

VEGAN *checklist*

With awareness of the benefits of a vegan lifestyle on the rise, we've selected an array of food, drink and complementary products that are proud to contribute to an ethical and cruelty-free world. Choose to make a lifestyle change today – give some of these a try.

Vegan without compromising taste

SAY HELLO TO LIBERTO, a delicious organic and gluten-free food brand which is also suitable for vegans. Founded by husband and wife team, Mairead Maher and Marek Mlynarczyk, Liberto is grounded on a belief that we all deserve to be able to eat a healthy, wholesome diet that doesn't compromise on taste. The range includes pea-based protein shakes, award-winning bean pastas and a variety of tasty vegan patés.

The shakes are not only a great way to increase your daily intake of protein but with incredible

extras such as baobab, chia, flax, lactospore bacillus coagulans and inulin, this is a super shake for a super you. The award-winning bean pastas – packed with plant-based protein – are high in fibre but with 400% less carbohydrates than traditional pasta. The range of vegan patés are the perfect topping for any crispbread.

Buy now at Wholefoods Market, Ocado and selected Asda and Morrison stores, or online at loveliberto.com



Vegan holidays with kindred spirits

BALANCING GREAT COMPANY WITH independent time, you can make your holiday whatever you want it to be.

Craving a beach escape? Experience the beautiful Zakynthos, with clear blue waters, friendly residents, organic wine and olive oil, and a major turtle nesting project. Veganism hadn't

really reached Zakynthos, so Kindred Traveller took it to them, working with restaurants to create vegan menus just for their groups.

What about a city break to the beautiful Florence or Rome? Kindred Traveller's long weekend breaks offer the opportunity to go on vegan wine tasting tours, Italian cookery classes and more.

- What's included?**
- Vegan meals
 - Accommodation
 - Airport transfers
 - Ethical optional excursions
 - A vegan host
 - The company of like-minded people
 - Strong links to local rescues.



Get 10% off your booking with the code CHECKLIST. Visit kindredtraveller.co.uk or call 01392 927701 to redeem.

Plastic-free deodorant

LOOKING FOR PLASTIC-FREE alternatives to everyday products? Fit Pit natural deodorant is plastic free and comes in a returnable glass jar. It goes on like a cream, moisturises your pits and keeps you smelling fresh literally all day.

It works amazingly well, and a pot lasts months. Available in five scents, including peppermint, and tea tree & orange. Its 100% organic, aluminium-,

paraben- and BPA-free and suitable for vegans. And when you've finished with your pot, the jars are returnable to stockists throughout the UK, where they are cleaned and reused. Handmade in small batches by The Green Woman in the UK - proudly plastic free since the company was founded in 2013.

From £4-£10 at thegreenwoman.co.uk



Luxury, cruelty- free handbag

FABRIKK CRUELTY-FREE CORK ACCESSORIES and wearable tech unites timeless functional design with the latest luxury tech materials. All our handbags, hats and accessories are ethically sourced, vegan-friendly and handmade in the UK. The VELA Handbag debuts the latest LED materials inside to help you find your belongings at night.

Shop at fabrikk.co.uk



Bamboo tissue for sustainability

USING THE WORLD'S FASTEST growing plant bamboo to make tissue was a no brainer to couple entrepreneurs Chris Forbes and Julie Chen. "We wanted to be a completely green, ultra-sustainable company and that's why for every time someone buys some of our products we invest money to protecting the rainforest," explains Chris. "It also makes us carbon neutral." Since launching the company in 2016 they have made a wide range of products including bamboo toilet tissue, facial tissue, kitchen towel, bamboo baby wipes and offer a plastic-free subscribe and save option from their website. The products are popular because of their all natural ingredients and high quality, and can boast more than 500 5* reviews.

The range is available from Amazon, Ocado, Morrisons Online, WHSmith and most leading natural organic stores. Visit thecheekypanda.co.uk or email info@thecheekypanda.co.uk for more information.



Beauty, hair and skincare naturally

ONE OF THE ORIGINAL PIONEERS in natural beauty, hair and skincare products, Faith in Nature has been creating recipes from naturally derived sources for over 40 years, and all from humble beginnings at the kitchen sink.

Faith in Nature doesn't use animal ingredients in any of our products, making them suitable for vegetarians and vegans.

Our products are made using the highest quality, naturally derived, cruelty-free ingredients, with 100% natural fragrance – and they work beautifully.

Being sustainable is in our Faith in Nature brand DNA and informs everything that we do – from the formulations and ingredients we use, to our manufacturing techniques and the packaging materials as well. All our formulations are biodegradable to ensure that they are gentle on the planet, minimising the impact they have on the environment and



helping to protect aquatic wildlife.

Plastic is a major concern in today's plastic-reliant world, and rightly so – which is why all of our bottles are made from 100% recycled plastic (and have been since 1999!). But not only are they recycled – they're also recyclable. For those consumers who are keen to reduce their plastic consumption, we also have a 5-litre range, whereby the product can be decanted into our 400ml bottles to be reused over and over again.

So there you have it, natural products that really don't have to cost the earth, and are great for you and the environment too. Follow @faithinnature_uk



STYLPRO Easy On The Eye makeup remover

HOW OFTEN HAVE YOU RUBBED YOUR delicate eye area to remove waterproof mascara and still not removed it? No need to do that anymore! BBC's The Apprentice winner and inventor Tom Pellereau has again come up with a solution to a problem in the beauty arena.

