



VEGAN'S DAILY COMPANION

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365 DAYS of **INSPIRATION** for **COOKING,**
EATING, and **LIVING COMPASSIONATELY**



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INTRODUCTION

The word *vegan* was coined in 1944 by British activist Donald Watson (1910–2005), the founder of the first vegan organization. Watson crafted the word *vegan* from the beginning and the end of the word “**veg**etari**an**,” because he was frustrated the word *vegetarian* had come to include dairy products and eggs. He defined veganism as “a philosophy and way of living which seeks to exclude—as far as is possible and practical—all forms of exploitation of and cruelty to animals for food, clothing, or any other purpose.”

Watson’s definition is a profound statement in a world where the pursuit of pleasure is considered a right rather than a privilege, and it provides the perfect framework for those who want to live an intentional life based on consciousness and kindness.

But I think Watson would agree with my perception that being vegan is not about attaining an impossible level of purity in order to become a *100 percent certified vegan*. There is no such thing—the world is just too imperfect for that, as Watson indicates in his definition.

Rather, being vegan is a means to an end, not an end in itself. For me, the ultimate goal is unconditional, unfettered, unabashed compassion, and being vegan is an easy and effective step toward attaining that goal.

Although Watson coined the term *vegan* less than a century ago, the principle of compassion has been a guiding force in all the world’s religions and secular philosophies for centuries. The idea of nonviolence, of *ahimsa*—causing no harm—is certainly not a new idea, and veganism is simply an extension of that principle.

Being vegan is about living my life with

integrity and compassion, knowing that every decision I make is done so with the intention of not contributing to violence toward and exploitation of human and nonhuman animals where I have the power to do so. This intention guides my every action and shaped the content for this book.

The problem isn’t that we wake up in the morning wanting to contribute to cruelty or violence. The problem is we don’t wake up in the morning wanting to create more compassion, peace, and nonviolence. If that were on our to-do list every day, imagine what we could accomplish. Imagine what our world would be like.

May our daily choices be a reflection of our deepest values, and may we use our voices to speak for those who need us most, those who have no voice, those who have no choice. It’s up to each one of us to create the world we want to live in; if not you, then who? If not now, then when?



HOW TO USE THIS BOOK

This book is organized as a day minder, with entries creating a complete year's worth of information. Each of the year's fifty-two weeks has six entries.

You can start reading this book from the beginning, following the days of the week through

the calendar year, or reading one entry a day (except for Saturday and Sunday, which are combined). You can also read from the middle of the book, the end, or skip around from week to week as inspiration strikes. The most important thing to remember is that you can use this book however you want.

A YEAR IN THE LIFE OF A JOYFUL VEGAN



MONDAY / **FOR THE LOVE OF FOOD**

A celebration of familiar as well as new foods to spark enthusiasm for eating healthfully.



TUESDAY / **COMPASSIONATE COMMUNICATION**

Techniques and tactics for speaking on behalf of veganism effectively and compassionately.



WEDNESDAY / **OPTIMUM HEALTH FOR BODY, MIND, AND SPIRIT**

Care and maintenance for becoming and remaining a joyful vegan.



THURSDAY / **ANIMALS IN THE ARTS: LITERATURE AND FILM**

Inspiration across the ages that reflects our consciousness of and relationship with nonhuman animals.



FRIDAY / **STORIES OF HOPE, RESCUE, AND TRANSFORMATION**

Heartening stories of people who have become awakened and animals who have found sanctuary.



SATURDAY + SUNDAY / **HEALTHFUL RECIPES**

Favorite recipes to use as activism and nourishment.













MASSAGED KALE SALAD (A.K.A. ARI'S SPECIAL K)

Thanks to podcast listener-turned-friend, awesome voice-for-the-animals Ari Solomon, for this delicious recipe!

