



YOUTH4WATER
PLUS



PLANTBASED TREATY VEGAN ACTION STARTER KIT



OUR PARTNERS



ANIMAL SAVE
INDIA

CLIMATE SAVE
INDIA

HEALTH SAVE
INDIA

YOUTH 4 WATER PLUS PARTNERS



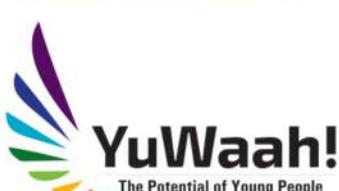
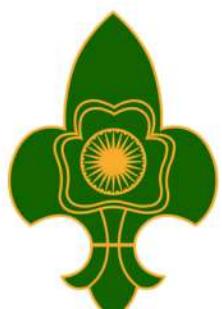
OSDMA



WATER RESOURCES DEPARTMENT



**Gram
Vikas**



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act:onaid

IRC

S.N.C.F.



Global
Policy
Research
Foundation

Service with Humility



40 years
cysd

...Enable - Empower - Include...



Centurion
UNIVERSITY
*Shaping Lives...
Empowering Communities...*

INSTITUTE OF
KNOWLEDGE
SOCIETIES

SATTVIC SOUL
FOUNDATION
SANJEEVANI FOR A LITTLE SMILE



WHAT IS YOUTH 4 WATER PLUS?



The Youth4Water Plus Campaign is an exciting and ambitious UNICEF-led campaign, which has led to an outreach to over 5,00,000 youths with awareness and action programmes around water, sanitation and hygiene (WASH) and climate change. The campaign seeks to enable youth actions to contribute towards achieving water security and environmental sustainability, meeting the local, national as well as global goals for WASH, including the Sustainable Development Goals (SDGs).

The campaign partners include reputed government and non-government organizations. The campaign works to make youths aware, activate their participation and inculcate leadership qualities in them for WASH and Climate-related initiatives and projects in their localities. They were groomed to become change agents, taking action in their communities by engaging in awareness drives and capacity building programmes. Going forward, the campaign aims to channelize the energy and motivation of the youths, and sensitize them to advocate and work towards water security and climate change issues.



Every piece of food we eat has an environmental impact, but some foods have a much higher impact than others. Animal-derived food such as meat and dairy take up many times the resources required to make plant-based food. Breeding, raising, and slaughtering billions of animals for food every year requires massive amounts of natural resources, like fresh water and land, generate planet-harming greenhouse gases and create large-scale land and water pollution. Simply put, our appetite for meat and dairy, and the factory farming system that feeds it is highly unsustainable for the earth.

Source: www.thehumaneleague.org

DOCUMENTARIES WORTH WATCHING

The Gamechangers (Netflix) | Eating our way to Extinction (Youtube)| Dominion (Youtube) | Deadly Dairy (Youtube) | Land of Ahimsa (YouTube) | Maa ka Doodh (Youtube)



A plant-based diet allows us to reach optimal health



A plant-based diet reduces our carbon footprint by 70%



Switching to a plant-based diet spares 100's of lives

PLAN YOUR WEEK

"ADDING WHOLEFOODS
PLANT-BASED MEALS
TO YOUR DIET IS THE
BEST WAY TO REACH
OPTIMAL HEALTH"

MONDAY

BREAKFAST

2 Idli/1 Dosa/
1 Utappam + Sambar
+ Coconut Chutney

TUESDAY

1 moong chilla
wrap (wrap any
vegetable mix) +
green chutney

WEDNESDAY

4 Dhokla / 4 appe
+ green chutney

THURSDAY

1 plate Upma /
poha (add 4-5
vegetables) +
lemon juice

FRIDAY

Porridge cooked
with coconut milk
+ fruits and nuts

SATURDAY

1 glass of any
fruit milk shake
(Soy / Coconut milk) & soaked nuts

SUNDAY

Cucumber +
bottleguard chilla
+ green chutney

LUNCH

Cucumber +
bottleguard chilla
+ green chutney

Mix veg pulao +
peanut curd kadhi

Soyabean
kheema + 2
chapati + 1 bowl
of raw papaya
salad

Tofu matar curry
+ 2 chapati +
1 bowl cucumber salad

2 whole wheat flour chapati
+ 2 bowls cauliflower sabzi
+ 1 glass plantbased
buttermilk

