



## Is it easy to go VEGAN?

### 1) What to eat? Where can – I find recipes?

You can still enjoy your favourite food but in a vegan version! As you can enjoy many other wonderful tastes without supporting the violent industry of animal agriculture which abuses them. You can find many ideas & easy recipes in the following blogs:

- [Veggie - Wedgie](#)
- [The Greek Vegan](#)
- [2 Broke Vegans](#)

### 2) Where can – I go shopping?

- You can find many vegan products [such as smoked tofu, plant-based milk & cheese, yogurts (soya or coconut based), vegan ice cream and of course meat substitutes] **in all bio / organic market stores** which are also selling some cruelty-free cosmetics and personal hygiene products. But you can also find some vegan products (milk, yogurt, shower-gel) in some conventional super – markets.
- **Athens:** [Bamboo Vegan](#), the first vegan market in Greece which is located in Solonos street, near Panepistimio metro stop. Online orders possible too!
- **Larissa:** [Vegan Way](#) (They deliver throughout the whole country)
- For online orders you can also check these 2 websites which have a big variety of products: [www.veggie-shop24.com](http://www.veggie-shop24.com) & [Boutique Vegan](#)
- Cruelty free cosmetics and hygiene products: [Living Cruelty-free](#) & [Sillage](#)
- **Shoes, clothes, accessories etc:** Online platform [All Vegan All Good](#) & Small Greek Businesses: [My Hugo Vegan](#) – [Calupi Handmade](#) - [Handmade Vegan Shoes](#)

### 3) Are – there any vegan / vegan friendly restaurants – sweetshops in Greece?

#### Athens

- [Trivoli](#)
- [Vegan Nation](#)
- [Lime Bistro](#)
- [Veganaki](#)
- [Peas](#)

- [MAMATIERRA](#) (Attention! Some choices may contain dairy)
- [THE VEGAN FAIRIES](#)
- [Avit](#)
- [Vegan Beat](#)
- [FH](#) – Attention, some deserts and smoothies may contain honey & the coffee may have dairy milk if you don't mention that you want plant – based milk.
- [HEALTHY BITES](#) - Attention: Some choices contain dairy

#### Thessaloniki

- [Elephant in the room](#)
- [THE Saints STORES](#)
- [Dirty Vegan / Fast n Vegan](#)
- [Το γλυκοπλαστέιον της φύσης](#) Attention, some products may contain honey
- [rROOTS](#) - Attention: Some choices contain dairy

#### Chania

- [To Stachi Bio Slow Food](#)- Attention: Some choices contain dairy
- [Pulse](#) - Attention: Some choices contain dairy
- **NektaR**

#### 4) [Is there any nutritionist who I can ask scientific advices from, when I decide to switch my diet?](#)

- [Sofia Kanellou](#) - Mob.+306940715140
- [Dimitra Makrigianni](#) – Mob. +306974956066
- [Giannis Mavridis](#) – (Sports Dietitian - Nutritionist) - Mob. +306936848580

#### 5) [How Can-I educate myself on the ethics of veganism etc?](#)

Above you can find inspirational & influential documentaries & speeches, most of which you can watch for free on YouTube. These will help you to see how things REALLY are. Outside [carnism](#)'s matrix.

##### ETHICS

- [Live and let Live](#)
- [Dominion](#)
- [Earthlings](#)
- [Land of hope and glory](#)

## HEALTH

- e. [What the Health](#)
- f. [Forks over Knives](#)

## ENVIRONMENT

- g. [Cowspiracy](#) & [Cowspiracy short version \(15mins\)](#)

## PHILOSOPHY – PSYCHOLOGY – TALKS

- h. **GARY YOUROFSKY** – An [excellent speech](#) which debunks all myths
- i. **Dr MELANY JOY** – [Beyond Carnism](#)
- j. **CHALLENGE 22:** <http://www.challenge22.com/challenge22> [22 days vegan diet with the support of volunteers (recipes, dietary advices etc)]
- k. [How do I go vegan](#)
- l. [Download your free vegan guide](#) - Go Vegan World



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