



Some vegans don't need help. You might.

Our free VeGuide app. All the support you need to go vegan for 30 days. And beyond.



vegansociety.com/VeGuide

VeGuide. The free app to guide you through 30 days of plant-based living.

Some of the strongest creatures on Earth exist on a vegan diet.

They've always thrived that way and so, for them, it's easy.

For some however, it can take time to get used to. When we're in the habit of filling our shopping basket with animal products, trying to go vegan can be a daunting decision. **That's why we're here.**

We've created a special app to help make your choice a successful one and make the most of your 30 day vegan journey.

With over 20,000 downloads, there are separate versions of the app for UK and US audiences. VeGuide is available on all Android and iOS devices, and includes features such as:

- Daily advice
- Support
- Recipes
- Daily videos for motivation
- Messages and information based on your reasons for going vegan
- Quizzes
- Discounts



Download our free VeGuide app and receive all the support you need to start your vegan journey. On our website you can also sign up to a free 30 Day Vegan Pledge, and receive daily tips and advice by email.

★★★★★ Reviews on Google Play:

"Brilliant app for getting started with a vegan lifestyle. Loads of great recipes and information, presented in a simple and accessible format."

"Fantastic app. Veganism is on the rise and I'm sure this will help lots of people make the transition to a healthy, cruelty free, eco-friendly lifestyle."

"Great vegan app. Easy to use, fun little games, great videos, lots of advice and info for potential and even long-term vegans."

Reg. Charity No: 279228
0121 523 1730

Company Reg. No: 1468880
02/19

 **The Vegan Society**
One world. Many lives. Our choice.

vegansociety.com/VeGuide