1 bowl rice +
Rajma + 1 bowl
salad

Vegan mock meat
curry + 2 chapati
+ 1 bowl salad

SNACKS

Sliced apple with
nut butter

1 peanut jaggery
chikki

2 oranges + 2 slice
of pineapple

1 bowl
Watermelon /
muskmelon

1 banana + 2
chikoo + soaked
nuts

Puffed rice bhel 1
bowl

Handful of
roasted chana
and soaked nuts

DINNER

Vegetable khichdi

Aambil (fermented
great
millet flour soup) +
sprouted &
sauted lentil

Vegetable dalia

Tomato curry and
1 bowl rice

1 bowl pumpkin
soup

Peanut curd curry +
1 bowl rice

1 bowl of mango
papaya salad

Note: This is a standard meal proportion. You can increase/decrease the quantity in the same proportion based on your appetite.

VEGAN GROCERY LIST

ADD A WIDE VARIETY OF LOCAL VEGETABLES & FRUITS TO YOUR DIET

VEGETABLES



SPINACH



TOMATO



CAULIFLOWER



RED ONION



YELLOW ONION



GINGER



GARLIC



CARROT



PEA



CORRIANDER



MINT



CAPSICUM



MUSHROOM



GREEN CHILLI



BEET



PUMPKIN



GOURDS



CABBAGE

FRUITS



BANANA



ORANGE



MANGO



LEMON



PINEAPPLE



BERRY



APPLE



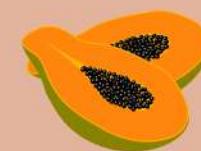
JACKFRUIT



MELON



JAMUN



PAPAYA



POMEGRANATE

NUTS & SEEDS



ALMONDS



CASHews



PEANUTS



SESAME



FLAX



SUNFLOWER

WHERE DO I GET MY

PROTEIN



CHICKPEAS



TOFU



SOYA CHUNKS



KIDNEY BEAN



SOYA BEAN



PEANUTS



PUMPKIN SEEDS

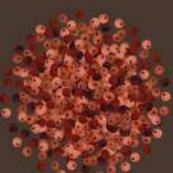


FENUGREEK SEEDS

CALCIUM



KIDNEY BEAN



RAGI



CUMIN SEEDS



MUSTARD SEEDS



CURRY LEAVES



SESAME SEEDS

WHOLEGRAINS



BROWN RICE



WHOLEWHEAT FLOUR



OATMEAL



LENTILS & PULSES



WHOLEWHEAT PASTA



WHOLEWHEAT BREAD

SUPER FOODS



SEASONAL FRUITS



INDIAN WHOLE SPICES



WHEATGRASS JUICE



MUSHROOMS



SEASONAL VEGETABLES

WHERE DO I GET MY

B₁₂



IDLI



WHEATGRASS



DOSA



DHOKLA



VEGAN CURD



VEGAN
BUTTERMILK



SPROUTS



NUTRITIONAL
YEAST

OMEGA 3 & OMEGA 6 FATTY ACIDS



WALNUTS



SOYA BEAN



ALMONDS



TOFU



FLAXSEED



PEANUTS



CASHEWS



SPINACH



SOYBEAN OIL



SUNFLOWER
SEEDS



CHIA SEEDS



KIDNEY BEANS



PEANUT OIL

VITAMIN D₂



SOYBEANS

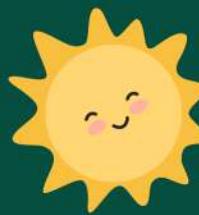


MUSHROOMS



ALMONDS

VITAMIN D₃



SUNLIGHT



SUPPLEMENTS



CAN WE GET VITAMIN B₁₂ FROM VEGAN SOURCE ?

