880
- Plant Power Fast Food**  
San Diego - (619) 450-6845  
*\*Plus other locations*
- The Purple Mint**  
San Diego - (619) 280-3388
- Tacotarian**  
San Diego - (619) 432-1815
- Thanh Tinh Chay**  
San Diego - (619) 255-0134
- Veg & Go**  
Riverside - (951) 213-6233

- Veganburg**  
Hesperia - (442) 267-5332
- Viva Vegan Diner**  
Upland - (951) 772-7193
- Northern CA**
- Aina's Vegan Bánh Mì**  
San Jose - (408) 515-0469
- Beach'N SF**  
San Francisco - (415) 779-5901
- Blossom and Root Kitchen**  
Danville - (925) 854-2059
- Blossom Vegan**  
Pleasanton - (925) 399-5232
- Cafe Dareye**  
Oakland - (510) 817-4548
- Café Tibet**  
Berkeley - (510) 548-5553
- Cha-Ya**  
Berkeley - (510) 981-1213  
San Francisco - (415) 252-7825
- Cozy Plum**  
Sebastopol - (707) 823-3333
- Craft Roots**  
Morgan Hill - (408) 612-8297  
Sunnyvale - (831) 515-8407
- Earthy Vegan Cuisine**  
San Jose - (408) 409-6425
- El Cantaro**  
Monterey - (831) 646-5465
- Golden Era Vegan Restaurant**  
San Francisco - (415) 487-8687
- Golden Lotus**  
Oakland - (510) 893-0383

- Happiness Café**  
San Jose - (408) 573-8699
- Loving Hut**  
Elk Grove - (916) 478-9590
- Loving Hut**  
Milpitas - (408) 943-0250
- Loving Hut**  
San Francisco - (415) 731-1957
- Loving Hut**  
San Jose - (408) 229-2795
- Malibu's Burgers**  
San Rafael - (415) 785-4456
- Merit Vegan Restaurant**  
Sunnyvale - (408) 245-8988
- Millennium**  
Oakland - (510) 735-9459
- Mr. Charlie's**  
San Francisco - (415) 658-7239
- Noble Vegetarian (vegan)**  
Sacramento - (916) 334-6060
- Om Sabor**  
San Francisco - (831) 291-3773
- Peña Pachamama**  
San Francisco - (415) 694-0845
- Peace Natural Vegan Food**  
Berkeley - (510) 984-0738
- Rad Radish**  
San Francisco - (415) 916-8548
- Raw Superfood Café (RĀW)**  
Sacramento - (916) 237-7054  
*\*Plus other locations*
- Rico Rico Vegano**  
Oakland - (510) 350-8821

- Roasted and Raw**  
Oakland - (510) 285-6052
- Shizen**  
San Francisco - (415) 678-5767
- Shangri-La Vegan**  
Oakland - (510) 547-1842  
Oakland - (510) 250-9918
- Tane Vegan Izakaya**  
Berkeley - (510) 898-1514  
Palo Alto - (650) 384-6300
- Taqueria La Venganza**  
Oakland - (510) 817-4405  
San Francisco - (510) 813-1449
- TNK Vegan Cafe**  
Modesto - (209) 567-2232
- Tofoo Com Chay**  
San Jose - (408) 286-6335
- Veg On The Edge**  
Santa Cruz - (831) 423-3000
- Vegetarian House (Vegan)**  
San Jose - (408) 292 3798
- Wildseed**  
San Francisco - (415) 872-7350

*We apologize for not being able to include all vegan eateries in this listing due to limited space.*



# Loving Hut

vegan cuisine

## USA LOCATIONS

[www.LovingHut.us](http://www.LovingHut.us)



### ARIZONA

Glendale - (602) 978-0393  
 Litchfield Park - (602) 587-2733  
 Phoenix - (602) 264-3480  
 Tempe (University)  
 (480) 968-4096  
 Tempe (Southern)  
 (480) 897-9034

### FLORIDA

Orlando - (407) 894-5673

### GEORGIA

Norcross - (678) 421-9191

### MASSACHUSETTS

Worcester (Chandler St)  
 (508) 459-0367  
 Worcester (Hamilton St)  
 (480) 968-4096

### NEW JERSEY

Ledgewood - (973) 598-9888

### NORTHERN CALIFORNIA

Elk Grove - (916) 478-9590  
 Milpitas - (408) 943-0250  
 San Francisco - (415) 731-1957  
 San Jose - (408) 229-2795

