

Eateries: 39
Active Locations: 49

Click [Eateries](#) for web, [\[M\]](#) for menu, [\[C\]](#) for coupon, [address](#) for map, [phone](#) to call, other [links](#).

Changes appear in **orange**.



VeganDiego!

April 2024 Update

San Diego County's Vegan Entities

Refresh your screen for the latest update or click www.vegandiego.com

To be notified of updates, like & follow www.facebook.com/vegandiego

Email corrections or changes to mike.weinberg1952@gmail.com



= newly added

Vegan Virtuous Circle
Vegans supporting vegan entities leads to more vegan entities!

To Search Directory
[Ctrl F] or [Cmd F]

100% Vegan Eateries

Thoroughly screened so you can dine with peace of mind at these restaurants knowing there is no need to ask about hidden animal ingredients, no possibility of cross-contamination, and no chance of being inadvertently served animal products.
Usage example: You want a Full Service [FS] eatery that serves alcohol [AL] at 6 pm on Mondays.

Click for an interactive [HappyCow.net Map](#) of San Diego County's 100% vegan eateries. Zoom in/out & click [Search this area].

Operating info below was obtained from the eatery website during the update month above. If in doubt, call before visiting.

FS: Full Service (wait staff)

CO: Counter Order (fast casual)

PO: Pickup Only (no seating)

VK: Virtual Kitchen

AL: Alcohol available

GF: 100% Gluten-Free

DE: Delivery available

CA: Catering available

Markets: storefronts, popups, farmers

Food Trucks: fixed, roaming

Food Services: chefs, meal prep, catering

Food Products: snacks, staples, beverages

#	100% Vegan Eatery	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	AVO Cafe CO DE [M]	Closed			10a – 3p			11a – 2p
		Carlsbad: 5808 Van Allen Way #115 (& Faraday) * 442-325-1153 * Mark & Sher Kopman						
		SUN	MON	TUE	WED	THU	FRI	SAT
2	Ben & Esther's CO DE CA [M]			7a – 3p				7a – 7p
		Rolando: 6663 El Cajon Blvd (& Montezuma) * 619-467-7825 * Justin King / Marc Bennett						
		SUN	MON	TUE	WED	THU	FRI	SAT
3	Choice Superfood Bar & Juicery CO GF CA [M]	Click for hours by location						
		Carlsbad Gateway: 5631 Palmer Way (& Impala) * 760-683-5008 * Nastasha McKeon						
		Carlsbad Village: 430 Carlsbad Village Drive (& State) * 760-994-0013 * Nastasha McKeon						
		Del Sur: 17135 Camino Del Sur #125 (& Paseo Del Sur) * 858-832-7905 * Nastasha McKeon						
		Encinitas: 90 N Coast Hwy 101 Suite 212 * 760-230-2929 * Nastasha McKeon						
		Little Italy: 1425 India (& Ash) * 619-450-7970 * Nastasha McKeon						
		Solana Beach: 437 S Hwy 101 #118 (& Dahlia) * 858-704-4346 * Nastasha McKeon						
		SUN	MON	TUE	WED	THU	FRI	SAT
4	Donna Jean FS AL DE CA [BM] [DM] [C]	11a-3p / 5p-9p	5p – 9p	Closed		5p – 9p		11a-3p / 5p-9p
		Bankers Hill: 2949 5th Ave (& Quince) * 619-299-5500 * Roy Elam / Mitch Wallis						
		SUN	MON	TUE	WED	THU	FRI	SAT
5	El Veganito CO DE CA [M] [C]		Closed			11a – 6:30p		
		La Mesa: Grossmont Center Food Court * 619-303-7247 * Victor Gamboa						
		SUN	MON	TUE	WED	THU	FRI	SAT
6	Eris Vegan Food Co CO [M]			11a – 8p				11a – 9p
		Oceanside: 302 Wisconsin Ave (& Cleveland) * 760-231-9986 * Scott Steele						
		SUN	MON	TUE	WED	THU	FRI	SAT
7	Evolution Fast Food CO DE CA [M] [C]					11a – 8p		
		Bankers Hill: 2965 5th Ave (& Quince) * 619-550-1818 * Jon Branch / Mitch Wallis						
		SUN	MON	TUE	WED	THU	FRI	SAT
8	Gorilla Eats Sushi VK PO DE [M]	12n – 12m		12n – 3p / 4p – 12m				12n – 12m
		Rolando: Aztec Food Hub 6334 El Cajon Blvd (& 63rd) * 619-400-6563 * Justin Ramirez						
		SUN	MON	TUE	WED	THU	FRI	SAT
9	Grains CO AL DE CA [M]					12n – 9p		
		North Park: 2201 Adams Ave (& Mississippi) * 619-269-5999 * Napatr Chayodom / Katiya Hendricks						
		SUN	MON	TUE	WED	THU	FRI	SAT
10	Green Door Cafe FS AL DE CA [M]	11a – 8p		Closed				11a – 8p
		La Jolla: 7644 Girard Ave (& Kline) * 858-291-8886 * Martin Hall						
		SUN	MON	TUE	WED	THU	FRI	SAT
11	Greens Please CO CA DE [M]	Closed				10:30a – 6:00p		
		Poway: 12202 Poway Rd #100 (& Oak Knoll) * 858-842-1001 * John Sardo						
		SUN	MON	TUE	WED	THU	FRI	SAT
12	Jai Jus CO DE [M]	9a – 2p				8a – 4p		9a – 2p
		th						

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13	Kali's Garden CO [M]	7:30p – 3p			Closed		7:30p – 3p	
Julian: 1921 Main St (& C St) * 760-765-2900 * Rosie Wade								
14	Kindred FS AL [M]	10a – 12m	5p – 12m				5p – 1a	10a – 1a
South Park: 1503 30 th St (& Beech) * 619-546-9653 * Kory Stetina								
15	Kristy's Market VK PO DE [M]	Closed			11a – 4p		Closed	
Vista: 1450 Alta Vista Dr (& Lynmar Ln) * 760-207-9974								
16	Little Venice VK DE [M]	12n - 8:30p	11:30a – 3p / 4p – 8p			12n - 8:30p		
Inside Loving Hut North Park: 1905 El Cajon Blvd (& Georgia) * 619-683-9490								
17	Loving Hut Mira Mesa FS DE CA [M] [C]	11:30a – 8p	Closed		11:30a – 8p		11:30a – 8:30p	
Mira Mesa: 9928 Mira Mesa Blvd (& Scripps Ranch) * 858-578-8885 * Iris & Ted Cheung								
18	Loving Hut North Park FS DE CA [M]	11:30a – 8:30p						
North Park: 1905 El Cajon Blvd (& Georgia) * 619-683-9490								
19	Loving Hut Vegan Express FS DE CA [M]	11a – 7p		Closed		11a – 7p		
City Heights: 4745 El Cajon Blvd Unit 102 (& Euclid) * 619-230-5680 * Khai								
20	Más Veggies Taqueria VK CO DE CA [M]	11a – 9p						
Carlsbad inside Veggie Grill: 965 Palomar Airport Rd (& Armada) * 760-438-0034								
21	Modern Times CO AL [M]	12n – 9p	Closed		12n – 9p		12n – 10p	
Encinitas: Far West Lounge * 470 S. Coast Hwy 101 (& West D St) * 760-452-4304 * Jennifer Briggs								
22	Mothership FS AL [M]	2:30p-12m	4:30p – 12m				2:30p-12m	
[Kitchen closes 10p] South Park: 2310 30 th St (& Juniper) * 619-630-2187 * Kory Stetina								
23	OB People's Deli CO	8a – 7p						
Ocean Beach: 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387								
24	Peace Pies 100% Raw CO GF [M]	11a – 8p						
Encinitas: 133 Daphne St (& N Coast Hwy 101) * 760-452-6193 * JP Alfred								
Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880 * JP Alfred								
25	Phatties CO AL DE CA [M]	10a – 5p	Closed		10a – 8p		10a – 8p	
Escondido: 242 W. Mission Ave (& N. Escondido Blvd) * 442-286-7242 * Carlos								
26	Plant Power Fast Food CO DE CA [M]	8a – 9p Encinitas: 411 Santa Fe Drive (West of I-5) * 760-452-2352						
T – Sa 11a – 8p Escondido Digital Kitchen VK PO DE 1309 Simpson Way, Unit A (West of I-15) * 760-294-2285								
8a – 10p Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845								
11a – 9p SDSU Campus (San Diego): 5842 Hardy Ave (& Montezuma Pl) * 619-542-9393								
M – F 10:30a – 8p UCSD Campus (La Jolla): 9685 Scholars Drive North (& Pangea) * 858-777-2054								
27	Roots CO	Closed		11a – 9p			11a – 4p	
La Jolla: Stewart Commons (UCSD Muir College) * 858-822-5230 * Panicha Aguilar								
28	Sabor a Vida CO DE [M]	8a – 3p						
Vista: 735 Shadowridge Dr (& Watson Way) * 760-536-3331 * Mario & Veronica Cabrera								
29	Saigon Vegan Bistro VK DE CA [M]	12n - 8:30p	11:30a – 3p / 4p – 8p			12n - 8:30p		
Inside Loving Hut North Park: 1905 El Cajon Blvd (& Georgia) * 619-683-9490								

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#	100% Vegan Eatery	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	Tacotarian CO AL DE CA [M]	11a – 9p North Park: <u>4332 30th St (& El Cajon Blvd)</u> * <u>619-432-1815</u> * Tom McGowan / Andres Castillo							
		SUN	MON	TUE	WED	THU	FRI	SAT	
31	Thanh Tinh Chay FS DE CA [M]	10:32a – 9p		Closed		10:32a – 9p			
		City Heights: <u>4591 El Cajon Blvd (& 46th)</u> * <u>619-255-0134</u> * Helen Nguyen							
		SUN	MON	TUE	WED	THU	FRI	SAT	
32	The Plot FS AL CA [M]	11a-3p / 4p-9p	Closed		4p – 9p		11a-3p / 4p-9p		
		Oceanside: <u>1733 South Coast Hwy (& Cassidy)</u> * <u>442-266-8200</u> * Jessica & Davin Waite							
		SUN	MON	TUE	WED	THU	FRI	SAT	
33	The Plot Express CO [M]	11a – 8p					11a – 8:30p		
		Carlsbad: <u>2956 Roosevelt St. Unit #3 (& Carlsbad Village Dr)</u> * <u>760-707-7785</u> * Jessica & Davin Waite							
		SUN	MON	TUE	WED	THU	FRI	SAT	
34	The Purple Mint FS CA [M]	11a – 8p							
		City Heights: <u>4616 El Cajon Blvd #3 (& 46th)</u> * <u>619-280-3388</u> * Jay							
		SUN	MON	TUE	WED	THU	FRI	SAT	
35	The Village FS AL DE CA [M]	10a – 8p	Closed	11a – 8:30p			11a – 9p	10a – 9p	
		North Park: <u>2611 El Cajon Blvd (& Hamilton)</u> * <u>619-255-5060</u> * Alondra & Sonia Ruiz							
		SUN	MON	TUE	WED	THU	FRI	SAT	
36	Trilogy Sanctuary CO GF DE CA [M]	8a – 8:30p							
		La Jolla: <u>7650 Girard Ave #400 (& Kline) Rooftop</u> * <u>858-633-3893</u> * Leila Dora							
		SUN	MON	TUE	WED	THU	FRI	SAT	
37	Veganic Thai Cafe FS AL DE [M]	11a – 9p							
		Hillcrest: <u>1417 University Ave (& Richmond)</u> * <u>619-230-5540</u> * Emmy Tan							
		SUN	MON	TUE	WED	THU	FRI	SAT	
38	Veggie Grill CO DE CA [M]	11a-9p							
		Carlsbad: <u>965 Palomar Airport Rd (& Armada)</u> * <u>858-609-6066</u> * Matt & Cierra de Gruyer							
		SUN	MON	TUE	WED	THU	FRI	SAT	
39	WorldBeat Cafe CO DE [M]	11a – 5p	Closed				11a – 5p		
		Balboa Park: <u>2100 Park Blvd (& Inspiration Pt Way)</u> * <u>619-230-1190</u> * Makeda Cheatom							



Smartphone Shortcut: To add a VeganDiego Directory icon to your smartphone home screen for easy offline access, search your phone's File Manager "Downloads" or "Adobe" section for **VeganDiego.pdf**. Select or long-hold the filename then the "Add to Home Screen" (or equivalent) option. When an update is released, delete the old icon, download the new release, and repeat the add-to-home-screen process.

Why Patronize 100% Vegan Eateries?

- * No worries or questions about hidden animal ingredients.
- * No mix-ups of being inadvertently served animal foods.
- * No cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air.
- * No one will be hurting (eating) animals in your presence.
- * Omnivorous companions will choose & enjoy vegan options.
- * Vegan eatery owners need your help to stay in business—reward their ethics!

The VeganDiego Directory is a free resource maintained as a public service. There is never a charge to be listed. Entities must be 100% vegan and located in San Diego County.



100% Vegan Markets

Storefront Markets

Fixed locations with regular hours.

CO: Counter Order (fast casual) PO: Pickup Only (no seating) DE: Delivery available CA: Catering available

100% Vegan Market	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
San Diego Vegan Market CO DE CA [M]	9a - 8p	10a - 8p		9a - 8p			
	Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage						
	SUN	MON	TUE	WED	THU	FRI	SAT
Thousand Petal Lotus PO	10a - 6p		Closed		10a - 6p		
	Vista: 264 Vista Village Dr #A (& Plymouth) * 760-536-3339 * Ky Do						
	SUN	MON	TUE	WED	THU	FRI	SAT
Vegan Nectar Minimart CO [M]	Closed		10a - 6p				
	Escondido: 242 W. Mission Ave (& N. Escondido Blvd) * 442-257-2059 * Sunny Bhanage						
	SUN	MON	TUE	WED	THU	FRI	SAT
Verde Marketplace PO DE CA	Closed		7a - 4p				8a - 4p
	La Jolla: 7825 Fay Ave (& Silverado) * 858-333-2241 * Christina Geonnetti						

Popup Markets

Multivendor events. Visit the website for schedules and locations.