Yes! Vitamin B₁₂ is synthesized in our gut with the help of gut bacteria. Fermented food like idli, dosa, dhokla, vegan curd, vegan buttermilk have millions of bacteria which can synthesize vitamin B₁₂ in our gut. Wheatgrass also contains B complex vitamins and Vitamin B₁₂. Sprouted seeds and lentils are other sources of Vitamin C and Vitamin B₁₂. You should always test your B₁₂ levels and take supplements when needed.

DAIRY ALTERNATIVE RECIPES

SOYA MILK

INGREDIENTS

100 gms Soya Beans
300 ml Water
1 tsp Vanilla Extract (optional)

METHOD

Soak the soya beans overnight in 500 ml water. The next day drain & wash the beans in clean water & remove the skin by rubbing the beans together.

Now drain the water & remove the skin. Blend the beans with 300ml water & strain using a muslin cloth or nut milk bag. Boil the strained milk for 20 minutes on low heat & keep stirring. Your soya milk is ready. You can add some vanilla or jaggery syrup to the milk for some extra flavour. Enjoy!

CASHEW MILK

INGREDIENTS

100 gms Cashews
300 ml Water

METHOD

Soak the cashews overnight in 200ml water. Wash & drain the water out the next day. Blend the soaked cashews in 200ml water. Your cashew milk is now ready!!

COCONUT MILK

INGREDIENTS

100 gms Grated Coconut
300 ml Water

METHOD

Chop or grate the fresh coconut. Now blend 100gms of coconut with 300 ml water. Once blended very well, strain the coconut milk using a nut milk bag. Your coconut milk is ready!!

You can blend the coconut fibre again with some extra water to get a nice light milk.

WATERMELON SEED CHEESE SPREAD

INGREDIENTS

100 gms Watermelon Seeds /
Cashews
2 tsp Nutritional Yeast
1 tsp Salt
3 gms Citric Acid / Raw Mango
Powder
2 tbsp Oil (optional)
1 tbsp Psyllium Husk

METHOD

Blend all the ingredients except for the Psyllium husk. Blend really well till all the ingredients turn into a milk like consistency. Then add in the psyllium husk & blend again. That's it! Your cheese is ready.

Add it to Sandwiches, pastas, lasagne, pizzas, Mac n Cheese, calzone & so much more!!! It's a very versatile recipe and you can play around with the water content to achieve thicker & thinner cheese based on your requirements. Adjust the seasoning ofcourse. Enjoy!!

Experiment with nuts, seeds,
grains & millets to create
amazing dairy alternatives to
milk, cheese & even butter.
All you have to do is experiment.



MEAT ALTERNATIVE RECIPES

SMOKEY KHEEMA INGREDIENTS

100 gms Soy / Cauliflower/
Tofu mince
200 ml Water
3 Onions
4 Tomatoes pureed
3 Green chillies
1 tbsp Ginger Garlic Paste
1 1/2 tsp Red Chilli Powder
1 tbsp Roasted Cumin powder
1 1/2 tbsp Garam Masala
1tsp Cinnamon powder
1 1/2 tsp Salt
4 Cardamom
2 Big Cardamom crushed
1 Cinnamon stick
3 tbsp Oil
1 Piece of Coal

METHOD

Heat 1 tbsp oil and add in the onions and saute well. Next add in the green chillies, tomato puree, ginger garlic paste, all the spices & soy/cauliflower or Tofu Mince & Saute well. Now add the water and allow it to cook well. Allow it to cook very well. Now add another tbsp of oil & cook again for 5 minutes.

Next heat your coal while the kheema is cooking and take a bowl and place the hot coal carefully into the bowl & over the kheema. Next pour 1 tablespoon of oil over the coal and seal the dish. Allow it to smoke the Kheema well. After 5 - 10 minutes your Smokey Kheema will be ready!!

Enjoy with hot rotis, Naans or even as a side dish with rice. Top it off with some mint leaves.

Slurrrp.

