

Beginner's Guide for New Vegans:

What is Vegan?

Being vegan means you abstain from using all the products that come from animals, especially food. Meat, eggs, and dairy products are all excluded from a vegan diet.

Tips during the transition:

1. **Take it easy**– Start with a couple of small steps, like a Meatless Monday challenge at home, or switching one of your daily meals to a meatless and dairy-free option.
2. **Start with dishes you know and love**– One handy place to start is by looking at some of your favorite dinner recipes and thinking about how you might adapt them to be meatless and dairy-free.
3. **Make your own dairy substitutes**– Homemade dairy substitutes are creative, fun, and cost-effective, and can often be a big step up from what you can find in the store.
4. **Make vegan food for everyone.**
5. **Find community**– Food is all about community and sharing, so do your best to share this lifestyle with people you care about—even if they're not making the change along with you.
6. **Do as much as you can**– Just because you can't go all the way, it doesn't mean that you don't do anything.

Meat substitutes:

Mock meat comes very close to replicating the taste and texture of meat, and comes in the form of sausages, burger patties, etc. In case you don't have access to mock meat, then tofu or tempeh is a great option. Another good alternative is soy nuggets—they taste great in curries and in any dishes that need a meat substitute.

1. [Veggie Champ](#)
2. [Good Dot](#)
3. [Vegeta Gold](#)
4. [Vezlay](#)
5. [Nutrela chunks](#)

Egg substitutes:

Tofu is one of the best substitutes for eggs. Scrambled tofu cooked with black salt will never let you miss your scrambled eggs.

1. [EVO food](#)

Milk substitutes:

Plant milks/Non-dairy milks are all the rage right now. Different kinds of vegan milk are available in India, like almond milk, soy milk, coconut milk, and rice milk. You can buy plant milk and yogurt products from popular packaged brands. You can also easily make plant milk at home.

1. [Sofit](#)
2. [Goodmylk](#)
3. [Dabur Homemade](#)
4. [Plantveda](#)
5. [Raw Pressery](#)

Butter substitutes:

An excellent butter alternative is nut butter. Peanut butter, almond butter, cashew butter—all these nut butters are now readily available in India. You can easily make them at home too.

1. [Goodmylk Vegan Butter](#)
2. [Peanut butter](#)
3. [Emkey Ghee](#)

Cheese substitutes:

For cheese, vegan cheese alternatives are famous worldwide and are slowly beginning to surface in India. In the meanwhile, cashews and nutritional yeast are the go-to ingredients for all cheese-loving vegans.

1. [Violife](#)
2. [Liveyum](#)
3. [Soft Spot Foods](#)

For chocolate lovers:

Dark chocolates are usually vegan, so be on the lookout for dark chocolate bars. Also, Hershey's Chocolate Syrup is accidentally vegan, so feel free to drizzle it over all your desserts and breakfast dishes.

1. [Piperleaf chocolates](#)

Clothing and accessories

- [Attaware](#) (Biodegradable natural cutlery)
- [Baggit](#) (A stylish range of animal-free 'no leather' bags and footwear)
- [Corkiza](#) (Belts and wallets made from corks)

- [Ethik](#) (Non-leather footwear and accessories like belts, wallets, and bags)
- [Ghatkopar Cloth Stores](#) (Vegan sarees approved by PETA)

- [Gowma](#) (Leather substitute bags, wallets, and footwear)
- Handbags & Co (Ethically crafted handbags that have no animal skin, feather, or fur)
- [Ladida Cruelty-Free Handbags](#) (Non-leather bags)
- [Arture](#) (Non-leather wallets and handbags for men and women) *info@myarture.com*
- [Puma—Non Leather Athletic Trainers](#) (High-quality non-leather athletic trainers)
- [Senso Vegetarian](#) (100% animal-free shoes of the latest styles and best craftsmanship)

