Requirements for Vegan Nutritional Pamphlet:

1. Vegan daily meal plan (breakfast, lunch, dinner, and a snack or dessert).
2. “Fact or Myth” section.
3. List of the consequences if an animal based diet

(ex. global warming, Red Tide, biomagnification of hormones, less energy efficient, maltreatment of animals: serving our purposes rather than their own).

1. Definition of “vegan” (pictures, chart, verbal definition… be creative)
2. Catchy title

(ex. *Viva la Vegan Vida*; *Vegan: Because My Body Isn’t a Grave Yard*; *Try It, You May Like It: Go Vegan!)*

1. Attractive (colorful, pictures, not too wordy, but informative)