HYDERABADI DUM BIRYANI INGREDIENTS

MARINADE

250 gms Raw Jackfruit /Oyster Mushrooms / Soya chunks (Nutrella)
30 gms Biryani Masala (we used Shaan Bombay Biryani Masala)
1 tsp Salt
2 tbsp Ginger Garlic paste
1 tsp Turmeric
1 tsp Red Chilli powder
6 strands Saffron
2 tbsp Rose water
4 Large Tomatoes
4 Large Potatoes (optional)
12 Large Onions
4 Cardamom
3 Big Cardamom
2 Cinnamon sticks
1 Star Anise
1 pcs Mace

RICE MIX

500 gms Biryani Rice
1.5 litre water
2 Bay Leaves
4 Cloves
1 Star Anise
2 Cinnamon Sticks
3 Big Cardamom
4 Small Cardamom
1 Mace
5 Strands of saffron
3 tsp Salt
1 tbsp Oil

GARNISH

4 tbsp Fried Onions | 4 tbsp Mint | 4 tbsp cashews | 1 tsp Turmeric
| 6 Saffron strands | 2 tbsp Rose water

METHOD

Mix all the marinade ingredients. Cover & let it marinate overnight. The next day heat a pan and add oil. Add the marinade ingredients and cook very well. Add 2 tbsp of rose water, 2 tbsp broken cashews and 1 tbsp fresh mint to the mix. Boil 1.5 liters of water then add the whole spices, saffron, rice, Salt & oil to the hot water. Let the rice boil for exactly 5 minutes then drain & set aside. Heat your Biryani pot and add 2 tbsp oil. Line the entire base of your pot will the chopped onions, then the cooked marinade mix, mint & cashews. Sprinkle rose water. Now spread the drained rice evenly. Garnish the rice with the remaining cashews, mint & fried onions.

Take 1tsp Turmeric and mix some saffron and 2tbsp rose water in it. Spread this over the rice. Add in the rest of the rose water and 1 tsp oil over the rice.

Cover the pot with a heavy lid and cook slowly it on low heat for 2 hours. Once the onions are caramelised and rice is fully cooked, your Biryani is done! Serve hot :D