### OHIO

Cincinnati - (513) 731-2233  
 Reynoldsburg - (614) 863-0823

### SOUTHERN CALIFORNIA

Garden Grove - (657) 233-5780  
 Glendora - (626) 387-9623  
 Huntington Beach  
 (714) 698-8053  
 Orange - (714) 464-0544  
 Redlands - (909) 335-0077  
 San Diego (North Park)  
 (619) 683-9490  
 San Diego (Mira Mesa)  
 (858) 578-8885

### TEXAS

Arlington - (817) 472-0550

### VIRGINIA

Falls Church - (703) 942-5622

### WASHINGTON

Seattle - (206) 299-2219



# ÂU LẠC

PLANT-BASED CUISINE

### ÂU LẠC FOUNTAIN VALLEY

16563 BROOKHURST ST.  
 FOUNTAIN VALLEY, CA 92708  
 714-418-0658  
 TUESDAY - SUNDAY  
 LUNCH 11:33 AM - 3:33 PM  
 DINNER 5:33 PM - 9:33 PM  
 CLOSED MONDAY



### ÂU LẠC DOWNTOWN LA

710 WEST 1ST ST  
 LOS ANGELES, CA 90012  
 213-617-2533  
 TUESDAY - SUNDAY  
 LUNCH 12 PM - 3 PM  
 DINNER 5 PM - 9 PM  
 CLOSED MONDAY

[www.aulac.com](http://www.aulac.com)

Delicious plant-based creations with  
 Vietnamese roots and fusion flavors.

@aulacrestaurant



# VEG & GO

PEACE IN EVERY BITE

TOP SECRET



@VEGANDGOFASTFOOD

1201 UNIVERSITY AVE STE 115, RIVERSIDE, CA 92507

(951) 213-6233 @VEGANDGOFASTFOOD

SHOW THIS AD IN STORE FOR 20% OFF YOUR ORDER

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 WORLD PEACE  
 WORLD LIBERATION



Orange, CA

# Loving Hut

vegan cuisine



Nourish your body and delight your taste buds for a healthy and happy life!



237 S. TUSTIN STREET  
ORANGE, CA 92866



714-464-0544



[www.lovinghut.us/orange/](http://www.lovinghut.us/orange/)

# Vegan Banh Mi

## Loving Hut



LOVING HUT IS A BEACON OF LIGHT FOR AN ALTERNATIVE WAY OF LIVING TO ACHIEVE **WORLD VEGAN, WORLD PEACE.**

Nothing but

# GREAT FOOD. PERIOD.



DELICIOUS VEGAN SKEWERS



RICE COMBOS



VEGAN HAMBURGERS



DRINKS AND DESSERTS

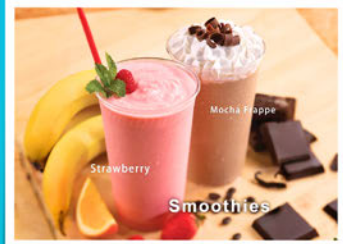
VEGAN BANH MI (LOVING HUT)  
18358 BEACH BOULEVARD  
HUNTINGTON BEACH, CALIFORNIA 92648

[WWW.LOVINGHUT.US/HUNTINGTONBEACH](http://WWW.LOVINGHUT.US/HUNTINGTONBEACH)  
(714) 698-8053



# Happiness Cafe

Serving Happiness Daily



THE FIRST VEGAN ICE CREAM AND DRINK SHOP IN THE BAY AREA

1688 Hostetter Rd # C, San Jose, CA 95131

Tel: 408-573-8699

www.happiness-cafe.com



OPEN  
TUESDAY - FRIDAY  
11AM-8PM  
BREAKFAST ALL DAY  
SUNDAY  
11:00am to 8pm  
CLOSED MONDAY & SATURDAY



43053 Margarita Rd Ste 105 B Temecula, CA 92592  
f @GENTLEGRILL  
GENTLE-GRILL.COM  
951-240-7455



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Your trusted source for vegan supplies



Loving Hut:  
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Loving Hut:  
Cheerful Spring



Loving Hut:  
Vegan Poached Egg



Loving Hut:  
Country Fresh Vegan Ham



Loving Hut: Vegan  
Mushroom Balls



Loving Hut:  
Ocean Fresh Vegan Shrimp

ecovegan.com

2300 Zanker Rd. Ste B,  
San Jose, CA 95131

(669) 235-5300



# Loving Hut

## vegan cuisine

### SAN FRANCISCO



Appetizers



Salads



Soups

#### Delivery



#### Catering

At Loving Hut San Francisco, we offer vegan catering for all your special events, from weddings to corporate gatherings. Our customizable menu features delicious plant-based dishes like Golden Rolls and Chow Mein, ensuring a healthy, cruelty-free dining experience.