- 1 bunch curly kale
- ½ cup (92.5 g) cooked quinoa
- ½ yellow or white onion, thinly sliced
- 1 carrot, peeled and grated
- ½ avocado, cubed
- 2 tablespoons (30 ml) apple cider vinegar
- 2 to 4 tablespoons (30 to 60 ml) fresh lemon juice
- 1 tablespoon (11 g) Dijon mustard
- 1 teaspoon (3 g) garlic powder
- ⅛ teaspoon sea salt
- ½ cup (75 g) halved cherry tomatoes

Rinse the kale, and pull the leaves away from the stem. Place in a salad bowl, along with the quinoa, onion, carrot, and avocado.

Add the apple cider vinegar, lemon juice, mustard, garlic powder, and sea salt. With both hands, firmly massage all the ingredients together. Don't be afraid to get your hands dirty! Do this for about a minute or two until you can't see the avocado chunks anymore; they should spread over the salad and act as an "oil."

Along with your massage, the lemon juice and apple cider vinegar help tenderize the kale. Add the tomatoes, and gently toss to combine with the rest of the salad.

Yield: 4 servings

Oil-free, wheat-free, soy-free



DATES

Dates are nature's candy. The most well-known cultivars are the Deglet Noor and the Medjool, both of which will make you swear off artificial candy and refined sweeteners. The smaller Deglet Noor dates are more common, though the larger Medjool dates have great texture and sweetness.

- * All dates have a large pit in the center, unless they are pitted. Always pit them before you eat them.
- * Add dates to your fruit smoothies. They may not puree completely, but you can enjoy the

little chewy bits floating in the fruity goodness.

- * Use date sugar (made from ground, dehydrated dates) instead of cane or beet sugar. It can be used in equal parts for sugar in most baking recipes, but because the tiny pieces tend not to dissolve very well, it's not ideal as a sweetener for beverages.
- * Dates make a wonderful low-calorie snack, and they provide all the sweetness we need—from nature.











PINE NUT-ANISE COOKIES

A favorite recipe from *The Joy of Vegan Baking* (originally based on a recipe from *The Millennium Cookbook*), these are elegant cookies that beg to be served with tea or coffee.

- 3 cups (375 g) unbleached all-purpose flour
- ¼ teaspoon salt
- 1½ teaspoons (7 g) baking powder
- 1 tablespoon (8 g) anise seeds
- 1 cup (135 g) pine nuts, toasted
- ¾ cup plus 2 tablespoons (275 g) pure maple syrup
- ½ cup (120 ml) canola oil
- ¼ cup (60 ml) water
- 2 tablespoons (30 ml) anise extract
- 1 teaspoon (5 ml) vanilla extract

Preheat the oven to 350°F (180°C, or gas mark 4). Line 2 baking sheets with parchment paper or lightly grease with canola oil.

In a large bowl, combine the flour, salt, baking powder, anise seeds, and pine nuts. In a small bowl, stir together the maple syrup, oil, water, anise extract, and vanilla extract.

Pour the wet mixture into the dry mixture and stir until just combined. Form a ball with 2 tablespoons (35 g) of dough and place on the prepared pan. Press with your hand to a thickness of about ⅓ inch (1 cm). Repeat, and place the cookies 3 inches (7.5 cm) apart on the sheet. Bake for 20 to 30 minutes, or until the cookies are golden brown.

Let cool on a wire rack.

Yield: 1 ½ to 2 dozen cookies

*Soy-free

Originally published in *The Joy of Vegan Baking*



WALNUTS

Of all the nuts I eat, I eat walnuts the most frequently. They're great:

- * in oatmeal
- * in a salad
- * as a snack
- * in granola or trail mix
- * sautéed with veggies
- * toasted, coarsely chopped, and sprinkled on top of soup or pasta
- * mixed with chopped fruit and served with nondairy yogurt

They are also a wonderful source of omega-3 fatty acids. Just ¼ cup (25 grams) provides 90.8 percent of the Daily Value for these essential fats. And for the protein-obsessed, that same ¼ cup (25 grams) provides almost 4 grams of protein, so they're a good nut to have around. (Stored in the refrigerator or freezer, they stay fresh longer.)









sample content of Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately

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