9 MISTAKES TO AVOID WHEN TRANSITIONING



1
Assuming that all vegan products are automatically healthier



2
Eating too few calories



3
Not eating enough wholefoods



4
Eating too many refined carbs



5
Not eating enough calcium rich foods



6
Forgetting about iron & not drinking enough water



7
Not getting enough Omega-3 fatty acids



8
Not eating enough protein-rich foods

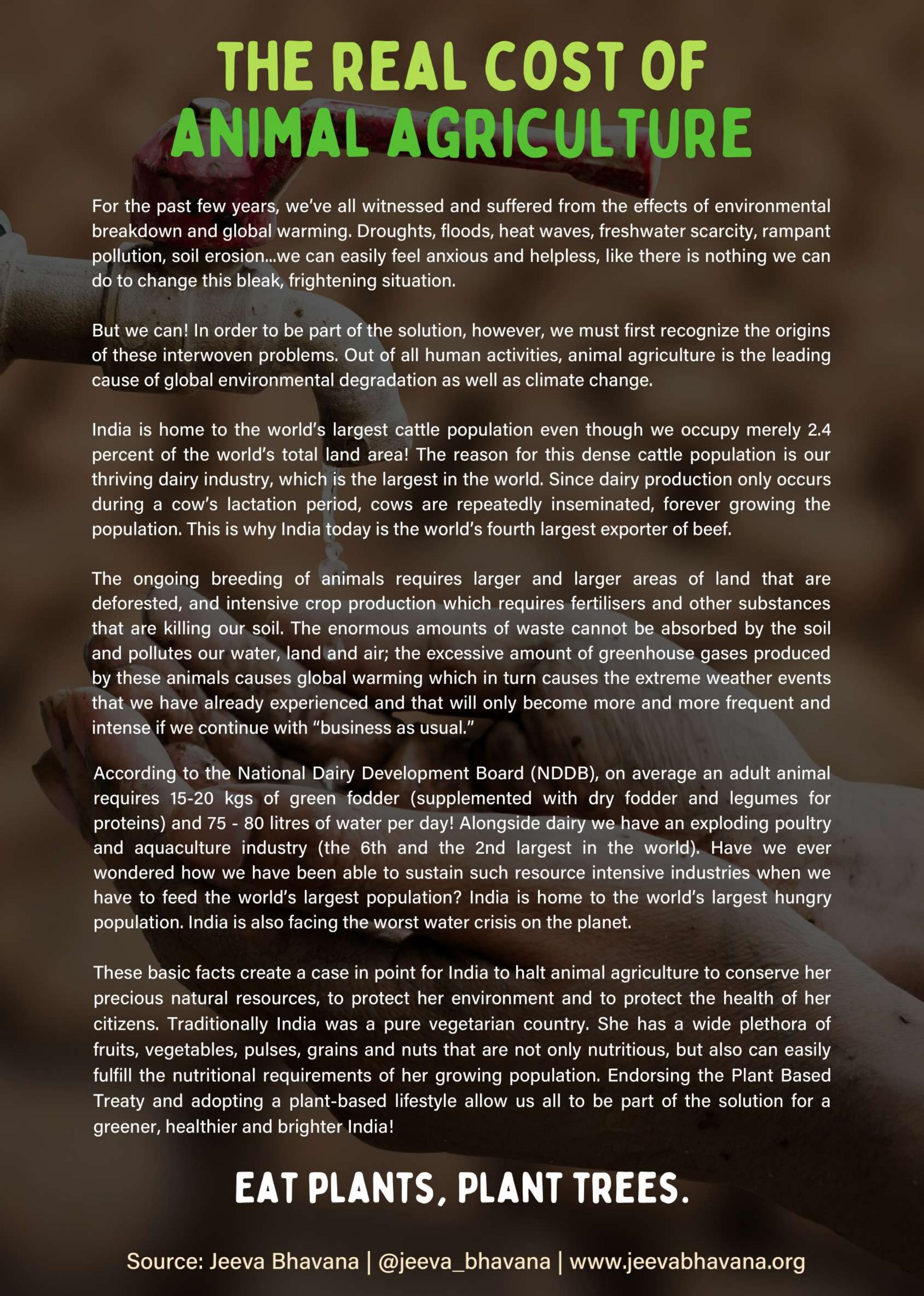


9
Underestimating the importance of meal planning

Source: @theshreddedvegan

Note: Post consulting a doctor, vegan B₁₂ & D₃ supplements can also be consumed.

THE REAL COST OF ANIMAL AGRICULTURE



For the past few years, we've all witnessed and suffered from the effects of environmental breakdown and global warming. Droughts, floods, heat waves, freshwater scarcity, rampant pollution, soil erosion...we can easily feel anxious and helpless, like there is nothing we can do to change this bleak, frightening situation.

But we can! In order to be part of the solution, however, we must first recognize the origins of these interwoven problems. Out of all human activities, animal agriculture is the leading cause of global environmental degradation as well as climate change.

India is home to the world's largest cattle population even though we occupy merely 2.4 percent of the world's total land area! The reason for this dense cattle population is our thriving dairy industry, which is the largest in the world. Since dairy production only occurs during a cow's lactation period, cows are repeatedly inseminated, forever growing the population. This is why India today is the world's fourth largest exporter of beef.

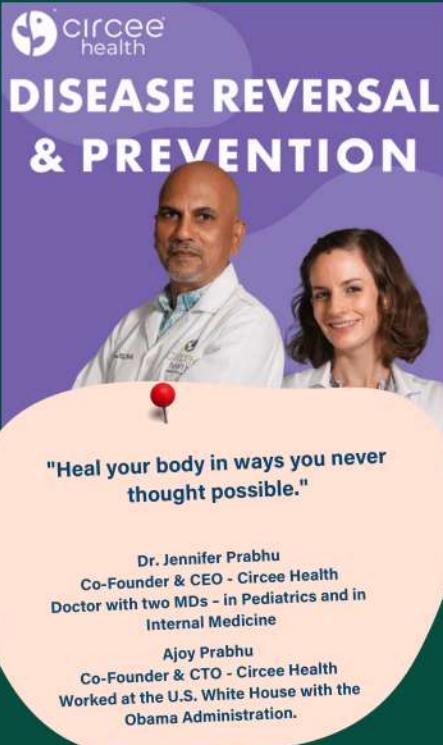
The ongoing breeding of animals requires larger and larger areas of land that are deforested, and intensive crop production which requires fertilisers and other substances that are killing our soil. The enormous amounts of waste cannot be absorbed by the soil and pollutes our water, land and air; the excessive amount of greenhouse gases produced by these animals causes global warming which in turn causes the extreme weather events that we have already experienced and that will only become more and more frequent and intense if we continue with "business as usual."