#### Contact Us

-  (415) 731-1957
-  [www.lovinghutsf.com](http://www.lovinghutsf.com)
-  524 Irving St.  
San Francisco, CA 94122



Entrees



Rice and Noodles



Desserts

# VEGETARIAN HOUSE VEGAN

Our diverse menu caters to a wide range of dietary preferences, featuring numerous gluten-free, nut-free, and soy-free options.

Conveniently located just five minutes from downtown San Jose, our friendly team is dedicated to serving delicious food that nourishes your body, delights your mind, and uplifts your spirit.



SERVING VEGAN CUISINE SINCE 1994

THE BAY AREA'S FIRST CHOICE FOR VEGAN DINING AND CATERING

520 E. Santa Clara St.  
San Jose CA 95112  
(408) 292- 3798  
[www.VegetarianHouse.com](http://www.VegetarianHouse.com)

Monday: 11:00am - 2pm & 4pm - 8:30pm  
Tuesday: CLOSED  
Wed- Fri: 11:00am - 2pm & 4pm - 8:30pm  
Sat & Sun: 11:00am - 3pm & 4pm - 8:30pm

3 Unique  
Locations in  
Silicon Valley



# Loving Hut

vegan cuisine  
Silicon Valley



"Mind-blowing Vegan Menu! Everything was so delicious, fresh, tasty and umami."  
-Santosh G., Yelp



## MILPITAS SQUARE

516 Barber Lane, Milpitas, CA 95035  
(408) 943-0250

Established in 2008, this flagship of our international vegan chain offers a full dining experience with a diverse menu celebrating flavors from East and West.



## OAKRIDGE MALL

925 Blossom Hill Rd, Ste 1746 San Jose, CA 95123  
(408) 229-2795

Opened in 2009, this was the first vegan eatery in a North American shopping mall, featuring a fast counter service and a delectable Pan-Asian menu.



## VALLEY FAIR MALL

2855 Stevens Creek Blvd, Santa Clara, CA 95050  
(408) 615-1422

Nestled on the Dining Terrace of the upscale Westfield Mall, we serve delicious stir-fries and noodle soups to elevate your shopping adventure.

Check our menu and service hours at [www.lovinghut.us](http://www.lovinghut.us)



HEALTHY  
FOOD IS  
DELICIOUS

# Merit

Vegan Restaurant



## DINE WITH US

548 Lawrence Expy #2  
Sunnyvale, CA 94085  
(408) 245-8988  
[meritvegan.com](http://meritvegan.com)

"A Knockout Vegan Restaurant  
in San Jose and the South Bay."  
-Eater SF

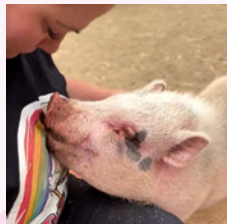
Explore delicious 100% vegan cuisine at [NobleVegan.com](http://NobleVegan.com)



# Noble Vegetarian Restaurant

5049 College Oak Dr. Ste. A,  
Sacramento, CA 95841  
(916) 334-6060

# VEGAN Farm ANIMAL SANCTUARIES



Credit: Love Always Sanctuary



Credit: The Gentle Barn



Credit: The Gentle Barn



Credit: Rancho Compasión



Credit: Goatlandia

Visit a farm animal sanctuary—joyful havens with lovable animal friends like gentle cows, playful pigs, and curious chickens ready to win your heart!