First Friday Night Market <https://veganinsandiego.com/FFNM> Carly Morales

That Good Good Market www.instagram.com/thatgoodgoodmarket Malacchi Esdale

Vegan Food Popup www.veganfoodpopup.com Michelle May

Farmers Markets

Some vegan booths but most vendors not vegan.

Cardiff 3333 Manchester Ave	Little Italy 600 W. Date	Rancho Bernardo 13330 Paseo Del Verano Norte
Carlsbad 2970 State	Linda Vista 6939 Linda Vista Rd	Rancho Santa Fe 16079 San Dieguito
Chula Vista 300 Park Way	Mira Mesa 10510 Reagan Rd	San Marcos 251 North City Dr
Coronado 1201 First St	Mission Valley 7960 Civita Blvd	Santa Ysabel 21887 Washington
Del Mar 1050 Camino Del Mar	North Park 3000 North Park Way	Santee 9600 Carlton Hills Blvd
Escondido 262 E Grand	Ocean Beach 4900 Newport	Scripps Ranch 10045 Carrol Canyon Rd
Fallbrook 100 S Main Ave	Oceanside Morning Pier View & Coast Hwy	SDSU 5500 Campanile Dr
Hillcrest 3960 Normal	Oceanside Sunset Pier View & Coast Hwy	Serra Mesa 3333 Sandrock Rd
Imperial Beach 10 Evergreen Ave	Otay Ranch 2015 Birch	Solana Beach 410 South Cedros Ave
La Jolla 7335 Girard	Pacific Beach 901 Hornblend	South Bay 4475 Bonita Rd
La Mesa Palm & 4 th	Point Loma 2335 Chatsworth Blvd	Vista 345 S. Melrose
Leucadia 185 Union	Poway 14134 Midland	Welk Village 8860 Lawrence Welk Dr

100% Vegan Food Trucks

Locations & schedules change. Check the website before visiting.

Phatties Food Truck www.instagram.com/phattiesfoodtruck Carlos
Mexican specialties. Text 760-626-4036 for live location.

SeaCo Catch Food Truck www.seacocatch.com Mike Perez
Organic, gluten-free, coconut-based fish tacos.

Underdog Food Truck www.underdogsd.com Mark & Chelsea
Corn dogs, burgers, hot dogs, fries.

100% Vegan Food Services

Meal popups, catering, meal prep/delivery, virtual kitchens, recipe/menu development, cooking classes, nutrition coaching...

A Mi Manera www.instagram.com/amimaneramex Maribel Uriarte Mexican delicacies, chocolate-covered strawberries, treats, tortilla soup, enchiladas, nachos.	Mexican Popups
A Plant Based Production www.aplantbasedproduction.com John Swafford, Skyler Heyman Sky's the Limit Foods: Dips, sauces, spreads, dressings. (For podcast, see Organizations: Information Sites.)	Dips Sauces Popups
Atlas Monroe https://atlasmonroe.com Deborah Torres Fried chicken, bacon, stuffed turkey, ribs, cheesesteak, fries, cake.	Delivery Popups Pickup
Buddha Foods [C] www.eatlikebuddhas.com Jai Wurfain Bowl-based meals, gluten-free. Custom sauces, online orders, catering. Formerly BITE/Buddha Sauce.	Bowls / Sauces Catering Popups
Buenas Burgers https://buenasburgers.us Burgers, personalized options. Popups. Catering.	Burgers Catering Popups
Casa de Luz www.instagram.com/casadeluz.veg Barrio Logan. Authentic Mexican comida. Jackfruit birria/carnitas, elote, horchata, shroom asada, al pastor.	Mexican Catering Popups
Chef Bai www.chefbai.kitchen Bailey Jeann Virtual cooking classes, cookbook, mocktail/cocktail eBook, recipes, online shop.	Cooking classes Cookbooks Recipes
Clink San Diego www.instagram.com/clinksandiego Hannah Jacks Hosting events like food tours, bonfire parties, and tequila tours for both locals and tourists to connect with one another and have a great time. We are a women-owned business here to show you the best vibes around San Diego!	Event hosts
Cocina Folklore http://www.instagram.com/folklorecocina Francisco J Morales Golden Hill. Home kitchen. Traditional Mexican food. Tacos, burritos, pozole.	Delivery Pickup
Cocina Tonalnan www.instagram.com/cocinatonalnan Diosa Guerrero Horchata, sushi, arroz con leche, almond treats, falafel, pozole, birria, boba, curry ceviche, cookies, aguachile.	Mexican Catering Popups
Eat Clean With Sarah https://www.instagram.com/eatcleanwithsarah Sarah Considine Encinitas based: Private chef, meal service, recipes.	Private chef Meal Service
Elevation Eating https://www.elevationeating.com Perla Chef, cooking classes, food education workshops, menu design, catering. Artfully crafted grazing tables, boxes.	Retreat chef Cooking classes Catering
Falafel Heights www.falafelheights.com Lialie Ibrahim Falafel, hummus, bowls, dips made from scratch.	Popups Catering
Flavor Lab www.instagram.com/flavor.lab/ Conscious, plant-based test kitchen, private dining, popups, special events, collaborations.	Private dining Popups Special events
Forage & Flame / Vegan Supper Club Social Chef Kujo Kumro www.instagram.com/forageandflame www.instagram.com/vegansupperclub_social WFPB Food Stylist. Multiple styles of cuisine. Veganize traditional comfort foods. Private events and catering.	Private Events Catering Consulting
Fresh Creations www.freshcreationssd.com Nicole Estrada Personal chef and catering services. Meal delivery. Organic, fresh, locally-sourced seasonal ingredients.	Catering Delivery
Katie's Healing Kitchen [C] www.katieshealingkitchen.com Katie Farina Group classes, personal chef, small scale catering, private lessons, kids cooking parties, pop-up events.	Catering Cooking classes Private lessons
Let's Go Vegan https://letsgovegan.org Eileen Elizabeth Popvich Online health coach, vegan transitional consultant, private chef, weekly delivery & in-home services.	Private chef Catering Delivery
Ma Table Végane www.instagram.com/matablevegane Sandra Hurtault French private chef, catering, events, meal prep, cooking classes. Organic whole foods, minimally processed.	Private chef Catering Cooking classes
Mindful Culinary Creations www.mindfulculinarycreations.com Alicia Jones Upscale, luxury, meal prep / delivery. Certified Integrative Health Coach.	Meal prep Delivery
My Plant Chef www.myplantchef.com Marti Avila Certified Integrative Nutrition Health Coach. Makes and delivers 100% healthy, plant based-vegan, gluten-free meals.	Personal chef Health coach Delivery



Plant Based Meals https://plantbasedmeals.com Angela Stanger / Sonya Gomez Whole food, plant based meal prep. Subscription or pay by week. Free delivery, No hidden fees.	Meal prep Delivery
rawrawrawfood www.instagram.com/rawrawrawfood Jayna Carter Holistic Nutritionist & Personal Chef. I make & deliver healthy raw vegan food in San Diego to busy families and people who don't like or want to cook. I help people help themselves to reverse illness & disease through nutrition and detox.	Catering Delivery Detox
rootedinraw www.instagram.com/rootedinraw Kaitlyn Chef, raw food specialist, online cooking course, retreat catering, cleanse program	Chef Cooking course Catering
Santosh Nutrition www.santoshnutrition.com Liz Murphy Personalized nutrition coaching services. Free consultation. Vegan food tours, cooking classes, organic farm tours. Santosh is the Sanskrit word for contentment. Learn how eating more plants can change your life and our planet.	Coaching Food tours Cooking classes
Sibee in the Kitchen www.instagram.com/sibeeinthekitchen Charles Beard Meal prep	Meal prep Delivery
Slapped Woodfired Pizza www.instagram.com/slappedsd Mobile pizza popups.	Pizza Popups
Stone Monkey http://stonemonkeyusa.com Chinese food, catering, delivery, farmers markets	Chinese Catering Delivery
The Dal y Mama www.instagram.com/thedalmama Bianca Dal (dried lentils, beans, peas) dishes and sides.	Indian Food Catering Popups
The Radical Beet www.instagram.com/theradicalbeet Mandy Conroy Burgers, sandwiches, bowls, pancakes.	Burgers Catering Popups
The Remix www.facebook.com/TheRemix619 Joann & Lori Guillory Jackfruit Ribs, Mac n' Chz, Candied Yams, Fried Chik'N, etc.	Soul Food Popups
The Succulent Vegan [C] www.facebook.com/thesucculentvegan Vikki Widick Personal chef, cheese artisan. Enticing all your senses. Certified yoga instructor: private/group lessons.	Personal chef Cheese artisan Yoga
The Vegan Bella www.instagram.com/the_vegan_bella Tara Caruso Meal planning & catering. Customized meals, veganized Italian dishes.	Italian Catering Delivery
Today's Menu Vegan Eatery www.facebook.com/todaysmenuvegan Audrey Curcio-Smith Introducing a revolving menu of delicious creative vegan eats.	Delivery Popups
Uprising Pizza www.instagram.com/uprisingpizza Ryan Crossley Sourdough pizza popping up at local shops and breweries around San Diego County.	Sourdough Pizza Popups
Umbal www.facebook.com/profile.php?id=100077701361119 Brenda Parra Chula Vista: Health Food Store, cleanses. Mexican food (takeout only). Gluten-free, date-sweetened desserts.	Health Food Store Cleanses Mexican food
Veg-Appeal [C] www.veg-appeal.com Tracy Childs Make us your health partners! Educational cooking classes, corporate wellness, individual cooking lessons, store tours, personal coaching. Achieve your health goals through a whole-food, plant-powered, planet-friendly way of eating.	Cooking classes Store tours Coaching
Vegan Culinary Memoirs https://veganculinarymemoirs.com Liz Gary Plant-based foods recipe development, free cooking classes, new cookbooks & digital media productions spring 2023.	ePublishing Classes Outreach Events
Vegan Mirai https://www.instagram.com/vegan_mirai Sushi. Popups. Farmers Markets.	Sushi Popups
Veggies Don't Bite www.veggiesdontbite.com Sophia DeSantis Beyond the Recipes: group and individual online guidance, systems, and support. Food blog. Recipes. Cookbooks	Online coaching Food blog Cookbooks
VeggyJess www.facebook.com/VeggyJess-1946287808719024 Burgers, sandwiches, lasagna, tamales. Women-owned, gluten-free options, homestyle cooking.	Variety Catering Popups

100% Vegan Food Products


Baked goods, cakes, cookies, bars, candy, ice cream, beverages, tofu, fermented foods...

Ámame Desserts http://amamedesserts.com Anna Suyapa Castellanos High quality cakes, cupcakes, cookies, pies for every occasion, from weddings to birthdays. Delivery available.	Wedding cakes Cookies / pies
AstraBakehouse www.facebook.com/astradelic Custom-designed cakes, delightfully crafted.	Custom cakes Cupcakes
Babe Kombucha https://babekombucha.com Linda Vista tasting room. Yerba Mate, Maui Wowie, Sandia, Moroccan Citrus, Cali Gold, Hawaiian POG.	Kombucha
BeanVivo https://beanvivo.com Ready-to-eat seasoned organic beans, dips, and snacks. Formerly Vivotribe.	Bean pouches Dips & snacks
Beet Rooted www.instagram.com/2beetrooted Noelia Aquino Handmade veggie beet patties that are free of gluten, soy, oil, and nuts.	Beet patties
Before The Butcher https://btbfoods.com Uncut/Mainstream gluten-free burgers (beef, chicken, turkey), sausage, chorizo, pulled pork, ground & crumbles, tips.	Burgers /Sausage Pulled Pork
Bibi's Kitchen www.instagram.com/bibiskitchenandthings Frances Quinones Cookies, cupcakes, tarts, cookie decorating kits, charcuterie boards.	Cookies / cupcakes Decorating kits
Blackbird's Cookies https://blackbirdscookies.com Marci Brantveyn Custom sugar cookies. Theme of your choice. Various shapes, colors, lettering.	Custom cookies
Bliss Elephant By Misha www.etsy.com/shop/BlisselephantByMisha Misha Hathiramani Decorated cookies, PYO (Paint Your Own) & DIY (Do It Yourself) cookie kits. Ships nationwide.	Cookies Cookie Kits
Boochcraft https://boochcraft.com Adam Hiner, Andrew Clark, Todd Kent High alcohol kombucha (7% ALC) made using 100% organic ingredients and cold pressed juices. On tap and in bottles in select locations. Product locator tool on website. Chula Vista based.	Kombucha
Botko https://www.botkofoods.com Gabriela Castro Joffroy Cultured almond & cashew nut spreads. Nacho cheeze. Grainless tortillas, crackers, chips. Botanical Kitchen Organics. Wholesale, retail, delivery. Downtown San Diego storefront.	Spreads/cheeze
Brekki www.brekki.com Russell Radebaugh, Greg Peyser Muesli mix: oats, fruit, seeds, grains, almond milk powder, certified non-GMO, gluten-free, soy-free.	Muesli
CA Holistic Girl www.instagram.com/ca_holisticgirl Julia Drewelow Gluten-free, processed-sugar-free cakes, desserts, raw desserts.	Cakes Raw desserts
Caña Love www.instagram.com/canalovejuice Fresh pressed sugar cane juice.	Sugar cane juice
ChipZ Happen www.chipzhappen.com Chips. Gluten-free, non-GMO, no preservatives. San Diego Style. Various flavors.	Chips
Coyotas Tortillas https://eatcoyotas.com Janet & Alfredo Flores Handmade in small batches from cassava flour (peeled, dried, and ground yucca root). Non-GMO.	Tortillas Grain/gluten free
Cross Roots Juice https://crossrootsjuice.com Kristen Boyar Raw, organic, cold-pressed juice. Delivery throughout San Diego.	Juices
Domaine Santé www.facebook.com/domainesante Emily Aromatic and functional nectars at a lower calorie and glycemic index than other sweeteners. Supports the environment by using surplus grapes from the annual California wine harvest.	Grape nectar
Donut Flyer https://donutflyer.com Organic donuts, fritters, cinnamon rolls, many innovative flavors.	Organic Donuts Fritters / Rolls
Down to Ferment www.instagram.com/down2ferment Fermented, kombucha-based hot sauce. Uses vinegar.	Fermented Hot sauce
Dr. Bronner's Magic Chocolate www.drbronner.com/pages/magic-all-one-chocolate Chocolate bars: 70% cocoa, coconut sugar. Swiss chocolatiers, fairly treated farmers, regenerative organic agriculture.	Chocolate bars