According to the National Dairy Development Board (NDDB), on average an adult animal requires 15-20 kgs of green fodder (supplemented with dry fodder and legumes for proteins) and 75 - 80 litres of water per day! Alongside dairy we have an exploding poultry and aquaculture industry (the 6th and the 2nd largest in the world). Have we ever wondered how we have been able to sustain such resource intensive industries when we have to feed the world's largest population? India is home to the world's largest hungry population. India is also facing the worst water crisis on the planet.

These basic facts create a case in point for India to halt animal agriculture to conserve her precious natural resources, to protect her environment and to protect the health of her citizens. Traditionally India was a pure vegetarian country. She has a wide plethora of fruits, vegetables, pulses, grains and nuts that are not only nutritious, but also can easily fulfill the nutritional requirements of her growing population. Endorsing the Plant Based Treaty and adopting a plant-based lifestyle allow us all to be part of the solution for a greener, healthier and brighter India!

EAT PLANTS, PLANT TREES.

LET FOOD BE THY MEDICINE

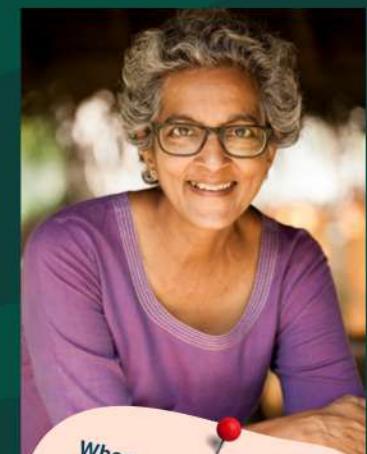


Double-boarded doctor in Internal Medicine and in Pediatrics, a licensed practitioner in the U.S.A. and India, Circee Health has been Dr. Jennifer's dream project to bring remarkable change worldwide in the approach to medicine through both disease prevention and reversal. She has extensive experience in the specialties of Lifestyle Medicine, Infectious Disease and Preventative Medicine. Dr. Jenny also hopes to impart her love of plant-based cooking and baking to her patients.

Dr.Ajoy is a Medical Scientist, Innovator, and a Serial Entrepreneur that trained in Pathology and Epidemiology. After 35 yrs, he left his leadership position with the U.S. Government to transition into Preventative and Lifestyle Medicine, with an objective to transform the health quotient of individuals. He has several Publications and Patents to his name. Dr.Ajoy is also a landscape photographer who* has donated images to raise funds for charities serving underprivileged* students.

Dr.Nandita Shah is the Founder of Sanctuary for Health and Reconnection to Animals and Nature - SHARAN. Dr.Nandita has been working tirelessly for the past 16 years & helped thousands of people reverse all kinds of lifestyle diseases like diabetes, hypertension, weight loss & even cancer. She has made all this possibly primarily by getting people to change their diet & adopting a whole food plant-based lifestyle. She has won many awards like the "Nari Shakti Puraskar" among others for her exemplary work. She has helped people realise that food is truly your medicine and that you don't need to resign yourself to a life of just consuming medicines when you can actually heal your body with all that nature has to offer.

She highly recommends following a whole food plant-based lifestyle and even consuming raw foods to heal your body from the inside out. The SHARAN team of experts also hold workshops, seminars & retreats all year round. If you would like to know more about Dr.Nandita Shah & her team head over to www.sharan-india.org. The SHARAN website also has 600+ free healthy recipes you can try out as well as a city-wise Directory of organic stores, vegan restaurants, cloud kitchens & bakeries across India.



