



THE GHOST-FREE JOURNEY
TIPS FOR GETTING STARTED

What does "Ghost-Free" mean?

From food, fashion, entertainment, product testing and biomedical research, the *Ghosts* are the billions of (invisible) animals used within global consumer industries.

"Ghost-Free Journey";

"Ghost-Free"; "For The Ghosts";

#fortheghosts ... this language

has become synonymous with
THE GHOSTS IN OUR MACHINE
cross-platform documentary.

To be **"Ghost-Free"** literally means to be vegan, and a vegan is someone who chooses to not eat or use animal products.



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Whether you are a bit curious and want to explore a vegan lifestyle, or you're a vegetarian looking to take the next steps to being vegan, we hope these tips and resources will assist you on your journey.

What does "Ghost-Free" mean? What's the difference between vegan, or a plant-based eating? A few definitions are in order.

The word vegan was introduced by Donald Watson in 1944, who founded the Vegan Society UK. He wrote: *"Veganism is a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose."*

A plant-based diet is one where animal food products are eliminated, and where vegetables, fruits, legumes, grains, nuts and seeds are primarily consumed for health and environmental benefits.

Although we highly recommend a whole-food, plant-based diet, the Ghost-Free Journey goes beyond, and is a process of adopting a vegan way of life. It supports all aspects of being vegan~ incorporating a sound nutrition plan for health purposes, but also a healthy dose of compassion for animals, the environment, and the welfare of other human beings.

Our aim is to encourage each of you to consider and/or maintain a Ghost-Free life; specifically, one that excludes the use of animals~ be it for food, fashion, entertainment or product testing. We extend our assistance, knowledge of resources, and our own experiences, while understanding that everyone has their own unique process and timeframe for transition.

Perhaps you would like to start with eliminating animal food products and then gradually remove all animal products from your use. On the other hand, you may have already made the changes with food, and you're ready to make more changes in your wardrobe, personal care products, or make-up. Maybe you have concerns about how these changes will impact your family, work, and social life. For some, there have been concerns about how to deal with the ensuing feelings of sadness that can come with the awareness of animal exploitation.

Remember, this is your journey and it can lead wherever you like. May we suggest, that as you go about your day- to -day activities, try to look at the world in a new way; where do you see the Ghosts?

As you walk through supermarkets, clothing stores, and drugstores think about what is being sold – are there any ghosts present in these products? Are there any entertainment events taking place in your town that use animals such as the circus or a rodeo? It is our hope that a heightened sense of awareness will encourage discussion and questions to share on The Ghost-Free Journey Facebook page.



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For a structured program, check out these resources. They include menus, grocery lists, and support along the way.

Vegan Challenge

<http://www.the30dayveganchallenge.com/fe/29373-30-day-vegan-challenge> (Colleen Patrick-Goudreau)

Plant-Based Challenges

<http://veganeasy.org/vegan-easy-challenge> (Animal Liberation, Victoria)

<http://www.pcrm.org/health/diets/kickstart/kickstart-programs> (Physician's Committee for Responsible Medicine)

Vegan Starter Kits

<https://www.mercyforanimals.org/VSG.pdf>

<http://vegankit.com>

<http://www.veganoutreach.org/guide/>

<http://features.peta.org/VegetarianStarterKit/>

Recommended Books

Animal Liberation by Peter Singer

Eating Animals by Jonathan Safran Foer

Farm Sanctuary: Changing Hearts and Minds About Animals and Food by Gene Baur

The Face on Your Plate by Jeffrey Moussaieff Masson

The Kind Diet: A Simple Guide to Feeling Great, Losing Weight and Saving the Planet by Alicia Silverston

The World Peace Diet by Will Tuttle, Ph.D.

Why We Love Dogs Eat Pigs and Eat Cows by Melanie Joy, Ph.D.



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Fridge and Pantry Essentials

Below is a list of basics for building your pantry and fridge items. By no means is this an exhaustive list, but it's a list to help get you started with many items you may already have, and to shop for a few more. While we encourage a whole food, plant-based diet, it may take some time to become accustomed to vegan cooking/eating. Included are some convenient, packaged foods to help with the transition.

Beans/Legumes

Look for organic canned or dried beans.

Black beans
Chickpeas
Kidney
Lentils

Miso
Organic Non-GMO Tempeh
Organic Non-GMO Tofu

Grains

Rolled Oats
Brown and Wild Rice Quinoa
Millet

Flour
Whole wheat pastry Oat
Brown rice Cornmeal

Vegetables and Fruit

Here is a basic list of healthy fresh food. Try to find fresh, local and organic when possible.

Garlic
Onion
Potatoes
Celery
Carrots
Spinach
Kale
Parsley
Cilantro

Apples
Bananas
Grapes
Pear
Kiwi
Frozen fruit for smoothies

Milk/Dairy Substitutes

Coconut
Soy
Almond

Rice
Oat
Coffee Creamers (Silk, So Delicious)



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🌿 **Nuts & Seeds**

Almonds
Walnut
Cashew
Pecan
Nut butters
Tahini

Pumpkin
Hemp
Chia
Flax

🌿 **Cheese**

Daiya

Follow Your Heart
- DIY Cashew cream, cheeses

🌿 **Other**

Veganise (mayo) Ice Creams
Coconut Bliss

Purely Decadent
Tofutti

🌿 **Packaged Treats**

Crackers
Oreo Cookies
Popcorn

Newmans O's
Tortilla chips
Whole wheat wraps

🌿 **Faux Meat / Packaged Meals**

Ener-G Replacer
- egg replacer
Amy's
- veggie burgers, frozen dinner entrees, burritos
Field Roast
- sausage, holiday roasts with gravy
Gardein
- BBQ ribs, chikn products, breaded nuggets

Morningstar
- veggie crumbles, burgers, bacon
Smart Life
- sausage, hot dogs, crumbles
Tofurky
- deli slices, hot dogs, pizza, sausage

🌿 **Miscellaneous**

Red Cider Vinegar
Rice Vinegar
Extra Virgin Olive Oil
Sesame Oil
Coconut Oil
Organic Cane Sugar
Medjool Dates
Organic dried fruits

Raw Agave
Maple Syrup
Soy Sauce
Tamari
Veggie Stock
Nutritional Yeast
70% or higher Dark Cocoa Powder
Carob Powder Chocolate



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Recipes

<http://happyherbivore.com>

<http://www.forksoverknives.com/category/recipes/>

Other helpful links

<http://nutritionfacts.org/topics/plant-based-diets/>

<http://plantbaseddietitian.com>

For the Ghosts,

Mentors, Rosemary Tarentino-Foos and Donna Oakes