Eatabearbar www.instagram.com/eatabearbar Savory energy bar, certified organic, gluten free, low-temp dried.	Energy bars
Fuelthycells https://fuelthycells.com 100% wildcrafted raw & fruit Seamoss gels. Skin care, refreshers, merchandise.	Seamoss gels
Grow Eco Farm https://www.growecofarm.com Farmer Andy Zemlick Community Supported Agriculture (CSA). Eco-friendly veg box delivery. Customizable boxes. South Bay plot using regenerative agriculture can supply 15-20 households year round in El Cajon & La Mesa. Looking to expand.	CSA Veg box delivery
Grow To Love You https://growtoloveyou.com Gluten/soy-free pantry essentials. Instant cashew cheeze, Sunday pancakes, Superfood granola. Health consultations/coaching, meal plans, recipes. Message shirts.	Cheeze / Granola Health coaching
Hazel & Jade http://hazelandjade.com Cakes, pies, cookies, muffins, cinnamon rolls.	Bakery
 Juice Jerky https://juicejerky.com Michael Fruit leather: peach, cranberry, mango-pineapple, raspberry, strawberry, blueberry...	Fruit leather
Juice Plus+ https://dareen.juiceplus.com/us/en Dareen Nasser (Partner) Blended fruit and vegetable powder capsules, chewables, shakes, bars.	Capsules Shakes / Bars
Kombucha Cares https://kombucha-cares.square.site Pick your choice of flavors. We will hand deliver your kombucha.	Kombucha
Kula Ice Cream www.kulaicecream.com Libby Lefanowicz Sorrento Valley storefront. Gluten-free ice cream. Delivery. Popups in retail stores.	Ice cream
Lath House Gardens www.lathhousegardens.com Lynette Hunter Small, family-owned urban farm & licensed nursery. San Carlos area. Sell microgreens, heirloom tomatoes, assorted produce directly & in Farmers Markets. Sell custom-designed screened-in lath houses to area gardeners.	Microgreens Lath Houses
Lick It Lollipops www.lickitlollipops.com Lollipops & hard candies: 200+ flavors. Bridal showers, wedding favors, birthdays, corporate gifts.	Lollipops Candies
Los Verdes3 www.facebook.com/LosVerdes3Organics Superfood option in Barrio Logan, catering to health conscious, health curious and health needed, providing high nutrition green smoothies. Blended fresh day of sale. Delivery.	Smoothies
Luv Mylk www.luvmylk.com Vincent Dotson Hemp mylk, organic, reusable glass bottles. Stores, Farmers Markets, delivery.	Hemp mylk
Macros Goods www.instagram.com/macrogoods Stuffed waffles.	Stuffed waffles
MarcieSweets www.marciesweets.com Marcie Chocolate & nut products: organic, gluten-free, soy-free, direct trade. Available in bulk.	Chocolate / Nuts
Maya's Cookies [C] www.mayascookies.com Maya Madsen Storefronts: Grantville, San Marcos. Online orders. Cookies: gourmet, organic, small-batch.	Cookies
More Life Liquid www.morelifeliquid.com Ashley Donaldson Natural cold-pressed juices, teas, cleanses.	Juice / Tea Cleanses
Nibble Chocolate Café [C] https://nibblechocolate.com Shambra Clifford Chocolate bars: no artificial flavors, non-GMO. Retail outlets Old Town / Little Italy. Factory in Pacific Beach .	Chocolate bars Retail outlets
No Harm Done – Jerkless Jerky https://jerklessjerky.com Roberto Trada Beefless Jerky. Teriyaki Agave Chili, Teriyaki Pineapple	Jerky
Opal's Paradise https://opalsparadise.myshopify.com Homemade gluten-free cookies, cupcakes, cakes, muffins, snickerdoodles, swirls, holiday baskets, platters.	Cakes / Cupcakes Cookies
 Phatties Bakeshop https://order.toasttab.com/online/phattiesbakeshop Ocean Beach. Cakes, cupcakes, pastries, breakfast items, cookies, drinks, desserts, catering.	Cakes / Pastries Breakfast
 Pinch of Vanilla www.instagram.com/pinch_of_vanilla Olga Avergun Home bakery. Cakes, cupcakes, macarons, pies to order.	Cakes / Cupcakes Pies

Plantiful Kitchen https://plantiful-kitchen.com Barbara Carlsbad. Bread, snacks, cookies, cheese. Gluten-free, refined-sugar free. Formerly Rawsome Delights.	Bread Snacks / Cheese
Proof Puddings www.proofpuddings.com Luscious plant-based pudding, clean ingredients, allergen free, naturally sweetened with dates.	Pudding
Protective Diet https://protectivediet.com Julie Marie Christensen Plant-Based Broth Mix: low sodium, oil free, non-GMO. BPA-free recyclable container. (Also Organizations: Info Sites)	Broth
Pulp Pantry https://pulppantry.com Kaitlin Mogentale Chips made from pulp fiber leftover after juicing. Gluten/grain free.	Veggie chips
Rayluca Chocolate https://raylucachocolate.com Raluca & Bryan Award winning artisan chocolate treats, protein bars, custom cakes.	Chocolate Cakes
Romolo & Remo www.romoloremo.com Nico Del Guidice-Piña Small batch, roman-style, artisanal tomato sauces. Gluten-free, no added sugars, garlic or basil, spicy or mild.	Tomato sauces
Ruth's No. 5 www.ruthsno5.com Authentic Mexican salsa, tortillas, tortilla chips	Salsa Tortillas / chips
Salty Lemonade www.saltylemonade.com Fermented lemonade, apple cider vinegar, kimchi, garlic, lemons, limes. No added chemicals.	Salty lemonade Fermented foods
San Diego Tempeh www.sandiegotempeh.com Max Petrich Handcrafted tempeh made from organic beans, seeds, and nuts. Available at retail stores and Farmers Markets.	Tempeh
Shmackin Noodz www.instagram.com/shmackinnoodz San Diego's Best Vegan Mac & Cheese!	Mac & Cheese
Scout & Cellar https://scoutandcellar.com/?u=siphisnotthat Amy Schuler Consultant Organic, no added sugar, low sulfites, clean-crafted vegan wine.	Wine
Scratch House www.scratchhousevegan.com Chef Tony Howe Inside Donna Jean eatery. Artisan vegan cheese, charcuterie, & sauces.	Cheese / Sauces Charcuterie
Serpentine Cider www.serpentinecider.com Sean Harris, Lish, Bree Steffen Tasting Rooms: Miramar, University Heights. Dry & off-dry (low sugar) hard cider. Hosts popup vendors.	Hard Cider
Seva Foods [C] http://sevafoods.com Michelle May, Elia Nikolaev Snacks: freeze-dried space ice cream, coconut jerky, whole food, non-perishable.	Snacks
Simply Perfect Powder www.simplyperfectpowder.com Ben & Kristy Fitts Sprouted black rice powder for workouts, heart health, weight/blood-sugar management. Energy bite / smoothie mixes.	Rice powder
SoCal Lemonade www.instagram.com/socallemonade Flavored lemonades.	Lemonade
Sol-ti https://solti.com Lindsay Ray Organic SuperAde and SuperShot Living Beverages. Organic Activated and Sprouted SuperMix, SuperFood Trail Mix. Mira Mesa tasting room with grab-n-go snacks.	Beverages Trail Mix
Split Bakehouse www.splitbakehouse.com Vanessa Corrales La Mesa Grossmont Mall. Cookies, muffins, bagels, bread, croissants, pop tarts, scones, butter, mayo, eggs.	Baked Treats
Stacy's Vegan Cake-Mix www.facebook.com/Stacysvegancakemix Stacy Lighten Vanilla, chocolate, lemon cake mixes—add water and oil.	Cake Mix
Starry Lane Bakery www.starrylanebakery.com Jaime & Jennifer Schwartz Allergen-free cookies, bread, bars, tarts, cakes, muffins, cupcakes. Wholesale available.	Baked Goods
Sweets by Victoria https://sweetsbyvictoria.com Victoria Ramos Assorted pastries, gluten-free options, monthly pastry boxes, custom orders on request.	Pastries
TapShack Kombucha www.drinktapshack.com Chris & Amanda Ocean Beach. Handcrafted kombucha on tap, bottles. Nitro cold brew coffee. Also sold in retail locations.	Kombucha
The Coco Cruiser www.instagram.com/thecococruiser Saad Rasouli Fresh organic coconut water.	Coconut water

The Laughing Vegans www.thelaughingvegans.com Marti Avila Organic, gluten-free desserts. Chocolate chip cookies from quinoa flour, applesauce, coconut sugar, dark chocolate.	Cookies
The Loose Leaf https://thelooseleaftea.com Meghan Mercier Variety of tea blends for comfort, detox, insomnia, weight loss.	Tea
The Mulk Co https://themulkco.com Melissa Finestone Flavored almond milk: vanilla, chocolate, lavender, strawberry, cold brew, matcha, pumpkin, gingerbread...	Almond milk
Tracy's Real Foods https://tracysrealfoods.com Tracy Childs, Steven Sarnoff Whole-food, oil-free cookies, muffins, crackers, granola.	Cookies / Muffins Crackers
Trupo Treats https://trupotreats.com Brian Trupo Candy bars: mylk chocolate, rice crunch, caramel cookie, candy cane crush. Helps support animal sanctuaries.	Candy bars
Vegan Bloc Pizza https://veganbloc.com Rolando: Certified home kitchen. Classic or build-your-own pizzas. Pre-order for pickup or delivery.	Pizza
Veg'n Out https://eatvegnout.com Grant Plummer Grantville—San Diego Vegan Market: Grab'n go sandwiches, pasta salads, frozen meats. Catering available.	Sandwiches Frozen meats
 Violet Vegan Cakery www.instagram.com/violetvegancakery Tara Gazder Cakes, cupcakes, cookies, cinnamon rolls, muffins.	Cakes / Cookies Muffins
Xarieya's Vegan Delights www.instagram.com/xarieyasvegandelights Organic desserts, pastries, lemon bars, carrot bread, cinnamon rolls, cookies.	Desserts



Vegan Virtuous Circle

Vegans supporting vegan entities leads to more vegan entities!



Advantages of 100% Vegan Eateries

- * No worries or questions about hidden animal ingredients.
- * No mix-ups of being inadvertently served animal foods.
- * No cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air.
- * No one will be hurting (eating) animals in your presence.
- * Omnivorous companions will choose & enjoy vegan options.
- * Vegan eatery owners need your help to stay in business—reward their ethics!

MaxVegan HEALTH Topics

Humans, Environment, Animals, Learning
www.maxlearning.net/health.htm

VeganDiegoBlog

Veganizing the world through dining & online activism!
www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf

Foreign Language V-Cards

Ensuring cruelty-free meals/groceries while traveling!
www.maxlearning.net/HEALTH/V-Cards.pdf

MaxVegan No-SOS Recipes

Toppings, Meals, Treats. No refined Salt-Oil-Sugar.
www.maxlearning.net/HEALTH/MaxVeganRecipes.htm

VeganDiego Businesses

Changes appear in **orange**.

Listed businesses are based in San Diego or have a San Diego branch or representative. They are vegan-owned or vegan-promoting but are not extensively screened to be 100% vegan. Click to go to desired category. Click [Businesses](#) in header to return to this page.

[Animals](#)
[Art & Artists](#)
[Business Development](#)
[Financial Services](#)
[Fitness & Wellness](#)

[Legal Services](#)
[Medical Services](#)
[Merchandise](#)
[Multimedia Services](#)
[Music & Entertainment](#)

[Personal Products & Services](#)
[Property Products & Services](#)
[Real Estate Services](#)
[Venues](#)

Animals

Vet, Grooming, Walking, Sitting, Training, Food, Treats

Andy's Furry Friends www.facebook.com/AndysFurryFriends Andy Schulgasser Encinitas & nearby areas. Animal behavior specialist. House sitting, pet sitting, run/walk dogs, animal behavior/training. Assist with health & diet issues.	Pet sitting Run/walk dogs Behavioral training
Athena Gianopoulos, DVM, CVA https://feathersandfurah.com Vegan vet at Feathers and Fur Animal Hospital / Eastridge Animal Hospital. High quality compassionate veterinary care for dogs, cats, and birds in San Diego. The best mobile veterinary care right in your driveway.	Vet Services Hospital Mobile Van
Char Loves Dogs www.instagram.com/char.loves.dogs11 Provide walks, overnight care, and professional grade tummy rubs. Nail trim, ear clean.	Pet sitting Pet walking Nail trim, ear clean
Green Paw Grooming www.facebook.com/greenpawgrooming La Jolla: Grooming at its finest. All natural, earth, and pet-safe products. Come see what the neighborhood is howling about. Now offering self-serve dog wash.	Grooming Self-dog wash Products
Dylan's Pet Food www.dylanspetfood.com Matthew Miksic Whole dog food. Cooked low & slow. Frozen fresh. No byproducts, preservatives, corn, soy, wheat, gluten. Quinoa base + bean, pea, or chickpea recipes. Meets AAFCO standards. Customized meal recommendations.	Dog Food
K9 Training Time www.facebook.com/k9trainingtime Sandra Souper Dog training and walking. Balanced, holistic training. Council of Professional Dog Trainer certified.	Dog training Dog walking
Melody's Mutts Melodykincaid2@gmail.com Melody Kincaid North County: Pet sitting that includes drop-ins and overnight stay in the comfort of your home. Includes dog feeding, walking, and clean up. Fully insured. First meet up free.	Pet sitting House sitting Dog walking
Pawprints Pet Sitting https://pawprints-petsitting.com Lori Biewen San Diego (except downtown/uptown areas) & far East County: In-home pet sitting/care/walking. Dog, cat, equine, livestock, poultry, pocket pet, fish, exotic pets. Feeding, watering, mucking, coop cleaning.	Pet sitting Dog walking Farm animals
Sarah Vineyard, DVM https://lajollacolonyvet.com Vegan vet at Colony Veterinary Hospital in La Jolla. Preventative care and exams, puppy and kitten care, dental health, lab services, surgery, acupuncture.	Vet Services Preventative Surgery
Totful Treats www.totfultreats.com Health conscious, human-grade, gluten-free dog treats. Candle sales support dog rescue.	Dog treats Candles
Wonder Dog Training https://wonderdogs.net Jennifer LaBar We have an amazing team of experienced, talented, caring trainers. We offer in-home training, virtual training, boarding, dog daycare, and board and train!	Dog training Boarding Daycare