When you switch to a whole plant based diet you not only heal your body, but also the planet. And most importantly you save so many sentient beings from suffering.
~Dr.Nandita Shah



Our modern lifestyles have brought with them a host of concerns that push us away from being in tune with our bodies. Busy days filled with calls, assignments and stress take a toll on our mental, physical & spiritual health. We at Promotive Health are here to bridge that gap with holistic, wholesome and effective solutions formulated by some of the best minds in Ayurveda and plant-based medicine. Our aim is to attain equilibrium, ease pain and live in peace. Join us on our journey.

At Promotive Health, we believe in food as medicine, that the solutions to our modern day health problems lie in our disconnect from the natural state of being. Our in-depth consultations help you turn to personalized Ayurveda-approved methods for holistic health.

Ayurveda is known for its flexibility and fluidity, evolving and adapting to suit the times within which it exists. Gone are the days of Ayurveda being simply home remedies—Ayurvedic practices have always been formulated with a clear foresight for the future in mind.



SAVE OUR PLANET JOIN US

ANIMAL SAVE INDIA

Animal Save India (ASI) bears witness to nonhuman animals. Through vigils, we dig out the existing exploitation of nonhuman animals by humans. It is the fundamental duty of every citizen of India to have compassion for all living creatures.

Animal Save India has a pan-India presence with active chapters in 20+ cities covering every corner of the country.

Our vigils (in dairy farms, chicken shops, fish markets and slaughterhouses) are focused to unearth the sad reality in every industry.

ASI's outreaches, documentary screenings, webinars and direct actions help educate the general masses and create awareness about animal cruelty for food, clothes, entertainment, products and much more.



CLIMATE SAVE INDIA

Climate Save India (CSI) focuses mainly to reverse the negative impacts that animal agriculture is having on the climate.

Animal agriculture is one of the overlooked giant contributors to the current climate crisis and only a switch away would be beneficial for the planet and our co-existent species.

Forest fires, landslides, excessive heat waves and other extreme temperatures and weather conditions in India and around the world are all basically climate-induced calamities.

HEALTH SAVE INDIA

Health Save India(HSI) focuses on the betterment of health but not at the cost of suffering or the life of any nonhuman animal.

Do you believe everyone should have access to a proper nutritious meal?

Do you want to fight for an equitable food system for all beings? If Yes, join us in creating awareness about various super healthy and delicious plant-based diets.