**Animal Place** (Grass Valley)  
animalplace.org

**Charlie's Acres** (Sonoma)  
charliesacres.org

**Farm Animal Refuge** (Campo)  
farmanimalrefuge.org

**Farm Sanctuary** (Acton)  
farmsanctuary.org

**The Gentle Barn** (Santa Clarita)  
gentlebarn.org

**Goatlandia** (Sebastopol)  
goatlandia.org

**Happy Hen Animal Sanctuary**  
(San Luis Obispo)  
happyhen.org

**Harvest Home Animal Sanctuary**  
(Stockton)  
harvesthomesanctuary.org

**Herd and Flock Animal Sanctuary**  
(Vacaville)  
herdandflockanimalsanctuary.org

**Loving Farm Animal Sanctuary**  
(Paso Robles)  
lovingfarm.org

**Love Always Sanctuary** (Sun Valley)  
lovealwaysanctuary.org

**New Life Animal Sanctuary**  
(Lake Elsinore)  
newlifeanimalsanctuary.org

**One Living Sanctuary** (Martinez)  
onelivingsanctuary.org

**PreetiRang Sanctuary** (Dixon)  
preetirangsanctuary.org

**Rancho Compasión** (Nicasio)  
ranchocompasion.org

**Saving Grace Animal Sanctuary** (Acton)  
savinggraceanimalsanctuary.org



## JOIN OVER 230,000 INDIVIDUALS AND SIGN THE PLANT BASED TREATY

The Plant Based Treaty has three core principles:



### Redirect

An active transition away from animal-based food systems to plant-based systems



### Relinquish

No land use change, ecosystem degradation or deforestation for animal agriculture



### Restore

Actively restoring key ecosystems, particularly restoring forests and rewilding landscapes



plantbasedtreaty.org  
Eat Plants, Plant Trees



# Quan Yin Method

## Inner Light and Inner Sound Meditation



*"The Light within us will guide every footstep in our life to the correct destination. The Sound, the vibration, the Musical of Heaven, will whisper to us all the wisdom in the universe."*  
—Supreme Master Ching Hai (vegan)

### Our Purpose on Earth

"Each one of us is given human life only for the purpose of realizing God. If we forsake this duty, we will never be happy in this life or in any other life."

### Meditation: How to Remember Our True Nature

"It isn't by sitting quietly in a corner that one gets something. You only know real meditation after you are awakened by transmission by a real Master."

### What is the Master and why do we need one?

"A Master is one who has the Key for you to become a Master...to help you realize that you are also a Master and that you and God are also One."



### Inner Light and Inner Sound Meditation

"After we are in contact with this inner Vibration, our life changes for the better. Our being becomes more capable and more enlarged until we are everywhere, until we become omnipresent, and then we know that we became one with God."



### The Quan Yin Method

This ancient meditation practice of contemplating the Inner Light and Inner Sound brings immediate enlightenment and liberation. It is offered free of charge. To find out more, please visit:  
[www.SupremeMasterTV.com/meditation](http://www.SupremeMasterTV.com/meditation)  
[www.GodsDirectContact.org](http://www.GodsDirectContact.org)



The Venerable Enlightened Master Milarepa (vegetarian) contemplating on the Quan Yin Meditation Method (1052 - 1135) Tibet

VegOut

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in multiple languages by searching "**SupremeMasterTV**."

**BE VEGAN, KEEP PEACE, DO GOOD DEEDS.**

Contact us at: [heartline@SupremeMasterTV.com](mailto:heartline@SupremeMasterTV.com)

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www.EternalTreasureMusic.com

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YouTube.com/@EternalTreasureMusic



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Enjoy happy uplifting songs at www.YouTube.com/@JoyVui

# Alternative Living



**Change Your Life  
Change Your Heart  
Change Your Diet**

**No more killing  
Be healthy and loving**

Save our Lives!  
We Love You



**Examples of nutritious, life saving food:**

| Foods  | Protein Concentration (Percentage by Weight) |
|--|--|
| Tofu (from soya)                                       | 16 %   |
| Gluten (from flour)                                    | 70 %   |
| Corn   | 13 %   |
| Rice   | 8.6 %  |
| Soy beans, kidney beans, chick peas, lentils, etc.     | 10 - 35 %                                    |
| Almonds, walnuts, cashews, hazel nuts, pine nuts, etc. | 14 - 30 %                                    |
| Pumpkin seeds, sesame seeds, sunflower seeds, etc.     | 18 - 24 %                                    |

- Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.
- Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.
- The recommended daily allowance: 50 grams of protein (Average adult).
- Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily,

**It's wise to change to a vegan diet for good.**

- It's Health
- It's Economy
- It's Ecology
- It's Compassion
- It's Peace
- It's Noble



Thank You  
for Your Compassion



For more information, please refer to the websites listed below:  
[AL.Godsdirectcontact.org](http://AL.Godsdirectcontact.org) or e-mail to [AL@Godsdirectcontact.org](mailto:AL@Godsdirectcontact.org)  
[vrg.org](http://vrg.org) [vegsource.com](http://vegsource.com)

Supreme Master Television, airing only positive programming,  
will bring a new dimension into your life.  
Available worldwide as 24-hour live Internet TV at:  
[SupremeMasterTV.com](http://SupremeMasterTV.com)



# Customer Testimonials

Dear One Veg World:

I just wanted to take the time to thank and compliment your restaurant. I decided to change my ways of eating about two weeks ago. I can honestly say you guys made things so much easier and made me realize it is not that hard to make good food without needing animal protein. Your food tastes simply amazing, especially your cauliflower buffalo wings. They taste so much like actual wings, it blew my mind. If you guys are able to open more locations throughout the US, it can hopefully teach other people that it is not that hard to eat veg.

