



the
VEGAN RESET

**WEEK FOUR: ETHICAL
DAY TWENTY-EIGHTH:
LIFE AFTER THE VEGAN RESET**



life after the vegan reset

Now that the 28-Day Vegan Reset is officially over, you may wonder what to do next. Luckily, there will be plenty of new Vegan Resets with all new recipes soon:) But in the meantime, I would recommend incorporating as much of what you have learned during this journey into your day to day life as you can and as you are ready for. If you were not vegan before this reset, you could decide to extend this journey and continue eating a plant-based diet for the next weeks or even months. Just be aware that too much pressure often has a counter-productive effect. It is OK to just take it day by day. You don't need to prove anything to anyone. This is a journey people go on after they've gathered enough information to convince them that doing so will have a positive impact on the lives of animals, the environment and their health. It is not a health craze or a temporary diet. Transitioning to veganism means changing habits that you were accustomed to for most of your life, it is normal that this process takes a little longer for some than it does for others. At the same time, veganism is also much easier than many people believe. We live in a world that has conditioned us to believe that meat and other animal by-products are essential for our wellbeing and survival, so it is understandable that the idea of removing them from our lives entirely may seem radical or even extreme, but the good news is that there is such an abundance of plant-based food and alternatives to choose from that it won't feel like you're depriving yourself. If you don't feel quite ready yet, that is OK too. Simply keep informing yourself and take it one step at a time!

life after the vegan reset

Some of you have asked us for a list of resources to make finding vegan products, books and documentaries easier, so here you go:

(keep in mind that lists like these frequently change as new brands see the light of day and old ones change their policies, so always double check before purchasing a product):

Cosmetics/Makeup:

a.dorn (www.adornnails.com and www.adorncosmetics.com.au)

A Girl's Gotta Spa (www.agirlsgottaspa.com)

ABBA (www.pureabba.com)

AILA Cosmetics (www.ailacosmetics.com)

Aromi (www.aromibeauty.com)

Au Naturelle Cosmetics (www.aunaturaleglow.com)

Beutisol (www.beutisol.com)

Beauty Blender (www.beautyblender.net)

Beauty Without Cruelty BWC (www.beautywithoutcruelty.com)

Biokleen (www.biokleen.com)

Blissoma (www.blissoma.com)

Box Naturals (www.boxnaturals.com)

Bronze Buffer (www.bronzebuffer.com)

Bye Bye Parabens (www.byebyeparabens.com)

Cocoon Apothecary (www.cocoonapothecary.com) ColorProof (www.colorproof.com)

CoverFX (www.coverfx.com)

Cozette (www.roquecozette.com)

Crazy Rumors (www.crazyrumors.com)

Crystal Body Deodorant (www.thecrystal.com)

Dahlia (www.dahlia.com)

life after the vegan reset

DermOrganic (www.dermorganic.com)

DeVita Natural Skin Care (www.devitaskincare.com) Dolma
(www.dolma-perfumes.co.uk)

Earthly Body (www.facebook.com/EarthlyBodyInc)

Eco Tools (www.ecotools.com)

Elysian Nail Lacquer (www.elysiannailacquer.com)

Ellovi (www.ellovi.com)

Emani (www.emani.com)

Everyday Minerals (www.everydayminerals.com)

EVOLVh Luxury Organic Hair Products (www.evolvh.com) FLO
+ THEO (www.floandtheo.com)

Forager Botanicals (www.foragerbotanicals.com)

Furless (www.furlesscosmetics.com.au)

Georgie Beauty (www.georgiebeauty.com)

Glam Natural (www.glamnatural.com)

Green Tidings (www.facebook.com/GreenTidings) Harvey
Prince (www.harveyprince.com)

Hempz (www.hempzbodycare.com)

Hugo Naturals (www.hugonaturals.com)

Hurraw! Balm (www.hurrawbalm.com)

Kaeng Raeng (www.kaengraeng.com)

Kelley Quan New York (www.kelleyquan.com)

Kester Black (www.kesterblack.com)

Kosia Naturals (www.kosianaturals.com)

La Fresh Eco Beauty (www.lafreshgroup.com/eco-beauty)

Laughing Devil Designs LLC
(www.laughingdevilbathandbeauty.com)

Light Mountain Natural Hair Color & Conditioner (www.light-mountain-hair-color.com)

life after the vegan reset

Lime Crime (www.limecrime.com)

Lina Hanson (www.linahanson.com)

Lip Glosserie (www.lipglosserie.com)

LVX (www.shoplvx.com)

Mad Hippie (www.madhippie.com)

Mei Yin Naturopathics/ Skin Care (www.meiyinskinicare.com)

Meow Meow Tweet (www.meowmeowtweet.myshopify.com)

Metamour Skin Care (www.metamourskinicare.com)

