



Take the 21 day

EASY VEGAN CHALLENGE

START TODAY!



- ✓ Easy meal plans and ideas
- ✓ Shopping list
- ✓ Daily email with tips and resources
- ✓ Nutritional information
- ✓ Discover delicious dairy alternatives
- ✓ Eating out guide - and more!

for your health 🌿 for our planet 🌍 for the animals ♥
SIGN UP AT WWW.TRYVEGAN.ORG.NZ