Also, I wanted to thank you for the cool little veg store you guys have at your restaurant. It is very convenient. The more we can spread the word, the more we can change and help this planet. Keep doing what you're doing and making eating vegan easy for people. It is really changing the world. It made my vegan transition so much easier and less scary. Your restaurant opened up my eyes to completely different types of foods, and I just wanted to thank you guys for that.

Sincerely,

Leonardo Ortiz

*I came to get ideas for my future vegan restaurant in Switzerland. I was VERY satisfied with the food and inspired by the menu.*  
**Shirley Kyburz**  
Blonay, Switzerland

*Food is amazing! One Veg World inspired me to become vegetarian now! Much <3<3<3 :)*  
**Perla M.**  
Baldwin Park, CA

*We fell in love today. One Veg World took us somewhere we hadn't been in a while... home. Thank you so much.*  
**Lauren Lopez**  
Commerce, CA

*With a commitment to health, quality, and planetary well-being, One Veg World takes these values from ethos to plate, crafting dishes that speak to the soul without compromising on flavor.*  
**Patrizia B.**  
Los Angeles, CA

*Great food, especially since I'm a heart patient. Very good and I'll come again and again.*  
**Oscar Barbosa**  
Walnut, CA

*Been coming here for years, and now we bring the kids to share the tradition. <3 this place!*  
**Ms. K. Ramirez**  
Ontario, CA

*Everything was amazing! Vegan Fish Tacos and Supernova Pasta were delicious!!! Cocoana Cake and Thai Banana Rolls made the meal even better.*  
*Thanks One Veg World!*  
**Gina**  
Pasadena, CA

*The food is amazing but also balanced. I never feel heavy after eating an amazing menu item like the Jackfruit Burrito!*  
*Highly recommended!*  
**James Cook**  
Hacienda Heights, CA

*OWW never ceases to give a heavenly experience when it comes to eating vegan food.*  
**Sharmilla R.**  
West Covina, CA