Art & Artists

See Merchandise section for Arts & Craft items

Art Of Framing www.theartofframing.net Blythe Goodwin Bay Park. Custom picture framing. Individual, corporate, institutional, high volume. Guaranteed.	Picture Framing
Brittany Balcom Art www.brittanybalcom.com Whimsical landscapes, trees, flowers, & figures.	Drawings Paintings

Claudia Verciani Fine Art https://claudiaverciani.com Still life, portrait, landscape, seascape, dog portraits. Del Mar Art Center Gallery Artist Member.	Fine Art Oil Paintings Dog Portraits
Eclipsed by Sara www.facebook.com/eclipsedbysara Sara Abdelmoneim Everything but portraits.	Drawings Paintings
Jasmine Spence Art www.instagram.com/JasmineSpenceArt Pet portraits, card art, album covers, watercolor, colored pencil, ink, graphite. Available for commission pieces.	Pet portraits Card art Album covers
Jessica Newman – Artist https://jessicanewmanart.com Fine art painting, urban architecture, street scenes, portraits, figures.	Fine art painting Scenes Portraits
Linda Kelson Art www.lindakelson.com Linda Kelson Figurative Expressionism. Fine art oil, oil pastels, gold leaf. Animals, people, abstracts, landscapes. Since 1983.	Fine oil painting Animals, people Offers layaway
Robin Sanford Roberts Art www.facebook.com/Robinsanfordrobertsart Robin Roberts Female artist exhibiting & selling mixed media collages, paintings.	Paintings Collages Mixed media
Sandra Marshall Art https://sandramarshallart.com Art made from food used to illustrate children's books, painting events, custom art.	Food Art/Books Painting events Custom art
San Diego Chalk Artist www.sandiegochalkartist.com Katie Bush Large murals, 3d chalk art, menu art, signs, hand lettering, logos. Festivals, corporate events, trade shows, retail spaces, boutiques, weddings, private homes, restaurants, cafés, coffee shops, bars. (Also Fitness & Wellness.)	Chalk artist Murals Signs
Suzannah Weiss Scenic Artist www.suzannahweisscenicart.com Scenic art for theatres. Wall art / faux finishes for residences.	Scenic Art Wall Art Faux finishes
The Vegan Painter www.theveganpainter.store Alex 'Aria' Enriquez Online art store dedicated to creating awareness of animal rights, issues, and liberation. Curation, framing.	Paintings Curation Framing
Business Development	
Holly Reville Marketing Services www.hollyreville.com Marketing strategy, branding, project management, graphic design. Print, digital, video, signage, email, direct mail, products, packaging, social media, SEO, SEM.	Marketing Branding Graphic Design
Hoppy Promo Gear https://hoppybeergear.com Joey Marie Jubran Merchandise & service branding, strategy, & marketing. Custom apparel, hats, bags, drinkware, keychains, etc. with your name & logo. Graphic & web design. Print, packaging, & display design.	Branding Marketing Web/Print Design
Ink and Laurel http://inkandlaurel.com Sam Elias Graphic design, branding.	Graphic Design Branding
Kindvertising www.kindvertising.com Web development, social media, print, video, non-traditional, photography for organizations and enterprises that consistently make the world a better, healthier, and kinder place. Supports the causes it promotes.	Web design Social media Print / video
Launch Site https://launchsitelc.com Andrew Lee Web design, website development, social media management, ad campaigns & PPC, email marketing, SEO & organic traffic, WordPress migrations, logo design.	Web Design Social media Marketing
Sample Design Print + Web http://sampledesign.com Gina Sample Graphic Design, Branding, Art Direction, and Production of print and website design for small- to mid-size businesses, corporations, and non-profit organizations.	Graphic Design Branding Art Direction
Uprooted Social www.uprootedsocial.com Kat Layne Food product photography, recipe development, content creation, videos, infographics. Social media platform management. Influencer outreach, brand partnerships, cross-promotions, giveaways.	Social media mgt Content creation Food brands
Financial Services	
Brave Bookkeeping LLC [C] www.elizabethbrave.com Elizabeth Brave Bookkeeping, accounting data entry, tax prep. Over 20 years' experience with commercial and nonprofit industries. Using all versions of QuickBooks. Legal billing. Corporate accounting. Experienced with numerous software packages.	Bookkeeping Accounting Tax Prep

Fitness & Wellness	
Physical training, Yoga, Sports, Nutrition, Counseling, Coaching	
Alchemystic Studio https://alchemysticstudio.com Meesha Sharma Virtual yoga and meditation melding the wisdom of ancient India and the mission of modern activism.	Virtual yoga Meditation
AriFit Wellness www.arifit.com Arielle Kantor Self-defense seminars & strategies. I empower all genders to harness their natural abilities and embrace their body for protection so they can thrive in peace. Myofascial deep-muscle stimulation neuromuscular bodywork.	Self-defense Myofascial bodywork
Art of Survival Self Defense www.aosselfdefense.com David P Davis La Mesa: Self-defense training, Krav Maga, DVRT (Dynamic Variable Resistance Training), adult/youth programs. Owner and all instructors are vegan.	Self defense Krav Maga DVRT fitness
Babs Personal Training https://babspersonaltraining.weebly.com Brittany Balcom Ramona : ACE certified personal trainer. Individual training. Group classes.	Personal trainer Solo / Group
Becoming Peaceful www.facebook.com/becomingpeaceful Lisa Howe, MSW Certified Peaceful Parenting Coach with the education, experience, and knowledge to be a mentor as you navigate the unpredictable waters of parenting. Online or in-person sessions.	Parenting coach
Body and Soul Nourishment www.bodyandsoulnourishment.com Elaine Bryan, RYT Nutritional counseling, corporate programs, yoga, classes & events, tower garden, juice plus+, recipes, blog.	Nutrition counseling Yoga
Chain Reaction Therapy https://chainreactiontherapy.com Azilee Frye O'Neil, Loren O'Neil Educating your mind and body together. Structural integration, personal training, massage therapy.	Personal training Massage therapy
Coach + Grow www.instagram.com/sarah_hagstrom Sarah Hagstrom We help health & wellness coaches make the world a healthier & happier place.	Coaching of health coaches
Earnestly iirie www.facebook.com/earnestlyirie7 irie Elevated Earnest Kemetic and Ayurvedic Therapies. Mind, body & spirit work, massage.	Holistic health Massage
Elemental Aquatics http://www.elementalsd.com Angela Soler North County: Private swim lessons for infants, children, adults (your pool), lifeguard services, dry land fitness training, staff training. Providing the essential building blocks for learning lifesaving and healthy lifestyle skills.	Swim lessons Lifeguarding Fitness training
Empire of the Sun Spirit www.empireofthesunspirit.com Lara De Ann Non-denominational wedding & memorial service officiant. Insightful guidance phone consultations. Poetry, books, greeting cards, world peace necklaces.	Wedding officiant Memorial services Guidance
Estasi Massage Therapy [C] http://sdmassage.com Kelly Buffo Therapeutic/medical massage. Specializing in pain management: headaches, carpal tunnel, tendinitis, car accidents, etc. Reflexology, ear coning, salt glow, sugar rubs. Serving San Diego, El Cajon, La Mesa, and Santee.	Massage Pain Management Accidents
Eunoia www.instagram.com/eunoiaessentials Veronica Morales Mental Health approach that specializes in connecting mind, body, and spirit through holistic & alternative therapies to help you heal yourself. Facial reflexology.	Holistic health Alternative therapies
Explore to Heal www.exploretoheal.com Carlee Krichmar Curated conversation game that uses curiosity and self-expression to explore topics that affect us, connect us, and align us closer to ourselves and each other. Group/family/friend exploration. Team building.	Coaching Team building
Fabiola Gomes www.fabiolagomes.com Personal trainer, dance instructor. Private, class, in-home, outdoors, virtual.	Personal Trainer Dance lessons
Good Intentions Wellness www.goodintentionswellness.com Ashley Dawn Mission Hills: Holistic wellness center, treatments, and workshops. Massage, Reiki, Breathwork, Facials, Astrology.	Holistic health Alternative therapy
Got LOVE Troubles? [C] www.HelpMyRelationships.com Tera Gardner, CLC (Certified Life Coach) Communication Coaching. LOVE Addiction Re-patterning! Nonviolent Communication (NVC). Individuals, couples, family, workplace. Classes, workshops. Vegan-activist burnout / relationships with non-vegans. Free initial consultation.	Communication coaching Vegan relations
Half Moon Yoga and Art www.halfmoonyogaandart.com Hannah Faulkner Group yoga lessons. (Also Music & Entertainment.)	Yoga
Happy Healin' Vegan [C] https://happyhealinvegan.com April Moor Fitness, nutrition, positivity, self care, animal love, and healing through food. Online and/or in-person coaching.	Health Coach Fitness Trainer Vegan transition

<p>Healthy Body Reset https://mailchi.mp/9054a2b996db/healthy-body-reset Jenna Carpenter Weight loss, cooking, recipes, meditation, emails & videos, group calls with Q&A.</p>	<p>Health Coach Recipes Meditation</p>
<p>K Tantra www.ktantra.com Kelly Jett Gawaran Serra Mesa: Intuitive tantra counseling, Reiki healing, sound healing, Shamanic timeline work.</p>	<p>Tantra counseling Reiki healing</p>
<p>Kathleen Kastner Wellness Coaching [C] www.kathleenkastner.com Kathleen Kastner Coaching, yoga, meditation, weight loss / Food for Life Instructor. Author: "Yoga's Path to Weight Loss."</p>	<p>Coaching Classes Yoga</p>
<p>Katie Bush – Yoga www.artkatie.com/yoga Yoga Alliance certified E-RYT 500. Vinyasa, hatha, yin, restorative, aerial, partner yoga. (Also Art & Artists.)</p>	<p>Yoga</p>
<p>Le Bijou Holistic Spa https://lebijouspa.com Michelle Reneé Hammond Oceanside. Waxing, facial/body treatments, lash & brow services. Women and men. Handmade skin care products.</p>	<p>Waxing Facial treatments Body treatments</p>
<p>Let's Veg About It www.letsvegaboutit.com Pearl Jenkins Online or in-person personal training, couples training.</p>	<p>Personal Trainer Recipes</p>
<p>Moore Fitness https://livemooremethode.com Sarah Moore I help busy women (and men), make themselves a priority again, without feeling overwhelmed by restrictive diets.</p>	<p>Fitness trainer Personal coach Health & wellness</p>
<p>Nature's Whisper Family Wellness & Yoga Studio www.facebook.com/natureswhisperstudio University Heights: Support prenatal, postnatal, nursing, babies, toddlers, families through yoga, movement, breath work, mindfulness. Community support room and kids' space open to all. Pickup and delivery vegan-prepped meals.</p>	<p>Family Wellness Yoga Delivery</p>
<p>Nicole Miller Massage + Yoga, CMT, MLD-C, YTT200 www.nicolemillermassage.com Clinically Intuitive Bodywork certified in Manual Lymphatic Drainage for Post Op Massage. Therapeutic Massage Cupping, Hot Stones. Sliding Scale Private Yogasana Instruction. BIPOC / LGBTQ+ discount. Mobile options available.</p>	<p>Massage Cupping / stones Yogasana</p>
<p>Pearl Manifest Wellness www.pearlmanifestwellness.com Mikahl Smith Helping everyday women, who may suffer from mental difficulties, find the best versions of themselves through fitness, self-love, and nutrition. YOU are worth investing in, choose you!</p>	<p>Holistic coach Personal trainer Nutrition</p>
<p>Raw Vegan Ginger www.rawveganginger.com Jennifer Joy Patrishkoff Health & lifestyle coaching. Goal setting, meal planning, recipes, weight loss/gain, nutritional deficiencies, budget shopping, juicing, fasting, eating disorder recovery, detox. eBooks, clothing, insurance.</p>	<p>Health coaching eBooks Clothing</p>
<p>Riffs Yoga Studios https://riffsyogastudios.com Steve Hart La Jolla (indoor & outdoor spaces), Ocean Beach (indoor space). Classes or private sessions, massage, sound healing. yoga-teacher training, corporate classes.</p>	<p>Yoga Massage Teacher training</p>
<p>SoCal Wellness Retreats www.socalwellnessretreats.com John Quirk Hosts retreats and helps wellness professionals create retreats for their clients.</p>	<p>Wellness retreats Retreat coaching</p>
<p>Spirit Yoga / Spirit Barre [C] www.spirityogastudios.com / www.spiritbarrestudios.com Pacific Beach's community yoga & barre studios, offering group classes and workshops. San Diego's home for Puppy Yoga, benefitting local dog rescues.</p>	<p>Yoga Barre Puppy Yoga</p>
<p>The Light Within www.lightwithinheal.com Dawn Ressel Healing sessions: Life activation, Soul retrieval, Full spirit activation, Purpose of life reading, Shamanic aura clearing & cord cutting, Ensofic Reiki, Egyptian aura balancing, Crystal healing. Formerly Aurora Love.</p>	<p>Healing sessions Life activation Soul retrieval</p>
<p>The Soul Empowered Empath www.marinayt.com Marina Yanay-Triner Transformational coaching for empaths & high achievers</p>	<p>Empath coaching</p>
<p>Trilogy Sanctuary Yoga www.trilogysanctuary.com/yoga-schedule Leila Dora & others La Jolla eatery offering class yoga: aerial, vinyasa, heated (infrared), Iyengar, restorative, prenatal, yin...</p>	<p>Yoga Aerial Prenatal</p>
<p>Waves Psychologists www.wavespsych.com Abigail Weissman, Psy.D Rancho Bernardo. Counseling for transgender, trans, intersex, lesbian, bisexual, gay, pansexual, queer clients. Training or consultation for therapists working with queer and trans clients and/or Jewish clients or staff.</p>	<p>Counseling LGBTQ+ Training</p>
<p>Wellness on Wheels Unlimited www.facebook.com/wellnessonwheelsunltd Julia Juarez In-your-home massage, reflexology, waxing.</p>	<p>Massage Reflexology Waxing</p>
<p>Zen Rose Wellness www.zenrosewellness.com Rosavel (Rose) J Downtown San Diego. Mindful skincare & energy balance services. Cruelty-free facials aligned with our love for the environment, animals, and wellness. Reiki sessions, in-person or long-distance, to harmonize the mind, body, & spirit.</p>	<p>Facials Reiki</p>

