

## **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 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, doesn't mean that you shouldn'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. [Gooddot](#)
2. [Vezlay](#)

**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. [Nourish You](#)
5. [Raw Pressery](#)
6. [Alt Co.](#)
7. [Urban Platter](#)
8. [Bagrry's](#)
9. [Life Health Foods](#)

**Butter substitutes:**

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

1. [Nourish You](#)
2. [Peanut butter](#)
3. [Emkey Ghee](#)
4. [Plantaway](#)
5. [White Cub](#)
6. [Plantacious](#)

**Cheese substitutes:**

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

1. [Plan B Foods](#)
2. [Plantaway](#)
3. [Soft Spot Foods](#)
4. [Urban Platter](#)

**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. [Paul And Mike](#)
2. [Daarzel](#)
3. [Pink Harvest](#)

#### **Clothing and accessories:**

1. [Bare Necessities](#) (Products for a sustainable, zero-waste, and vegan lifestyle)
2. [Baggit](#) (A stylish range of animal-free 'no leather' bags and footwear)
3. [Corkiza](#) (Belts and wallets made from corks)
4. [Ethik](#) (Non-leather footwear and accessories like belts, wallets, and bags)
5. [Zouk](#) (Ethically crafted handbags that have no animal skin, feathers, or fur)
6. [Senso Vegetarian](#) (100% animal-free shoes of the latest styles and best craftsmanship)

#### **Beauty and health care products:**

1. [GUSH Beauty](#) (Vegan makeup and skincare brand)
2. [Plum Goodness](#) (Vegan makeup, skincare, bodycare, haircare, and fragrances)
3. [Biotique](#) (Huge range of vegan skin moisturizer, sun-protective, eye and lip care, shampoo, hair conditioner, and shaving cream)
4. [Disguise](#) (100% Vegan & animal-free lipstick)
5. [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)
6. [Inatur](#) (Natural, vegan, organic skincare, haircare, and wellness products)
7. [Lotus Herbals](#) (Organic skin cleanser, face wash, toners, moisturizers, SPF, lip & eye care, body lotion, cleansing bars, hair oils, shampoos, and conditioners)
8. [Neev Herbal Handmade Soaps](#) (Herbal soaps, hair oil, hand washes, and massage oils)
9. [Rustic Art](#) (Organic handmade bath soap, body wash, massage oil, body lotion, face wash, lip balm, hair oil, shampoo, conditioner, and menstrual cup)
10. [Soulflower](#) (Organic handmade soap, massage oil, and hair care products)
11. [Surya Brasil](#) (Organic hair coloring, color fixation, shampoo, and lip care products)
12. [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)
13. [Vicco](#) (Naturally made toothpaste, face wash, skincream, 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. [Vegan Dukan](#)
2. [Vegan Mall](#)
3. [Greend India](#)
4. [Amazon.in](#)
5. [Big Basket](#)

### **Discounts on some of our favorite vegan products**

Brand: [Plan B Foods](#)

Discount code: PLANB10

Discount: 10% (Vegan cheese and mayo)