Vegan registered, STYLPRO Easy on the Eye melts away all traces of face and eye makeup including waterproof mascara. It leaves skin feeling hydrated and cleansed. Created with a blend of naturally derived active ingredients, this cleanser is gentle on skin and easy on the delicate eye area.

A super soft, reusable and machine-washable STYLPRO wash cloth is included, removing the need for wipes and cotton wool.

How to use:

- Squeeze a small amount of the 'Easy on the Eye jelly cleanser' onto dry fingers.
- Use on dry skin, gently and thoroughly massage face and eye area to melt away makeup including waterproof mascara.
- Add warm water to the soft STYLPRO face cloth and wipe the face clean.
- Rinse face afterwards if desired.



The STYLPRO Easy on the Eye cleanser is a simple, yet ultimate, skin care essential for everyone. Available to purchase from stylpro.co.uk



Could these be the healthiest burgers known to humanity?

PLANT-BASED HEALTH HACKERS Miami Burger declare they have created "probably the healthiest burgers in the world".

With their Classic imitation beef patty containing just a fraction of the saturated fat of other burgers (0.6 grams) and only 167 kcals, it's hard to argue with them.

Miami Burger's patties are also free from cholesterol, heme, palm oil, and coconut oil and unlike some other vegan burgers, they are made in Northern Europe, reducing their burgers' total carbon footprint.

The burger makers also offer a tasty plant-based Louisiana chick'n patty with a panko crumb. The Louisiana is wheat based and has 17 grams of protein while still only 0.7 grams of saturated fat. They chose to sell their patties in the frozen aisle to avoid plastic packaging and the waste that comes with selling chilled produce.

With 65% of the UK adult population overweight (and that number still rising), and just under one in three now clinically obese (and that number still growing too), Miami Burger's mission is to provide customers with super healthy but tasty food, for vegans and non-vegans alike.

Miami Burger's development chef Tom Halford (who is also vegan) used to work in Michelin starred kitchens in Paris and Monte Carlo but now has chosen to specialise in plant-based food.



Tom says: "Whether you're eating our patties at home, in a restaurant chain or bar we supply, we're making sure that taste isn't sacrificed at the health altar."



You can buy Miami Burger's burger patties in the frozen aisle in selected Morrisons and Morrisons online across the UK. Check out if they sell near you at miamiburger.co.uk/buy-us

Thriving joyfully with a vegan lifestyle choice

IN 1944 THE VEGAN SOCIETY'S FOUNDERS coined the word 'vegan' and created the society, making it the world's oldest vegan organisation.

The vegan movement is thriving, with more people choosing a kind, healthy and sustainable lifestyle every day. Vegans live a life less ordinary. A healthy life that we live to the fullest. A plant-fuelled adventure that's about more happiness,



Swapping to plant-based, made easy



BRITISH COMPANY THE MEATLESS FARM create plant-based mince, burgers

and sausages for everyday cooking, from delicious meat-free spag bol to bangers and mash. More Brits are reducing their red meat consumption and this company is making it easy to do so, whether you're making the swap once or twice a week. With the aim of making a difference to future generations, they create the taste, texture and nutritional value of meat with the power of plants.



Meatless Farm products are available in Morrisons, Sainsbury's and Co-op stores, RRP £2.50-£3. Visit meatlessfarm.com and follow @meatlessfarm



Try their easy meat-free lasagne:

- Olive oil drizzle
- 2 x 400g Meatless Farm mince
- 2 x tomato lasagne sauce jars
- 1 pack dry lasagne sheets
- 400ml milk
- 2 tbsp butter
- 1 tsp mustard
- 1/2 block cheddar, grated
- 2 tbsp corn flour mixed with a bit of milk.

Pre heat oven to 200°C. Fry the mince in olive oil until it starts to brown. Season, add tomato sauce and leave to sit.

Next, heat the milk in a saucepan, season then add butter and mustard. When nearly boiling add the cornflour mix and keep stirring to thicken.

Once thickened add most of the grated cheese. Pour a layer of the tomato and mince sauce into a lasagne dish, then add the dry lasagne sheets.

Repeat, creating three layers, then pour on the béchamel sauce and a sprinkle of cheddar. Cook for 30 mins, remove and let it sit for five mins. Serve.

Vegan sauces to recreate favourite flavours

INSPIRED VEGAN ARE EXPERTS WHEN IT comes to remaking classic tastes for those following a plant-based diet. This year saw the launch of their six vegan condiments which have scooped an impressive four 2019 British Great Taste Gold Awards.

All Inspired Vegan condiments are free from egg, dairy, soya, gluten and GMO. They taste authentic and delicious, making them vegan without compromise. As a result, they can be enjoyed by vegans and non-vegans alike.

All of these vegan recipes were created by Nicola and Robert Young who make them in their Hampshire based production kitchens. Both were raised on farms in Canada and New Zealand



and eat more healthily. All of these products provide a finishing touch to add flavour, colour and texture to everyday meal occasions. Products are made using generous quantities of the key ingredients and they are as natural as possible.



Inspired Vegan products are available in independent retailers throughout the UK, Amazon, Booths, Ocado and available on fennelandginger.co.uk



more understanding, more peace and more connections to the planet.

We enjoy good food that comes with a clean conscience. It's a way of life. It's a joy for life. It's a vegan thing. The Vegan Society's new campaign, Vegan and Thriving, will help you to be healthy and happy on a vegan



diet, with a host of nutritionally balanced recipes. The Vegan Society offers support on all aspects of plant-based nutrition.



Visit vegansociety.com/thriving for more information about the campaign.