Legal Services	
Bryan Pease, Attorney www.bryanpease.com Free speech, civil rights, corporate responsibility, government accountability, environmental protection, animal law, personal injury, landlord/tenant, contracts, civil litigation.	Civil rights Criminal law Animal law
Foldenauer Law Group http://foldenauerlaw.com Sean M. Foldenauer Business litigation for owners, shareholders, individuals, small to medium-sized companies. Personal injury specialists for auto accidents, brain injury, wrongful death, premises liability, defective products.	Business Law Personal Injury
Gift of the Gab Interpreting & Translating www.facebook.com/giftofthegabinterpreting Gabriela Sosa State & Federal Certified Court Interpreter offering interpreting and translating services in English, Spanish, and French. Over 25 years court, conference, medical, and immigration experience.	Court Interpreter Translator
Joseph W. Bassett, Attorney www.jwbassettlaw.com Serving the legal needs of the California boating community and beyond. Yacht purchase and sale, LLC creation and transfer, maritime, ocean and coastal policy, contracts, and general business law. CA # 338056. 619-600-7461	Licensed Attorney Yacht Broker
T. Cardiff Law www.tcardiffllaw.com Todd T. Cardiff Helping environmental groups, community groups and individuals weave their way through the complicated world of land use, governmental law, homeowners' association disputes, contracts, and litigation.	Environment Law Organization Law HOA Law
Medical Services	
KAISER	
Pierre (Pete) Sayed Auokar, MD https://healthy.kaiserpermanente.org/southern-california/physicians/pierre-auokar-1238871#/map	Cardiology Electrophysiology English/Arabic
Luis Esquenazi, MD https://healthy.kaiserpermanente.org/southern-california/physicians/luis-esquenazi-3626259?kpSearch=Luis%20Esquenazi .	Family Medicine
Mark Alan Harris, MD https://healthy.kaiserpermanente.org/southern-california/physicians/mark-harris-8218238 .	Physical Med Rehabilitation
Anne Pugh McKeirnan, MD https://healthy.kaiserpermanente.org/southern-california/physicians/anne-mckeirnan-9356678	Ob/Gyn Obstetrics Gynecology
Suresh Pola, MD https://healthy.kaiserpermanente.org/southern-california/physicians/suresh-pola-7776227	Gastroenterology Multilingual
SCRIPPS	
Roy Avalos, MD www.scripps.org/physicians/5802-roy-avalos	Cardio diseases English/Spanish
Michelle Dern, MD www.scripps.org/physicians/3926-michelle-dern	Pediatrics
Kelly Van Den Heuvel, MD www.scripps.org/physicians/6600-kelly-van-den-heuvel	Ob/Gyn English/Spanish
SHARP	
Marsha Blount, MD www.sharp.com/san-diego-doctors/dr-marsha-blount-60261	Family medicine Cryosurgery
Allan Gamagami, MD www.sharp.com/san-diego-doctors/dr-allan-gamagami-61492	General Surgery
Alshafie Hassan, MD www.sharp.com/san-diego-doctors/dr-alshafie-hassan-74544	Internal medicine English/Spanish
Julie Roth, DO www.sharp.com/san-diego-doctors/dr-julie-roth-69073	Family Medicine Osteopathy
UCSD HEALTH	
Cardiovascular Institute https://health.ucsd.edu/care/heart-vascular/cardiac-rehabilitation UCSD Health La Jolla – Jacobs Medical Center. Scientifically slowing, stopping, and reversing heart disease.	Plant nutrition Stress reduction Group support
Jennifer Nemeth, RN UCSD Cardiovascular Rehabilitation jlnemeth@ucsd.edu 858-249-1397 UCSD Health La Jolla – Jacobs Medical Center. Cardiac Rehabilitation RN who emphasizes a plant-based diet.	Cardiac rehab Nursing

VARIOUS MEDICAL / DENTAL	
Arnold Kremer, DO www.delmarim.com Del Mar Integrative Medicine & Medical Spa. Chronic disease, immigration physicals, health optimizations, adjustments, physical medicine, contracted muscle relaxation, PRP-Platelet Rich Plasma, Dermal Fillers, Botox, Laser.	General Medicine Osteopathy Cosmetics
Azteca Wellness Virtual Clinic https://www.aztecawellness.com Raymond A. Berdugo, MD Solo family telemedicine for Latinos who are California Residents ages 21-50 years old. Diabetes, cholesterol, blood pressure, obesity, sleep problems, exercise/nutrition consult, sports/athletic performance, & more.	Telemedicine Latinos 21-50
Barnard Medical Center www.pcrm.org/barnard-medical-center Neal Barnard, MD PCRM-affiliated Washington, D.C. clinic offers California residents the opportunity to consult with caregivers online through their computers or phones. Expertise in combating hypertension, type 2 diabetes, heart disease, obesity.	Telemedicine General health
Family Allergy Center http://familyallergy.org Maryam Zarei, MD Poway: Treat adults and children for immune system issues, food/drug/environmental allergies, food intolerance, asthma, COPD, skin sensitivity, eczema....	Allergist Immunologist Adult/Pediatric
Find A Doctor www.pcrm.org/findadoctor Search for local or telehealth plant-based care professionals. Provided by Physicians Committee (PCRM).	Physician Search
Finding Health www.findinghealth.info Walter Cohen, DO Kearny Mesa / La Jolla: Osteopathic Manual Medicine. Hands-on medicine to address underlying causes of disease.	Osteopathy
Joel Fuhrman, MD www.drfuhrman.com/medical-practice Telemedicine appointments. Health products. Lose weight, reverse chronic health conditions.	Family Medicine
Love.Life Telehealth https://love.life/telehealth Choose an online doctor. Reverse chronic disease with whole food, plant-based (WFPB) diet, exercise, stress reduction, improved quality of sleep, and maintaining a healthy weight.	Telehealth
Michelle M. Carcel, Psy.D. www.drcarcel.com La Jolla. Therapy for depression & anxiety, eating disorders, older-adult concerns, health & wellness, body image, cancer & medical, communication, life transitions, relationships, LGBT, career, insomnia, trauma. Se habla Español.	Clinical Therapy Depression Eating disorders
Ocean Beach Family Chiropractic https://obchiropractic.com Kayla Ambert, D.C., R.D. Chiropractic services: adult, pediatrics, pregnancy, postpartum, athletes. Nutrition services. Exercise services.	Chiropractic Adult / Pediatric Pregnancy
Plantrician Providers https://plantrician.org Find a plant-based healthcare provider near you. Formerly Plant-based Docs.	Physician Search
Vegan Primary Care www.veganprimarycare.com Dr. Scott Harrington, D.O. Online appointments. Write prescriptions, order imaging/lab tests, make referrals. Achieve optimum health through a whole-foods, plant-based diet, enjoyable exercise, and quality relationships.	Telemedicine Primary Care
Yige Zhao, DDS www.ranchopenasquitosdentistry.com/meet-our-team/team-member.yige-zhao-staff-id-26084.html Rancho Penasquitos Dentistry.	Dentist
Your Optimal Health Chiropractor www.facebook.com/YourOptimalHealthChiropractor Dr. Chris McLaine Pt. Loma/Ocean Beach: Chiropractor, Holistic Health Coach. Ergonomic footwear & bio-engineered orthotics. CBD oil, probiotic antioxidant combo, anti-inflammatory plant-based omega complex, hyperbaric oxygen therapy.	Chiropractor Health Coach Footwear
Merchandise	
Accessories, Clothing, Arts & Crafts, Jewelry, Furnishings, Shoes, Miscellaneous	
1502 Candle Co. https://1502candleco.com Caroline Soy wax candles, diffusers, spray fragrances, hand mist sanitizers. Favor recycled, recyclable, biodegradable materials. 1% of sales benefit environmental nonprofits.	Soy wax candles Diffusers Fragrances
Aromalee Shop www.aromaleeshop.com Candles, incense, car diffusers, roller balls, wax melts, sprays. Formerly Veganlee Shop.	Candles Incense Car diffusers
Bungalow 360 https://www.bungalow360.com Susie Pusch Vegan leather pouches, wallets, hobs. Cotton canvas wristlets, wallets, backpacks, hats, bags, totes, towels.	Pouches Wallets Totes

<p>Call It Spring www.callitspring.com/us/en_US Footwear, bags, wallets available for online order/delivery and/or pickup in various local stores.</p>	<p>Footwear Bags Wallets</p>
<p>Compassionate Paws www.etsy.com/shop/compassionatepaws Jen Handmade necklaces, earrings.</p>	<p>Necklaces Earrings</p>
<p>Cosmic Kristen www.etsy.com/shop/CosmicKristen Kristen Allen Painted glassware, original artwork, unique clothing. DIY tutorials: https://www.youtube.com/channel/UCm7ehSDAa67n6600IsaeCmQ</p>	<p>Glassware Artwork Clothing</p>
<p>FlowersAndTheMoon [C] www.etsy.com/shop/flowersandthemoon Megan Sewell Custom hand-painted shoes, jackets, jewelry, drawings, paintings. Everything is vegan; some is animal themed.</p>	<p>Painted shoes Jewelry Drawings/Paintings</p>
<p>Hooksaurus www.etsy.com/shop/Hooksaurus Shannon Jarrell Cheerful items for the home, to wear, or just because. Crotchet mini-planters, hats, scarves.</p>	<p>Crochet items Planters Hats</p>
<p>Hakuna Wear https://hakunawear.com Jessica Boynton Active eco-friendly swimwear that stays put. Bikinis, surf suits, board shorts, face masks, apparel, sunscreen.</p>	<p>Swimwear Surf suits</p>
<p>Kindred Armory & Lair Provisions https://barkindred.com/collections/shop-all-merch Kory Stetina Gift cards, apparel, shirts, patches, beanies, bandanas, etc. for KINDRED, a vegan bar and restaurant in South Park.</p>	<p>Gift Cards Accessories Clothing</p>
<p>Leslie Du Fresne Custom Decorative Sewing www.facebook.com/lesliedufresnecustomdecorativesewing Sewing & Alterations. Specializing in designer quality custom home fabrication. Decorative pillows, cushions, curtains, draperies, slipcovers, valances, bedding to Roman shades and more. All custom projects considered.</p>	<p>Sewing Alterations Decorative items</p>
<p>Mystical Roots www.instagram.com/mystical.roots Handcrafted holistic & magickal creations for your high vibe journey. Candles, sprays, oils. Workshops.</p>	<p>Candles Sprays / oils Workshops</p>
<p>Plantbasedfemme www.etsy.com/shop/Plantbasedfemme Home decor-seasonal + Personalized garments/items.</p>	<p>Home décor T-shirts Sweatshirts</p>
<p>Prodigikids https://prodigikids.com Karen Braveheart The Adi plate for kids 5+ months. Suction plate with snap tight lid and pivot technology.</p>	<p>Suction food plate for kids</p>
<p>Steezin' It www.steezinit.com Organic, conical hats, cork belts, hacky sack footbags.</p>	<p>Conical hats Cork belts</p>
<p>Tegaa www.tegaa.com Nay Secka Ethical fashion handmade by artisans. Neckwear, bangles, bags, headwear, waist beads.</p>	<p>Neckwear Bangles Bags</p>
<p>The Vegan General www.instagram.com/thevegangeneral Mission Valley, inside Sea Hive Mini. Candies, cheeses, condiments, butters, sweets, books, balms/creams, towels...</p>	<p>General store</p>
<p>Thistle + Cork www.instagram.com/thistle_and_cork Kim Campbell Speed Carlsbad: Sustainable, cruelty-free luxury fashion. Cork products, wallets, backpacks, messenger bags, vegan leather handbags. All products are Peta-approved.</p>	<p>Handbags Wallets Accessories</p>
<p>Tower Garden (Representatives) * Daren Nasser https://dareen.towergarden.com * Kayla Tawoda https://kaylatawoda.towergarden.com Tower system uses aeroponics to grow vegetables, herbs, fruits, flowers using water, liquid nutrients, and a soilless growing medium. Grow 30% more, 3x faster, with 98% less water.</p>	<p>Aeroponics Growing plants Soilless medium</p>
<p>Veg'n Out Products https://vegnoutsd.threadless.com Grant Plummer Vegan-themed clothing and accessories for men, women, and kids. T-shirts, tanks, sweatshirts, hoodies, baby bodysuits, tote bags. Also runs Veg'n Out pop-up eatery at farmers markets and events.</p>	<p>Clothing Baby bodysuits Tote Bags</p>
<p>Zero Waste Kit www.etsy.com/shop/ZeroWasteKitShop Marina Qutab Glass jar holding metal straw & tip, cloth napkin, spork, ceramic knife, cotton produce bags, cork sleeve. Solution for individuals looking to drastically reduce their daily plastic use.</p>	<p>Zero Waste Kit</p>