Beauty and health care products

- [Art of Living store](#) (Natural handmade soap, hair oil, face wash, and body care lotion)
- [Biotique](#) (Huge range of vegan skin moisturizer, sun-protective, eye and lip care, shampoo, hair conditioner, and shaving cream)
- [Dear Earth](#) ([Organic vegan handmade soap](#))
- [Disguise](#) (100% Vegan & animal-free lipstick)
- [Forest Essentials](#) (Natural handmade soaps, base oil, bath & shower oil, body lotion, massage oil, face cleansers, lip balm, moisturizers, eye care, hair oil, shampoo, conditioner, and fragrance)
- [Inatur](#) (Natural, vegan, organic skincare and hair & wellness products)
- [Lotus Herbals](#) (Organic skin cleanser, face wash, toners, moisturizers, sun-protective, lip & eye care, body lotion, cleansing bar, hair oil, shampoo, and conditioner)
- [Lush India](#) (Vegan handmade soap, face wash, shaving cream, sun-protective cream, hair oil, and shampoo *Products marked with a green 'V' contain no animal products and have not been tested on animals.)
- [Mooi Naturals](#) (Body care, hair, and baby care products with 100% natural, USDA certified & organic ingredients, no synthetic fragrances, no artificial colors, and no animal testing)
- [Neev Herbal Handmade Soaps](#) (Herbal soaps, hair oil, hand washes, and massage oils)
- [Puro's](#) (Herbal handmade soap, body wash, lip balm, hand & body lotion, hair massage oil, cleanser, moisturizer, conditioner, face moisturizer, toner, wash, scrub, and body splash)
- [Raw Nature](#) (Organic handmade bath soap, body wash, massage oil, body lotion, face wash, lip balm, hair oil, and shampoo)
- [Rustic Art](#) (Organic handmade bath soap, body wash, massage oil, body lotion, face wash, lip balm, hair oil, shampoo, conditioner, and menstrual cup)
- [Soulflower](#) (Organic handmade soap, massage oil, and hair care products)
- [Surya Brasil](#) (Organic hair coloring, color fixation, shampoo, and lip care products)
- [The Nature's Co.](#) (*Completely vegan, with no animal ingredients—they do not test on animals and also ensure that their vendors follow the same policy; vegan and natural bath soaps, body lotion, massage oil, face wash and cleanser, hair oil, cleanser, conditioner, and toothpaste)

- [Verdure Vegan Fragrances](#) (*Vegan in every way.) Email: info@verdurefragrance.com
- [Vicco](#) (Naturally made toothpaste, face wash, skin cream, hair oil, and shaving cream)

Where can you buy these?

Here are some of the online stores where you can find exclusive vegan products.

1. [Get Moksha](#)
2. [Vegan Dukan](#)
3. [Vegan Essentials](#)
4. [Amazon.in](#)

Discounts on some of our favorite vegan products

Brand: [Emkay Food Products](#)

Discount code: Vegan 10

Discount: 10% (Vegan Ghee, Vegan Tea Premix, Vegan Coffee Premix, Vegan Soy Milk Powder, etc.)

Brand: [Live Yum Foods](#)

Discount Code: GOVEGAN30

Discount: 30% (Vegan Mozzarella Cheese Shreds, Vegan Cheddar Cheese Shreds & Vegan Cheese Spread)

Condition: Minimum order value = Rs.500 and Maximum discount = Rs.500

Brand: [Piperleaf](#)

Discount code: BEVEGAN15

Discount: 15% (Vegan My!k Chocolates, Vegan Egg)

Brand: [Good Dot](#)

Discount Code: GOODCOUPON21

Discount: 20% (Mock Meat, Plant-based biryani)

Brand: [Vijay Sweets](#)

Discount Code: Vegan15

Discount: 15%

Brand: [PlantMade](#)

Discount Code: PlantMadeVeganoutreach101

Discount: 15%

Condition: Minimum order value = Rs. 500, Limit to one use per customer