S T A T E O F C A L I F O R N I A

# Senate

## CERTIFICATE OF RECOGNITION

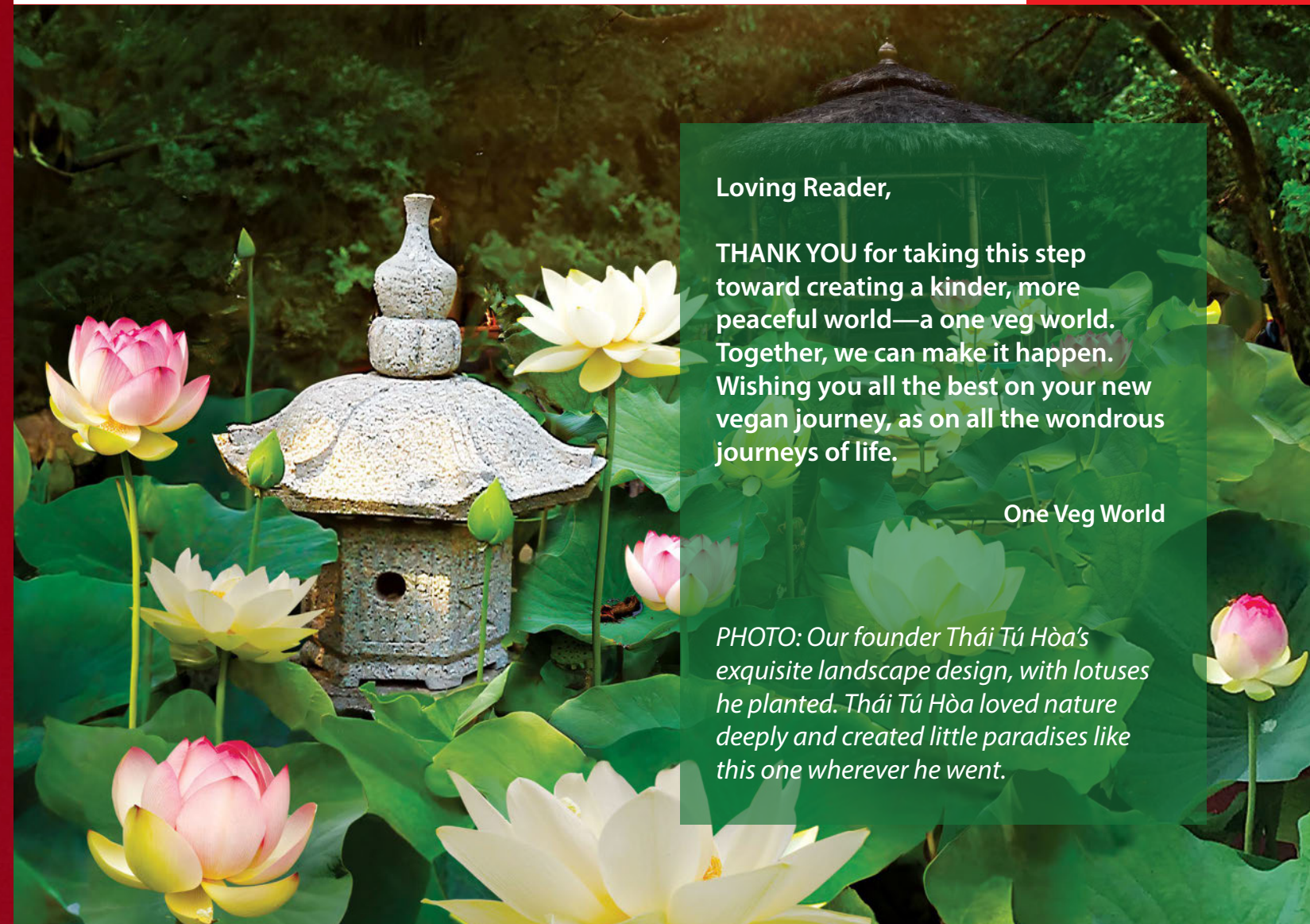
PRESENTED TO:

### THÁI TÚ HÒA IN MEMORIAM

*In grateful remembrance of the life and legacy of Thái Tú Hòa, who devoted a rich and distinguished career to promoting a vegetarian and vegan lifestyle through his restaurant, One Veg World, in the City of West Covina. Thái Tú Hòa's passionate commitment to providing healthy, plant-based foods to residents and families across the San Gabriel Valley through his unique full-service restaurant and mini-market is worthy of commendation and emulation. On behalf of the California State Senate, we join in celebrating the admirable life and spirit of this beloved chef, mentor and leader whose exemplary life and spirit will long continue to guide and inspire.*



**JOSH NEWMAN**  
SENATOR, 29<sup>TH</sup> DISTRICT  
JULY 11<sup>TH</sup>, 2024

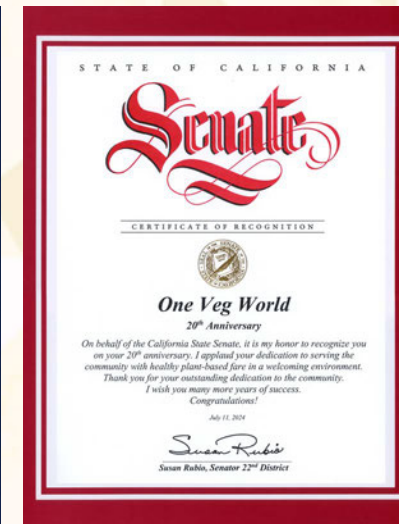


Loving Reader,

**THANK YOU** for taking this step toward creating a kinder, more peaceful world—a one veg world. Together, we can make it happen. Wishing you all the best on your new vegan journey, as on all the wondrous journeys of life.

One Veg World

*PHOTO: Our founder Thái Tú Hòa's exquisite landscape design, with lotuses he planted. Thái Tú Hòa loved nature deeply and created little paradises like this one wherever he went.*



Thái Tú Hòa and One Veg World are grateful to have received the esteemed recognition from numerous government officials, including from the US Senate, US Congress, California State Senate, California State Assembly, Los Angeles County, Los Angeles County Office of the Assessor, and the City of West Covina.

Be Vegan \* Keep Peace

One Veg World  
Eat Vegan \* Be Happy



What are you thankful for?

Vegans!



For sure!



Absolutely!

Same here!

100%



[www.OneVegWorld.NET](http://www.OneVegWorld.NET)

Find us on:     
@OneVegWorld