Multimedia Services Audio, Graphics, Photo, Video	
Amy Angelo Photography [C] http://amyangelo.com Amy Angelo Specializing in photographing newborns, youngsters, and families in natural settings. Also birthdays, quinceañeras, sweet sixteens, etc. as well as community events & fundraisers.	Photography Portraits Events
BG PhoDOgraphy www.bgphodography.com Nicci Bergendorff Fine art animal photography.	Photography Pets
Binh Tran Photography www.facebook.com/binh.tran.photos Binh Tran Individual to family photos. 10% discount for military, 1 st responder, teacher, law enforcement, nurses.	Photography Portrait Family
Brandon Merrick Photography www.instagram.com/b.merrick.photography Portrait photography. Primarily shoot in Balboa Park, Seaport Village, Coronado, but open to anything.	Photography Portrait
Brisa Roberts Photography www.brisarobertspography.com Families, couples, maternity, headshots, branding.	Photography People Branding
Captured Forever Photography www.capturedforever.com Michele & Kelsey Mother-daughter team. Engagement, wedding, maternity, birth, newborn, family & kids, senior portraits.	Photography Portrait Wedding
Djibril Camara Multimedia Artist www.djibrilcamara.com Studio artist with digital art skills, character design, animation, digital paintings, 3D modeling.	Digital Art Animation 3D Modeling
Dora Toni Photography www.doratoniphotography.com Antoinette Albert North County based. People, families, maternity, nature, food.	Photography People Nature
Electric Eye www.electriceyesd.com Bridget McGee Houchins Mission Valley. Retro-inspired portrait studio & pop-up. Mobile studio van. By appointment only.	Photography Portrait Studio Mobile Van
Event Video San Diego [C] EventVideoSanDiego@gmail.com Jonathan Bewley Video documentation of private & corporate events. Weddings, family history, presentations, promos. Click for video .	Video Events Promos
Fairy Fly Entertainment [C] http://fairyflyentertainment.com Lori, Noel, & Rafael Lopez Family-owned creative company: artists, authors, poets, composers, musicians, actors, filmmakers. Publish indie books, record label for indie band Fairyfly, produce in-house film projects.	Books Music Film / Art
Hoffman Photography https://hoffmanphotography.myportfolio.com Eddie Hoffman Activities, animals, people.	Photography Activities Animals/People
Jennifer Regnier Photography https://jenniferregnierphotography.com Weddings, people.	Photography Wedding
Kappel Imagery www.kappelimagery.com Jim Kappel Weddings, including small backyard and elopements. Promotional & commercial films.	Videography Wedding Commercial films
Keeley Miller – San Diego Boudoir Photographer https://keeleymiller.com Empowering boudoir photoshoot experiences with vegan albums and prints, private studio in downtown San Diego.	Boudoir photography
Lens Flair [C] www.BillBork.com IMDb Bill Bork Film making, cinematography, short films, commercials, marketing, special events, streaming. Call 619-985-0110 for booking. Second half day, my labor is free for vegan clients, business owners, or events. Up to a \$500 value!	Short films Commercials Streaming
Loni Brooke Photography [C] https://lonibrookephotography.com Loni Brooke Portrait photography. Family, children, maternity, high school seniors, headshots.	Photography Portrait Family

Lori Larocque Photography www.facebook.com/lorilarocquephotography Abstract, scenic, commercial, portraits.	Photography Portrait Commercial
Perspective in Pixels [C] www.perspectiveinpixels.com Bridget McGee Houchins Photography: Real estate, architectural, business, head shots, products.	Photography Real Estate Business
Street Documents www.instagram.com/streetdocuments Jesse Fuentes Prints of street photography for sale.	Street photographer
Sun Photographer www.sunphotographer.com Kateryna Fedorova Weddings, portraits, maternity, family, events. Experienced and friendly photographers, affordable prices, custom packages, sincere emotions, help with posing, 5 stars reviews, and satisfied customers.	Photography Wedding Events
Music & Entertainment Lessons, Performers, Personalities	
Argenti Music Lessons [C] www.argentimusiclessons.com Jennifer Argenti Violin lessons. Piano lessons. All ages, experience levels. In person or virtual, customized for each student's goals and needs. North County based.	Lessons Piano / Violin In person/virtual
Genesiah Music www.instagram.com/genesiahmusic Genesiah Ambrose Musician & band.	Singer Band
Half Moon Yoga and Art www.halfmoonyogaandart.com Hannah Faulkner Private piano lessons. (Also Fitness & Wellness.)	Piano lessons
Kelly Jett Music www.instagram.com/kellyjettmusic Songwriter and recording artist.	Singer Songwriter
Pinnacle Pro Sound https://pinnacleprosound.com James Cross Recording, mixing, mastering, artist resources.	Recording Mixing Mastering
Romantic Violin [C] www.romanticviolin.com Jennifer Argenti Live violin music to accompany unforgettable moments: courtship, marriage proposals, anniversaries, private occasions. Over 25 years of performance experience.	Performer Special occasions
The Dancehouse www.the-dance-house.com Jaami Waali-Villalobos Dance house for fine and performing artists. All skill levels, ages, and artistic endeavors. Numerous dance classes. Rental spaces for rent to local companies, teachers, independent contractors, events. Point Loma.	Dance studio Classes Space rentals
The Orphics https://theorphics.com Matt Roth Band or solo artist available for events/festivals, etc. Psychedelic, hypnotic, 3-dimensional, avant-garde. Contact Matt Roth (323) 428-9475.	Band Solo Artist
Wild Caravan https://wildcaravanmusic.com/wild-caravan Leilani Gjellstad We are vegan musicians in north county, chill music like Khruangbin meets Marvin Gaye meets Radiohead.	Band
Personal Products & Services Beauty, Body, Face, Hair, Skin, Health	
Alchemy by Kejiwa https://kejiwastore.com Monica Merino Alchemy elixirs for radiant health, inner peace, self-embodiment. Purest, highest quality ingredients.	Alchemy elixirs Minerals Aromatics
Anti-Aging Alchemist www.anti-agingalchemist.com Angelina Elliot All organic 100% vegan anti-aging products, beauty tonics, superfood soaps. I am a Master herbalist who offers a unique approach to beauty, youth, and longevity through herbs, healthy diet, beauty elixirs, and powerful affirmations.	Anti-aging Tonics Soaps
Arbonne (Consultants) Botanically-based skincare, bath & body, makeup, nutrition, hair products, and accessories. * Laurie McGrew-Parker www.arbonne.com/pws/laurieparker/tabs/home.aspx * Alyssa Morris https://www.arbonne.com/pws/alyssamorris/tabs/home.aspx * Bailey Vaillancourt www.arbonne.com/pws/baileyvaillancourt/tabs/home.aspx	Skin care Makeup Hair care
Arctic Fox https://arcticfoxhaircolor.com Kristen Leanne, Ryan Morgan Diverse and exotic hair coloring products. Clip-in hair extensions. PETA-endorsed cosmetic brushes. Percent of profits go to animal charities. Sold in retail stores and online.	Haircolor Extensions Brushes

<p>Astrid, Tattoo Artist www.instagram.com/xastridax San Diego: Private studio.</p>	<p>Tattoos</p>
<p>Bella Donna's Salon www.belladonnas.com Ocean Beach. Organic hydrating conditioners, sulfate-free shampoos, paraben-free cleansers, non-toxic soy candles, pomades and texturizers made from pure plants and essential oils and vegan lip balms.</p>	<p>Hair care Color / Styling Treatments</p>
<p>CHLF Salon www.chlfsalon.com Edna Lugo, Diana Reyes Downtown East Village: Cuts, fades, crew cut, creative short/mid/long, fringe/neck trim, color, bleach & tone, hair masque, extensions, blow outs, up dos, studio/bridal makeup. CHLF Products: https://bychlf.com</p>	<p>Haircuts Coloring Products</p>
<p>Dirt Don't Hurt https://dirtdonthurtme.com Kaya / Sativa / Maritza Sister-owned, all natural oral care + beauty & body care activated charcoal detox products.</p>	<p>Oral care Skin care</p>
<p>Doctor Bronner's www.drbronner.com Vista: Certified organic, fair trade, certified vegan, non-gmo soaps, lotions & balms, hair care, home & laundry, toothpaste, hand sanitizer, coconut oil.</p>	<p>Soap Toothpaste Hair creme</p>
<p>Dreamy Nail Spells www.dreamynailspells.com Stina Vee Hillcrest: Elevated nail services without toxic elements. Bio Sculpture, Apres Gel X</p>	<p>Nail salon Gel systems Nail tips</p>
<p>Earth & Elle www.earthandelle.com Paige Feddersohn Supplements & vitamins. Omega-3-6-9, no fishy aftertaste, GMO & mercury free. Vegan collagen. Made in USA.</p>	<p>Supplements Vitamins</p>
<p>Elba Vegan Skin Care www.elbaveganskincare.com Elba Moisturizers, cleansers, scrubs, masks, serums, eye gel, face primers/mists, lip balm, hair serum, beard oil.</p>	<p>Skin care Cleansers Serums</p>
<p>Eyebrows by Samantha www.eyebrowsbysamantha.com Samantha Cox North Park: Permanent makeup artist. Micro blading, ombré/powder brows, lip blushing, lash enhancement.</p>	<p>Brows / Lips Lashes</p>
<p>Jill Hollingsworth, Tattoo Artist www.jillhollingsworth.com San Diego: Buju Tattoo. Also paintings, illustrations, T-shirts, prints, pins.</p>	<p>Tattoos Paintings Illustrations</p>
<p>Justin Cota, Tattoo Artist www.instagram.com/justincotapop San Diego: Diego Tattoo Gallery</p>	<p>Tattoos</p>
<p>Kiwi Spa http://kiwi-spa.com Maya Bethke Pacific Beach: Facials, exfoliation, hydration, microdermabrasion, lifts, infusions. 100% nutrient-rich, organic, cruelty-free, hand-crafted skincare blends free from environmental toxins, parabens, sulfates, pesticides and carcinogens.</p>	<p>Facials Lifts Exfoliation</p>
<p>Krouned Body Care www.krounedbodycare.com Trevor and Cleopatra Davis All natural deodorants, soaps, moisturizers, shampoos, lip balm, etc. for adults, babies, skin, face, hair.</p>	<p>Body care Face Hair</p>
<p>Lini Skinfood www.liniskinfood.com Organic, natural, luxe artisan-made sustainable skin care products, cleansers, cremes, candles, body treatments.</p>	<p>Skin care Body crème Cleansers</p>
<p>LuisaV Artistry www.luisavartistry.com San Diego: Salon services offering eco-friendly, low-tox hair coloring & blonding.</p>	<p>Hair styling Coloring Bridal</p>
<p>Mod Hair Salon [C] www.modhairsalon.com Casey Brookshire Vista: Men/women/children's haircuts, coloring, styling. Eco-friendly products. Online booking. Private salon.</p>	<p>Haircuts Color Styling</p>
<p>Pink Pantree https://pinkpantree.com Evin Moreland Sea moss, herbal teas, meal plans, skin care, t-shirts, totes</p>	<p>Sea moss Herbal teas Skin care</p>
<p>Rocky Howe Tattoo www.instagram.com/rockyhowetattoo San Diego. Wolf & Shadow Tattoo. Anime tattooer for all bodies. Everything all vegan, even the stencil paper.</p>	<p>Tattoos</p>

<p>Rooted & True https://rootedandtrue.com Hair, face, & body butter, deodorant.</p>	<p>Hair & body butter Deodorant</p>
<p>Sacred Hair Studio https://sacredhair.glossgenius.com Ashley Kouza, Ashley Roederer Mission Valley: Haircuts, color, balayage, scalp treatment. Formerly Velvet Hair Lounge (Ocean Beach).</p>	<p>Hair styling Balayage Color</p>
<p>San Diego Teeth Whitening Center https://sandiegoteethwhitening.com Teeth whitening session using hydrogen peroxide gel and cold blue light.</p>	<p>Teeth whitening Hydrogen peroxide Blue light</p>
<p>Scisters Salon & Apothecary www.scisters.com Melissa Parker, Easton Bajsec La Mesa: Zero Waste Salon offering beauty products in bulk and various other supplies for living a zero waste, intentional lifestyle. Hair styling/coloring, sugaring hair removal, reiki stress-reduction treatments.</p>	<p>Apothecary Hair styling Reiki</p>
<p>Shade Collective www.shadecollectivesd.com Lindsay Hall Mobile sunless tanning. All products are vegan, organic, antioxidant rich and can be CBD infused.</p>	<p>Tanning Mobile</p>
<p>Studio V Salon http://mystudiovsalon.com Regina Martinez Mira Mesa: Expert stylist for every haircare need. Fun fashion vivid neon/pastel hair colors to relaxers, weaves, balayage, extensions, classic color retouch, barber. Pedicures. Online booking.</p>	<p>Hair styling Coloring Pedicure</p>
<p>Verté Salon www.instagram.com/vertesalonspa Hillcrest: Eco-friendly salon with toxic free, organic treatments. Styling, highlighting, color, lash extensions, brow tidy. Complimentary consultations. (Former name: British Beautique.). Formerly Eco Chic Salon.</p>	<p>Hair styling Balayage Color</p>
<p>Property Products & Services Cabinetry, Cleaning, Furniture, Gardening, Handyman, Interior Design, Moving, Plumbing, Staging, Tools</p>	
<p>A Smart Move www.a-smart-move.com Lindsay Horwood Curtis We rent out clean & sanitized eco-friendly plastic boxes delivered door-to-door, not only saving you time & money but saving the environment too. All boxes are made from re-cycled plastic & made in the USA.</p>	<p>Moving Boxes For Rent</p>
<p>Amador's Bubbles www.amadorsbubbles.com Maricela Alvarez & Michelle Amador Central & South County cleaning services. Move in/out, home, office. Certified cruelty-free cleaning products never tested on animals. Website lists product ingredients. Allergy friendly. Separate vacuums for homes with pets.</p>	<p>House cleaning</p>
<p>Clever-Gen Builders 619-892-6376 Poly Castro Celedon Handywoman services. Journeyman Electrician, car charger installation, assembly & installation, security cameras, cable automation, A/C minisplit power line, general repairs & maintenance. Mention VeganDiego for discount pricing.</p>	<p>Handywoman Services</p>
<p>David Frisk Architectural Art [C] www.davidfrisk.com David Frisk World-renowned architectural artist. Handcrafted entryways, doors, furniture, cabinetry, stairways, public works, wood carving, glass arts, sculpture, metal work since 1968. Based in Encinitas. Free one-hour consultation—a \$100 value.</p>	<p>Custom Furniture Cabinets/Entryways Wood/Glass/Metal</p>
<p>Inspired to Transform Interiors www.inspired2transform.com Raquel Pompa Residential & commercial vegan & cruelty-free interior design. E-design packages, in-home consultation, paint/finish selections, redesign, homestyling session, room design, custom window treatments, lighting design.</p>	<p>Cruelty-free interior design E-design</p>
<p>MJB Mobile Detailing www.facebook.com/MJBmobiledetailing Michael Brown La Mesa based, serving all San Diego County. Auto detailing services. Ceramic coating, paint correction.</p>	<p>Mobile Auto detailing Coating/Paint</p>
<p>Rivetti Works www.rivetticompany.com Gianni Rivetti Repair & maintenance, interior/exterior carpentry, drywall, doors, windows, floors, outdoor & more. Call 858-209-5305.</p>	<p>Handyman</p>
<p>Stewart Plumbing www.facebook.com/stewartplumbingsd Shawna Stewart San Diego County and Temecula. Full Service, residential & commercial plumbing.</p>	<p>Plumbing Residential Commercial</p>

