

GOING GREEN

The Student Guide to a Vegetarian Lifestyle



FAMOUS VEGETARIANS

Albert Einstein, Isaac Newton, Charles Darwin, Leonardo Da Vinci, Russell Simmons, Sir Paul McCartney, Randy Courture.

GO MEAT FREE

THE STUDENT VEGGIE WEEK

Sample Diet

Monday



Roti & Chick Peas

Chick peas provide a source of protein and the roti is full of carbs providing a great blend of carbs and protein.

Tuesday

Fiery Fajitas

Tortilla wraps with mixed peppers and halloumi (goats cheese)

Wednesday

Stir Fry

Chinese black bean sauce with tofu, shitake mushrooms, bean sprouts with udon noodles



Thursday

Spinach & Ricotta Cannelloni/ Ravioli

Spinach and ricotta filled pasta with a spicy arrabiata sauce.

Friday

Thai Green Curry

Thai Green mixed vegetable coconut curry with broccoli and sweet basil, served with fragrant jasmine rice.

For details on the full recipe and how to cook guide e-mail:

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LIVING A VEGETARIAN LIFESTYLE

Vegetarian Diet Vs Meat Diet

1. Diseases known to be associated with meat- Anaemia, appendicitis, arthritis, breast cancer, cancer of the colon, cancer of the prostate, constipation, diabetes, gall stones, gout, high blood pressure, indigestion, obesity, piles, strokes and varicose veins
2. Meat contains absolutely nothing - no protein, vitamins or minerals - that your body cannot obtain perfectly happily from a vegetarian diet.
3. On today's factory farms, thousands of animals are crammed into filthy windowless sheds, wire cages, gestation crates and other confinement systems.
4. Eating meat causes almost 40 per cent more greenhouse-gas emissions

than all the cars, trucks, ships and planes in the world combined.

5. Prolong Your Life- Vegetarians live 6 to 10 years longer on average than meat-eaters do.
6. Avoid the World's Number One Killer- The risk of developing heart disease among meat-eaters is 50 per cent higher than it is among vegetarians.
7. Number of animals killed for meat per hour is 660,000.
8. Reduce Your Risk of Cancer- "Vegetarians are about 40 percent less likely to get cancer than non-vegetarians, regardless of other risks such as smoking, body size, and socioeconomic status".

"I think the changes and purifying effects that a vegetarian diet has on a human being's disposition are quite beneficial to humankind."

Albert Einstein

Why Sikh Do No Eat Meat

Sikh Guru's have always instructed their adherents to refrain from eating meat. Like many other things such as the debate on the earth being flat, or the only planet, Sikh teachings are unique and revolutionary. For it was Guru Nanak dev ji who first proclaimed that the earth was but one planet in a solar system of solar systems, at a time when the most esteemed scientists in the world believed that it was possible to fall off the edge of the world. We now have this verified by science. Similarly, more people are considering the vegetarian way of life as the best option for environmental, social, health and practical reasons, hundreds of years after Sikhs were taught:

*"Maas machi dey nerrai(n) nebee
aavanaa"*

"Do not come near (i.e. consume) meat and fish."

(Hukamnama of 6th Guru found at Sri Harimandir Sahib, Patna Sahib)

Sikhs don't eat meat because of 'daya' (mercy):

"Do not cause any being to suffer, and you shall go to your true home with honor." (Ang 322)

and spirituality:

"O Baba, the pleasures of other foods are false. Eating which, the body is ruined (i.e. are unhealthy), and wickedness and corruption enter into the mind." (Ang 16)



Karam (Karma)

The scientific concept of cause and effect, action and reaction is called the law of Karam in Sikhi.

"What we sow, so shall we reap"
(Guru Nanak Dev Ji, Japji Sahib).

"I was eating 'Ak' and 'Dhatura' plants for the whole of my life, which nobody else liked to eat. And even then I am being brutally killed and my skin being ripped, What will happen to those who cut my throat and eat my meat?"

(Bhai Gurdaas ji's Vaara; Vaar 25, Pauri 7)

Gurbani gives us a glimpse into the Karmic cost of such actions: "O Kabeer! Blessed is the simple food of rice mixed with lentils; who would have his head to be slain hereafter, for the meat one eats here?" (SGGS - Ang 1374)

Ritualistic/Sacrificial Slaughter?

Gurbani criticises ritualistic and sacrificial slaughtering of animals as hypocritical, inhumane and illogical:

"You kill living beings, and call it a righteous action. Tell me, brother, what would you call an unrighteous action? If you religious people are "religious" for killing animals, then what is A-dharam (atheism)? If you are a religious person then whom do we call a butcher?"
(Ang 1103)

"If you say that the One Lord is in all, so why do you kill chickens? Does He not pervade in the chickens? What is the meaning of killing the creation of the Lord and presenting it before Him?" ||ੴ|| O Mullab! Tell me: is this God's Justice? The doubts of your mind have not been dispelled."
(Ang 1350)



Quotes

"The great hidden dangers to health for meat eaters are the invisible pollutants in meat such as bacteria in salmon, remnants of pesticides, preservatives, hormones, antibiotics and other chemicals additives"
[New York Times \(July 1971\)](#)

"Vegetarians have lower rates of heart disease, obesity, high blood pressure, and bowel disorders, cancer and gallstones. Vegetarians obtain all the minerals they need."
[British Medical Association](#)

"The evidence linking saturated animal fats and cholesterol to heart disease is stronger, consistent and convincing... and is linked to the risk of several cancers"
[World Health Organization](#)

"Appropriately planned vegetarian diets are helpful, are adequate and provide health benefits in the prevention of certain diseases"
[American dietetic association](#)

Famous Artists, Writers, Scientists and Philosophers who were **vegetarian** include: Pythagoras, Socrates, Plato, William Shakespeare, Sir Isaac Newton, Leonardo Da Vinci, Charles Darwin, Benjamin Franklin and Albert Einstein.

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[Albert Einstein](#)



For more information and resources feel free to contact us at:

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