Modern Minerals (www.modernmineralsmakeup.com)

Mr Bean Body Care (www.mrbeanbodycare.com)

MUN (www.munskin.com)

My Beauty Bunny (www.mybeautybunny.com)

My Konjac Sponge (www.mykonjac sponge.com)

Nature's Gate (www.natures-gate.com)

ncLA (www.shopncla.com)

North Coast Organics (www.north-coast-organics.com)

not.a.sponge* (www.notasponge.com)

Obsessive Compulsive Cosmetics (www.occmakeup.com)

OFRA Cosmetics (www.ofracosmetics.com)

O.R.G. SKINCARE (www.orgskinicare.com)

Pacifica (www.pacificabeauty.com)

Pelle Beauty (www.pellebeauty.com)

Phyrra (www.phyrra.net)

piCture pOlish (www.picturepolish.com.au)

Preserve (www.preserveproducts.com)

Priti NYC (www.pritinyc.com)

Relogy (www.relogynow.com)

Replere (www.replere.com)

Root Science (www.shoprootscience.com)

life after the vegan reset

Sappo Hill Soapworks (www.sappohill.com) Schmidt's Deodorant (www.schmidtsdeodorant.com) Scotch Naturals (www.scotchnaturals.com) Skintea Ochaya (www.facebook.com/SkinteaOchaya) ShiKai (www.shikai.com) Soulstice Spa (www.soulsticespa.com) SpaRitual (www.sparitual.com) Swagger Cosmetics (www.swaggercosmetics.com) The All Natural Face (www.theallnaturalface.com) The Fanciful Fox (www.fancifulfox.bigcartel.com) Tiki Bar Soap (www.tikibarsoap.com) Trust Fund Beauty (www.trustfundbeauty.com)

Condoms:

B Condoms (www.bcondoms.com) French Letter (www.frenchlettercondoms.co.uk) Glyde (www.glydeamerica.com and www.glyde-condoms.com) L Condoms (www.thisisl.com) RFSU (www.store.veganessentials.com/rfsu-vegan-condoms-p2733.aspx) Sir Richard's (www.sirrichards.com) Unique (www.uniquecondom.com)

Candles:

A Scent of Scandal (www.ascentofscandal.com) Intoxicated Zodiac (www.intoxicatedzodiac.com/candles_main.php) Pacifica Natural Soy Candles (www.pacificabeauty.com/homeaccents/soy-candles) Purbliss Candle Co (www.purbliss.com)

life after the vegan reset

Household/Cleaning products:

Allen's Naturally (www.allensnaturally.com)

Bi-o-kleen (www.biokleenhome.com)

Bio-Pac Cleaning Products (www.bio-pac.com)

Charlie's Soap (www.charliesoap.com)

Citra-Solv (www.citrasolv.com)

Clean Well (www.cleanwelltoday.com)

Country Save (www.countrysave.com)

Earth Friendly Products (www.ecos.com)

Eco Nuts (www.econutssoap.com)

Grab Green (www.grabgreenhome.com)

Method Cleaning Products (www.methodhome.com) Mia Rose (www.miarose.com)

Mrs. Meyers (www.mrsmeyers.com)

Nature Clean (www.naturecleanliving.com)

New Leaf Clean (www.newleafclean.com)

Sound Earth (www.soundearth.com)

Sun and Earth (www.sunandearth.com)

Shoes:

Beyond Skin (www.beyondskin.com)

Neuaura (www.neuaurashoes.com)

Olsenhaus (www.olsenhaus.com)

Vegetarian Shoes (www.vegetarian-shoes.co.uk) Zoe & Zac (www.zoeandzac.net)

life after the vegan reset

Vegan Apparel:

Blood Tight Apparel (www.bloodtightapparel.com) Herbivore

Clothing (www.herbivoreclothing.com) House of Lily Rose

(www.houseoflilyrose.com) Vaute Couture

(www.vautecouture.com)

V Apparel (www.vapparelus.com)

And some online stores that sell vegan cosmetics and other vegan products:

Matt and Nat (vegan bags and accessories

www.mattandnat.com) Pangea -The Vegan Store

(www.veganstore.com)

Shop Vegan (www.shopvegan.co.uk)

Vegan Cuts (www.vegancuts.com)

Vegan Essentials (www.veganessentials.com)

Vegan Perfection (www.veganperfection.com.au)

Denise Roobol (vegan handbags – www.deniseroobol.com)

FURTHER READING (/WATCHING)

Websites about veganism and/or related to veganism:

www.carnism.org

www.farmusa.org (Farm Animal Rights Movement)

www.mercyforanimals.org www.peta.org

www.sanctuaries.org

www.vegan.com www.vegansociety.com www.VegNews.com

www.vegsource.com

life after the vegan reset

Books about Veganism:

Beg: A Radical New Way of Regarding Animals by Rory Freedman

Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings and 7 Steps to End Them Naturally by Neal Barnard

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet... by Thomas Campbell and T. Colin Campbell Colon(ization)

Cleanse: Black Women Finding Liberation Through Veganism by Briaan Barron

Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! by Kris Carr

Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs by Neal Barnard

Eating Animals by Jonathan Safran Foer

Eat Like You Care: An Examination of the Morality of Eating Animals by Gary Francione

The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds by Rip Esselstyn

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

Muzzling a Movement: The Effects of Anti-Terrorism Law, Money, and Politics on Animal Activism by Dara Lovitz

Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory by Neal Barnard

life after the vegan reset

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition- Based Cure by Caldwell B. Esselstyn Jr.

Sistah Vegan: Food, Identity, Health, and Society: Black Female Vegans Speak by A. Breeze Harper (editor)

Skinny Bitch: A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous

by Rory Freedman and Kim Barnouin Slaughterhouse: The Shocking Story of Greed, Neglect, And Inhumane Treatment Inside the U.S. Meat Industry by Gail Eisnitz

The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! by John McDougall and Mary McDougall

Veganist: Lose Weight, Get Healthy, Change the World by Kathy Freston

Whole: Rethinking the Science of Nutrition by T. Colin Campbell
Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism by Melanie Joy

The World Peace Diet by Will Tuttle

Vegan cookbooks:

350 Best Vegan Recipes by Deb Roussou

500 Vegan Dishes by Deborah Gray

Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed by Bryant Terry

life after the vegan reset

Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet by Christy Morgan
But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and... by Kristy Turner

Chloe's Vegan Italian Kitchen: 150 Pizzas, Pastas, Pestos, Risottos, & Lots of Creamy Italian Classics by Chloe Coscarelli

Chloe's Vegan Desserts: More than 100 Exciting New Recipes for Cookies and Pies, Tarts and Cobblers, Cupcakes... by Chloe Coscarelli

Chocolate-Covered Katie: Over 80 Delicious Recipes That Are Secretly Good for You by Katie Higgins

The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out by Angela Liddon

One-Dish Vegan: More than 150 Soul-Satisfying Recipes for Easy and Delicious One- Bowl and One-Plate Dinners by Robin Robertson

Robin Robertson's Vegan Without Borders: Easy Everyday Meals from Around the World by Robert Robertson

Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love by Terry Hope Romero

Spork-Fed: Super Fun and Flavorful Vegan Recipes from the Sisters of Spork Foods by Jenny Engel and Heather Goldberg

Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World by Donna Klein

Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck by Thug Kitchen
Vegan Cookbook for Beginners: The Essential Vegan Cookbook To Get Started by Rockridge Press

life after the vegan reset

Vegan Cooking for Carnivores: Over 125 Recipes So Tasty You Won't Miss the Meat

by Quentin Bacon and Ellen Degeneres

Vegan Recipes in 30 Minutes: A Vegan Cookbook with 106 Quick & Easy Recipes

by Shasta Press

Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry

Vegan Tacos: Authentic and Inspired Recipes for Mexico's Favorite Street Food by Jason Wyrick

Books about Raw Veganism:

Avoiding Degenerative Disease by Don Bennett

Creating Healthy Children by Karen Ranzi

The FullyRaw Diet by Kristina Carrillo-Bucaram

Raw Can Cure Cancer: 100% Raw courage: a journey to optimum health by Janette M. Wakelin

The Raw Food Diet – Your Questions Answered by Don Bennett

The Raw Message by Paul and Yulia Tarbath

Return to the Brain of Eden: Restoring the Connection between Neurochemistry and Consciousness by Tony Wright and Graham Gynn

What You Know That Isn't So – A reality-based guide to the less than accurate information in the health improvement community by Don Bennett

life after the vegan reset

Raw Vegan Recipe Books (these are mostly e-books):

101 frickin' rawsome recipes by Chris Kendall

21 Days Raw by Erin Volentine

Deliciously Raw Dinners by Paul and Yulia Tarbath Delicious

Raw Recipe Guide by Megan Elizabeth Easy To Be Raw

Desserts by Megan Elizabeth Epic Raw Food by Ellen Fisher

Healthy Childhood Favorites – 30 Raw Recipes by Ashley Clark

Raw Vegan Recipe Fun for Families by Karen Ranzi

Retreat Treats by Chris Kendall

Documentaries about veganism and raw veganism:

Average Joe on the Raw (Raw) Blackfish

Cowspiracy

The Cove

Earthlings

Fat, Sick and Nearly Dead (Raw)

Forks Over Knives

The Gerson Miracle

Hungry for Change

May I Be Frank (Raw)

Simply Raw: Reversing Diabetes in 30 Days (Raw) Vegucated