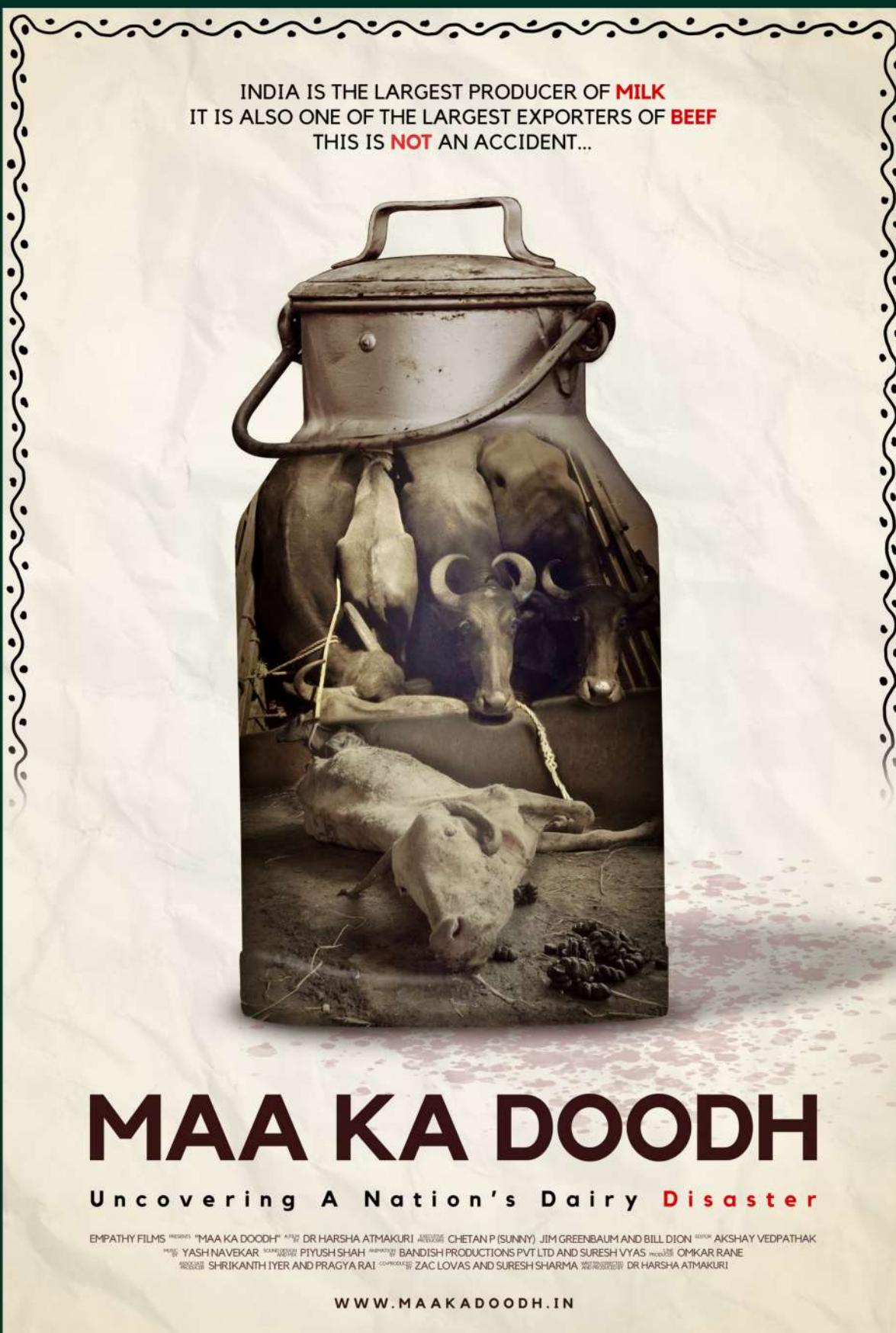
You can do outreaches, talks, presentations, food tasting, cooking sessions, food distribution drives, pamphleting, lobbying with the government to ensure plant-based food is accessible to all and a lot of other ways to achieve a #FoodSystemChange.



EAT PLANTS, PLANT TREES.

MAA KA DOODH

UNCOVERING A NATION'S DAIRY DISASTER



Dr.Harsha Atmakuri the director of the documentary "Maa Ka Doodh" on his journey to unravel the truth & find out why & how we have been consuming dairy for decades unearths a multitude of facts that will leave you stunned & rethink your food choices. With stalwarts like Maneka Gandhi & many more lending their voice to the film, this documentary has a deep impact & is a definite must watch film this year.

WATCH IT ON YOUTUBE

Follow Maa Ka Doodh on



@maakadoodhmovie



Maa Ka Doodh



Maa Ka Doodh



EAT PLANTS, PLANT TREES.



Scan the QR code!
TO ENDORSE THE TREATY

DOCTOR

Dr. Vidya Chakravarthy
Plant Based Ayurvedic Doctor (Gold Medalist)
vidya.chakravarthy@gmail.com
[@doctorvidya](https://www.doctorvidya.com)

Dr. Vidya believes in being a responsible medical practitioner, and founded Promotive Health and Nutrition to promote healthy living while preventing and reversing disease.

CHEF

Jayalaxmi Rai
Vegan Chef
+919049230636
jayarai2008@gmail.com

Jaya spent 3 years researching & experimenting with vegan recipes after she went vegan in 2014 and started a vegan restaurant in Pune - Granny's Bowl. She has since held multiple workshops & consultations regarding vegan food. If you would love to learn or add vegan recipes to your restaurant feel free to get in touch with her.

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SAVE
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**CLIMATE
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**HEALTH
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**YOUTH4WATER
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