<p>Strategy Window Cleaning https://strategywindowcleaning.com Brooke Aithne Reily Window cleaning, solar panel cleaning, pressure washing, gutter cleaning. Insured.</p>	<p>Window, solar panel, gutter cleaning</p>
<p>Sunshine Earth Design sunshineearthdesign@gmail.com Shani Starr, Haile Morgan Organic (animal-free) permaculture design & creation, garden planting, rainwater harvesting, gray water, composting.</p>	<p>Permaculture Gardens</p>
<p>The Remakery Project www.facebook.com/theremakeryproject Eulalia Lauli Mobile tool library. Borrow tools, buy smaller quantities of art/diy supplies, get help with projects.</p>	<p>Mobile tool library Borrow tools Buy supplies</p>
<p>Real Estate Services Realtors, Brokers, Appraisal, Loans, Mortgages</p>	
<p>April Lee Guerieri, Realtor www.theagentwhocares.com "The agent who cares about you!" Coastal Premier Properties, San Diego. DRE #02066606</p>	<p>Realtor Residential Relocations</p>
<p>Amrit Shergill Realtor [C] www.amritsellshomes.com Buy, sell, stage homes & condos. Manage properties. Serving San Diego County. DRE #02043576</p>	<p>Realtor Residential Property Mgt</p>
<p>Gloria Holland, Realtor www.coldwellbanker.com/Coldwell-Banker-West-1187c/Gloria-Holland-453099a Helping people buy and sell homes is my passion. CalDRE #01315348</p>	<p>Realtor Residential</p>
<p>Integrity Mortgage Group [C] http://cmeha88.wixsite.com/cameronreverse Cameron & Hina Mehta Mother-son team specializing in reverse mortgages and home purchase, refinance, and commercial loans.</p>	<p>Reverse mortgages Refinance Loans</p>
<p>Jen Jones, Realtor www.instagram.com/_jensjones Residential buying & selling. Connect Realty DRE# 02129774</p>	<p>Realtor Residential</p>
<p>Justin JP Chimento, Broker / Owner www.CoastalPacificRE.com Whether selling or purchasing your residence, vacation home, or income property, our network of professionals can help. The success of our business is sustained by the relationships we create. CA BRE #01313440</p>	<p>Broker Residential Income property</p>
<p>Karl Kyler, Realtor www.facebook.com/KARLisMyRealtor Karl Kyler I help sellers and buyers enjoy the process of selling and buying a home. CalDre #01439839</p>	<p>Realtor Residential</p>
<p>Laura Andrea Gonzalez, Realtor www.instagram.com/laurarealtorwithpurpose Buy, sell, invest. With Purpose Realty, Mission Valley.</p>	<p>Realtor Buy/sell/invest</p>
<p>McT Real Estate Group https://mctrealestategroup.com Mary McTernan / Z McT-Contreras We help nice people buy and sell their homes in San Diego. Join our VIP group to find out about homes before they hit the public market. We donate portion of income to local animal rescue organizations. DRE#01408605 / DRE#01715784</p>	<p>Real Estate Group Residential</p>
<p>Team Spady Real Estate www.facebook.com/WeSellSanDiego Jill Spady Fuchs Proudly helping buyers, sellers, and investors in San Diego for 30 years! Re/Max United.</p>	<p>Realtor Residential Investors</p>
<p>The Harrington Group [C] www.facebook.com/CherieHarringtonRealtor Cherie Harrington Free home market analysis at no obligation. Keller Williams Realty, Carlsbad.</p>	<p>Realtor Residential</p>
<p>Zsuzsanna Murray, Realtor, Real Estate Advisor www.facebook.com/zsuzsannamurrayrealestate Residential, commercial, land, rentals, business op, income, fractional. CA DRE #01932070</p>	<p>Realtor Residential Commercial</p>

VENUES

The following facilities are eager to host your next event!

County of San Diego Parks & Recreation [venue] www.sdparks.org

Countywide: Beautiful indoor and outdoor spaces offering a peaceful setting in nature for your meeting or event. Provide your own vegan caterer. [Weddings](#), [Corporate & Group Events](#)

Donna Jean [venue] <https://donnajeanrestaurant.com> **Mitch Wallis**

Bankers Hill: 2949 5th Ave (& Quince, between Evolution Fast Food & Extraordinary Desserts) * 619-299-5500

Onsite upscale-casual eatery. Occupancy: 52 indoors, 62 on patio (heated when cold). Full service or buffet setup. Available for private bookings when eatery normally closed. Large screen and house sound system available for use. Provide your own presentation/musical equipment. Minimum 2-week lead time required. Please email Mitch Wallis at mvegan@yahoo.com for booking options.

Encore Event Center [venue] <https://encoreeventcenter.net>

Kearny Mesa: 8253 Ronson Rd (& Kearny Mesa Rd) * 858-617-0902

Multiple indoor spaces, outdoor courtyards, garden terrace. Themed event halls. Custom décor and furniture options. Onsite caterer can accommodate vegan menu. Outside vegan caterer allowed. Club quality A/V systems. Can arrange for DJs, VJs, MCs, entertainers. Weddings, corporate events, birthday parties, anniversaries, nonprofit galas, music & pageants.

Eris Vegan Food Co. & Living Tea Brewing Co. [venue] www.erisfoodco.com **Scott Steele**

Oceanside: 302 Wisconsin Ave (& Cleveland). 760-231-9986

Onsite eatery. Outdoor patio holds 50. Plated food or buffet available. Wifi/AV equipment available. To reserve, email scott@erisfood.com

Evolution Fast Food [venue] <http://evolutionfastfood.com> **Mitch Wallis**

Bankers Hill: 2949 5th Ave (& Quince), San Diego * 619-550-1818

Onsite eatery. Center courtyard patio seats 30-50; heated when cold. Front patio seats 12-20; not heated. No charge for private parties to reserve. Regular menu or catering menu. Counter service or buffet setup. No stage but room on either patio for a speaker podium / band. Large screen available at no charge. Provide your own presentation/musical equipment.

Green Door Café [venue] <https://greendoorcafe.org/rent-the-place> **Martin Hall**

La Jolla: 7644 Girard Ave (& Kline) * 858-291-8886 / 858-752-9109

Onsite eatery. Our delightful space includes a beautiful plant laden patio with heat lamps, antique Edison overhead lighting, inside dining room & fully stocked bar (beer, wine & hard kombucha). Flexible options include space rental only, space rental with staff, or space with staff including full catering. Email info@greendoorcatering.com

Loving Hut – Mira Mesa [venue] www.lovinghut.us/sandiego2 **Iris & Ted Cheung**

Mira Mesa: 9928 Mira Mesa Blvd (& Scripps Ranch) * 858-578-8885

Onsite eatery. Full service. Seats 65. No charge for private parties to reserve.

Mission Trails Regional Park Visitor Center [venue] <https://mtrp.org>

San Diego: One Father Junipero Serra Trail (& Mission Gorge Rd) * 619-668-3280

Museum facility in nature park. Day-time meeting rooms. Clients can reserve the entire facility, terrace, and amphitheater. The indoor space includes an expansive lobby, library, 94-seat theater, and two floors of exhibit space. Seated events up to 150 guests and informal gatherings of up to 250. No kitchen facilities; provide your own caterer. <https://mtrp.org/rentals>

OB People's Community Room [venue] www.obpeoplesfood.coop/communityroom

Ocean Beach: : 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387

To book the space for a Workshop, Class, or Meeting that aligns with the Co-op's Mission, Vision & Values and follows our Community Room Guidelines, download the forms on webpage by clicking on them, or stop by the office to pick up an Interest Form. Drop completed forms off at our office or email them to pr@obpeoplesfood.coop.

Peace Pies [venue] www.peacepies.com **JP Alfred**

Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880

Onsite eatery. Counter service. Table delivery for preordered meals. Outdoor patio seats ~20. Indoor seats ~15. No charge for private parties to reserve.

Plant Power Fast Food - Ocean Beach [venue] www.plantpowerfastfood.com **Zach Vouga**

Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845

Onsite eatery. Counter service. Ordering kiosks. Covered, gated, sidewalk patio seats 15-20. No charge for private parties to reserve.

San Diego Vegan Market [venue] www.instagram.com/sandiegoveganmarket **Sunny Bhanage**

Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage
Convenience store with wide array of vegan items and rotating counter-service eateries. No charge for private parties to reserve.
To enquire, email freshstartmarketinc@gmail.com.

Sol-ti [venue] <https://solti.com> **Lindsay Ray**

Mira Mesa: 8380 Miralani Dr. * (888) SOL-TI11
Onsite tasting room with beverages & snack foods. Counter order. Seats ~20 (more for events). Audio equipment available.
Weekdays only. To inquire, email hello@solti.com.

The Purple Mint [venue] www.thepurplemint.com **Jay**

City Heights: 4616 El Cajon Blvd #3 (& 46th) * 619-280-3388 * Jay
Group meal plans or a la carte full-service available. \$100 refundable security deposit. To reserve, email thepurplemintvegan@gmail.com.

The Village [venue] www.thevillagesd.com **Alondra & Sonia Ruiz**

North Park: 2611 El Cajon Blvd (& Hamilton) * 619-255-5060
Onsite eatery. Seats ~30 in separate lounge area. Available at no charge. Group meal plans available or full-service order for individuals.
Have clean white wall as screen for projecting presentations and a microphone/speaker setup. For inquiries, email alondraruiz@me.com.

Trilogy Sanctuary [venue] www.trilogysanctuary.com/request-for-space **Alexa Hatt**

La Jolla: 7650 Girard Ave #400 (& Kline) * 858-633-3893
Onsite eatery. Counter service or buffet setup. Indoor/outdoor dining. Indoor yoga studio; outdoor yoga deck / dance floor. 2000 sq ft roof terrace. Views towards Pacific Ocean. Occupancy: 250 upstairs; 200 downstairs. Enter left of the green Pharmaca awning through the Massage Envy door. Take hallway back to elevator. Push PH (penthouse) for 4th floor rooftop.

VEGAN

- EAT VEG
- LOOK AFTER MY HEALTH
- PROTECT THE ENVIRONMENT
- DON'T BRUTALLY KILL ANIMALS

GET CALLED
EXTREMIST

MEAT-EATERS

- EAT FLESH
- ENDANGER MY HEALTH
- POLLUTE THE ENVIRONMENT
- SLAUGHTER 56 BILLION ANIMALS A YEAR

GET CALLED
'NORMAL'

OPEN YOUR EYES - GO VEGAN!

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VeganDiego Organizations

Changes appear in **orange**.

Click to go to desired category. Click [Organizations](#) in header to return to this page.

[Non-Profits](#)
[Activist Sites](#)

[Information Sites](#)
[Meetup Groups](#)

[Facebook Groups](#)
[Facebook Family Groups](#)

Non-Profits

2 The Rescue Animal Sanctuary <https://www.2therescueanimalsanctuary.org> **Ilana Friedman**

Ramona. Rescues, rehabilitates, rehomes animals that might be euthanized in local shelters and/or sold at slaughter auctions.

Animal Protection & Rescue League (APRL) www.aprl.org **Bryan Pease**

Influences animal protection legislation. Educates people about humane eating.

Beltane Holistic Animal Massage (BHAM) <https://beltaneholisticanimalmassage.wordpress.com> **Cari Beltane**

Provides free massage therapy to reduce stress of animals living in shelters, sanctuaries, & foster homes. Serves private animal clients in their homes, by appointment, for donations that support pro-bono activities.

Children's Nature Retreat <https://childrensnatureretreat.org> **Agnes Barrelet**

San Diego Animal Sanctuary and Farm: Where animals teach and children learn. Domesticated and exotic animals from around the world, many acquired from owners who could no longer care for them or rescued from harsh living conditions, will live the rest of their lives in the serenity of the retreat.

Dharma Voices for Animals www.facebook.com/DharmaVoicesForAnimals

San Diego Chapter of the only international Buddhist animal advocacy organization in the world.

Deer Park Monastery <https://deerparkmonastery.org>

400-acre mindfulness practice & monastic training center in rural Escondido. For all who wish to cultivate peace and happiness in their lives. Founder: Thich Nhat Hanh (died Jan 2022)

Direct Action Everywhere – San Diego www.facebook.com/DxEsandiego

Local branch of the national organization, DxE's mission is to achieve revolutionary social and political change for animals in one generation through building community, creating activists, practicing nonviolence, and open rescue.

Farm Animal Refuge www.facebook.com/farmanimalrefuge

Campo. Refuge to neglected/abused/unwanted farm animals. Educates public on benefits of compassionate living and a plant-based diet.

Finding Phoenix Sanctuary www.facebook.com/findingphoenixsanctuary **Lindi Nicole**

Dedicated to providing a safe space for the earth's most vulnerable: the animals. We strive to bridge the gap between humans and animals and advocate for a more compassionate way of living.

Fortuna Ranch Farm Sanctuary <https://www.fortunaranchfarmsanctuary.com> **Corrie Blough**

Promotes compassionate animal rescue, regenerative agriculture, and educating the next generation.

Give Wellness <https://givewellness.life> **Donna Pinto**

Bringing wellness education, programs, and activities to low-income groups and people facing cancer or other life/health challenges.

Grandma LuLu's Table <https://grandmalulustable.org> **Cindy Steele**

Mobile distribution of nutritious, plant-based meals to hungry, homeless, and food insecure individuals in San Diego and surrounding areas. Focused on breakfasts, especially to children.

Healthy Kids Happy Planet <https://healthykidshappyplanet.org> **Barbara Gates**

Works with educators and policy makers to promote vegan-friendly nutrition education and plant-based veg school lunch options. Gives presentations and provides free educational resources to K-12 schools, cafeterias, & youth groups. Formerly Lean & Green Kids.

Horses of Tir Na Nog <http://horsesoftirnanog.org> **Amy Pat Rigney**

Descanso/Pine Valley. San Diego's longest operating equine sanctuary also provides life-long homes for sheep, goats, pigs and llamas that have been rescued from abuse and neglect. Volunteer applications are available on our website.

Kind Heart Coalition www.facebook.com/kindheartcoalition **Rach Hosler, Melanie Langston-Bazzell**

Grassroots social enterprise uniting compassionate, kind hearts and minds through education on animal rights through anti-speciesist messaging. Vision: Create a brick-and-mortar community space in San Diego where all Kind-Hearted souls can gather and educate.



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Libby Lou's Safe Haven <http://libbyloussafehaven.com> **Lori Biewen**

Dulzura. Small farm sanctuary serving rescued cows, donkeys, chickens. 100% of donations benefit animal residents. Offers humane education and visits. Moved from Boulevard.

Peace Resource Center www.prcsd.org

Promotes plant-based living in response to escalating climate crisis. Invites vegan vendors to sell food at their events. Clearinghouse of peace and social justice resources to counter and alter violent approaches to problem solving and a safe, sustainable environment.

PlantDiego www.plantdiego.com **Tracy Childs**

To educate and inform San Diegans about the benefits of a whole-food plant-based diet for optimal nutrition and health, environmental sustainability, compassion, and mindfulness. Join Meetup/Facebook groups (below). PlantPure Nation Member Organization.

San Diego House Rabbit Society www.sandiegorabbits.org **Jennifer Lee**

Our Mission is to rescue abandoned domestic rabbits within our community and find them new homes, support our local shelters in the care of their rabbits, and educate the community on the proper and responsible care of domestic rabbit companions.

Saving Animals & Healing Hearts <https://www.sahh4life.org> **Teri Crutchfield**

Ramona. Rescue/rehabilitation of horses, donkeys, mini horses, mini donkeys, pigs, dogs, chickens, geese, turkeys, cats, birds, alpacas and a tortoise. Open to the public by appointment only. We are a small organization, and our founder/director works a full-time job.

Synergy Animal Rescue www.animalsynergy.org **Carla Naden**

Rescues geriatric, special needs, and terminally-ill companion animals from death row at animal control. Will create custom art from photo of your companion animal—50% of proceeds benefit rescued animals. Adoptions encouraged. Tax-deductible donations welcome.

The Open Barn www.theopenbarn.org **Emily & Trevor McCann**

Ramona. Providing a safe, happy, forever home to farm animals in need. Volunteers welcome.

The Shore Sanctuary www.facebook.com/TheShoreSanctuary **Ashli Jean Shore**

Primarily working with birds/special needs. Little but mighty vegan sanctuary for the misfits and unwanted. All species are welcome here.

Twilight's Safe Haven Rescue And Sanctuary

www.facebook.com/mysafehavenrescueandsanctuary **Julie Schultz**

Rescues starved and abandoned horses and mules and gives them a forever home. Advocates for an end to slaughtering horses for meat. Accepts volunteers on an appointment basis.

Vegan In San Diego www.veganinsandiego.com **Carly Morales**

Lists & promotes San Diego vegan and veg-friendly eateries, businesses, events, news. Hosts "Best Of 20xx" contest and First Friday Night multivendor Market popups. If you have a vegan business or offer vegan services, please reach out to us! Planning a vegan-related event? We'd love to spread the word for you. [Send email to submit an event:](#) veganinsandiego@gmail.com

Events Page: <https://veganinsandiego.com/events>

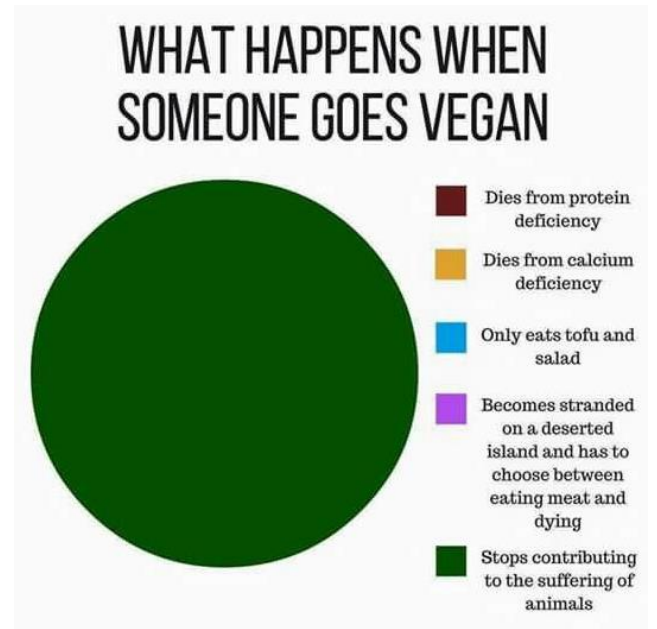
Vegan Justice - San Diego <https://veganjustice.com> **Hal Brody**

Educates public about animal cruelty issues related to factory farmed animals. Promotes vegan lifestyle via information booths at street fairs and other events. [Hosts vegan billboards throughout San Diego.](#)

Wee Companions Small Animal Adoption

www.weecompanions.org **Arryn Peters**

We are devoted to the rescue and care of guinea pigs, rats, hamsters, mice, and other small exotics. Our top priority is finding permanent homes for unwanted animals.



Activist Sites



Boycott Milk www.boycottmilk.org **Animal Protection Rescue League**

To raise awareness that one of the kindest things people can do for themselves and the planet is to switch from dairy to plant-based milk. No other animal on earth normally drinks breast milk after infancy.

Ellen Ericksen, Activist, Humane Educator ellenericksen@gmail.com

Co-Founder of Humanity For Animals. Certified Educator in Plant Based lifestyle, mentor. Email me or call 760-408-4539 if you would like guidance on animal-rights-activist activities, a presenter to address a class/group about animal rights, or one-on-one vegan mentoring and/or learning to shop for vegan food.



Living Vegan in San Diego <https://livingvegansandiego.com> **Carolina Roberts, Jackson Kingsbury**

Our aim is to promote animal rights, recruit activists, volunteers, and collect food donations for sanctuaries in the San Diego area. Together, we can reduce much needless animal suffering. <https://www.instagram.com/rawlivingenergy>

Protest SeaWorld- San Diego www.facebook.com/protestseaworldsandiego **Ellen Ericksen**

Fighting on behalf of imprisoned cetaceans. Centralized location for conversation, brain-storming, sharing news pertaining to SeaWorld and those who are our ocean's inhabitants - the animals. Also serves as an area to post information about our local demonstrations.

San Diego Animal Rights www.facebook.com/San-Diego-Animal-Rights-Activists-1916371325058987 **Ellen Ericksen**

This page is dedicated to animal rights and activism. This is a place to share upcoming events in San Diego and to support other groups and forms of activism elsewhere.



San Diego NARD www.instagram.com/sandiego_nard

Home of the San Diego National Animal Rights Day, which commemorates the trillions of animals killed at human hands each year.

VeganDiegoBlog www.maxlearning.net/HEALth/VeganDiegoBlog.pdf **Mike Weinberg**

Veganizing the world through dining choices & online activism. VeganDiego origin story. Tackles thorny vegan issues: Best Way to Promote Veganism / What's Wrong With Honey? / Vegan Dogs & Cats? Of Course! Ongoing log of online-activist comments.

Information Sites

A Plant Based Production <https://open.spotify.com/show> **Skyler Heyman**

Interviews with activists, health practitioners, dietary consultants, etc. (See also in Food Products section)

He-Man Vegan www.facebook.com/hemanvegan **Scott Alevy**

Creative, healthy, and tasty food ideas without sacrificing any animals.

MaxVegan HEALth Topics www.maxlearning.net/health.htm **Mike Weinberg**

HEALth = Humans, Environment, Animals, Learning. Links to Vegan Nutrition, Vegan Philosophy, Protein Facts, MaxVegan Recipes, VeganDiego, VeganDiegoBlog, V-Cards, HappyCow, Vegan IQ Game, Rounding of America, Vegan gurus...



MaxVegan No-SOS Recipes www.maxlearning.net/HEALth/MaxVeganRecipes.htm **Mike Weinberg**

Dozens of free recipes with no refined Salt, Oil, or Sugar that maximize health and minimize junk. Recipe Basics, Pantry checklist, Toppings, Meals, Treats, Salad Fixin's. Unique visual recipe layout boosts efficiency and minimizes errors.

Plant Food Path www.davidakater.com/blog **David Kater**

Blog dedicated to helping people embrace a plant-based lifestyle for their health, the environment, and animals. Author of "Handbook to Higher Health Consciousness: How to Transition to Plant-Based Eating to Heal Yourself and the Planet" including recipes by Tracy Childs.

Positive Choice Integrative Wellness Center <https://positivechoice.org/healthy-cooking-classes/cooking-class-videos>

Kaiser Hospital center with plant-based eating plans and videos.

Protective Diet www.facebook.com/ProtectiveDiet **Julie Marie Christensen**

The most comprehensive & sustainable plant-based application program available. Education, lifestyle guidance, support, and plant-based recipes the entire family will love. Protection for human health, all animals, and our planet. (Also listed in Food Products: veggie broth.)

Rainbow Plant Life <https://rainbowplantlife.com> **Nisha**

Lawyer turned foodie. How to master vegan cooking at home. Recipes, cooking videos, Vegan Instant Pot cookbook, shopping, photography & social media, productivity, wellness, lifestyle tips.

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The Carrot Underground <https://thecarrotunderground.com> **Connie Edwards McGaughy**

Recipes (many whole food plant-based, oil-free, etc.) my family and I have developed over the years from traditional recipes. My goal is to show everyone how easy it is to enjoy scrumptiously satisfying meals without harming animals or the planet.

The Veg Foodie www.instagram.com/kellybone **Kelly Bone**

Food/restaurant blog. San-Diego based freelance vegan food writer and photographer published in Serious Eats, Blackboard Eats, Edible San Diego, Edible Orange County, and Pizza Today.

Truth or Drought www.facebook.com/truthordrought **Lorelei Plotczyk**

Making the undeniable connection between animal-based diets & water scarcity. Save water, eat plants!

Twisted Orbit Vegan Recipes <https://www.pinterest.com/twistedorbit/vegan-recipes> **Jo Mondy, Sarah Ellen**

Collection of dozens of recipes from various sources with photos. Breakfast, lunch, dinner, snacks, meals, toppings, desserts.

V-Cards www.maxlearning.net/HEALth/V-Cards.pdf **Mike Weinberg**

Free, printable business-size "I am Vegan" cards in over 100 languages ensure cruelty-free meals while educating foreign eateries & stores about vegan options Initial translations provided by Google Translate and improved by native speakers around the globe.

Vegan Mom Blog www.veganmomblog.com **Kristi DeMaria**

I went vegan 1 week before getting pregnant with my 2nd baby! I'm sharing all my easy vegan recipes, vegan kids' lunches, vegan books for kids, vegan clothes, vegan shoes, vegan travel here. I am PR friendly and interested in working with your brands!

Vegan San Diego <http://vegansandiego.com>

Collection of videos from various vloggers reviewing veg eateries in San Diego.

Vegan Town USA <https://vegantownusa.wordpress.com> **Jill Ballard**

Vegan food blog, veg restaurant reviews.

Veggies at Tiffani's www.veggiesattiffanis.com **Tiffani Wells**

Blogger and vegan food artist, motivated by health & Cowspiracy, creates and shares gluten-free recipes made for her husband and kids.

Meetup Groups

North County Vegan Plant Based meal prep/networking class

www.meetup.com/Carlsbad-Vegan-Plant-Based-meal-prep-and-networking-classes **Elaine Bryan**

Conversations, networking, and demo presentation of vegan, plant-based foods! Recipe handouts included. Organic wine and other beverages provided. Variety of raw and cooked recipes, all gluten and dairy free!



PlantDiego www.meetup.com/PlantDiego-PlantPure-Pod **Tracy Childs & others**

Meetup arm of PlantDiego (see website above) based on PlantPure Nation, a ground-breaking film about the power of plant-based eating and the politics we struggle against to get the word out! Please join us to eat, socialize, and learn about being part of the team!

San Diego Vegan/Plant-based Cooking Enthusiasts www.meetup.com/San-Diego-Vegan-Plant-based-Cooking-Enthusiasts

Gail & 3 others. Members can: get together for vegan/plant-based cooking clubs/events/classes; share food costs/ingredients and create several meals for the coming week; have casual and free cooking classes in homes.

San Diego Vegans www.meetup.com/sandiegovegans

Explore powerful topics like health and wellness, animal rights, environmentalism and beyond. Some of us are lifestyle vegans, others may simply be committed to plant-based nutrition. And still others might be leaning towards veganism or vegan-curious. We are all inclusive.

Spiritual Vegans Creating a Healthy Holistic Lifestyle www.meetup.com/spiritual-vegans-and-holistic-health **Maya**

Compassionate and tolerant space to connect with like-minded friends, explore spirituality, discover and share health and healing information, meet at vegan and vegan friendly restaurants, and network and enjoy other related events both online and in person together!

Vegan-ista Social Club www.meetup.com/veganista **Stacy & Jenny**

For ladies* interested in a vegan sisterhood. Themed potlucks, book clubs, game nights, social events for an intentional community. Vegan-curious welcome; vegan food only at all events. *Anyone who identifies as female is welcomed; LGBTQIA friendly.

Vegans for the Animals www.meetup.com/community-for-animal-liberation **Cam Jassim & Amit**

We love the outdoors, hiking, eating vegan food, potlucks, meditation, and anything fun! We also sometimes volunteer at animal sanctuaries, do vegan outreach and other forms of altruism. You don't need to be vegan to join, we can support you on your journey!

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Facebook Groups

20s&30s vegans of San Diego www.facebook.com/groups/121797807548600 Alyssa Verheem

A space for compassion, outreach, activism, and discussion. Movie nights, hikes, beach days, food pop ups, festivals, book discussions. Connecting college students and those in their twenties and thirties who want more vegan friends in their lives!

Animal Activism San Diego (North County) www.facebook.com/groups/122813171744341 April Moor Clark

This page is a safe space for us to be able to share events, ideas regarding animal activism and to meet like-minded people in the area. All posts should be related to this subject and sales of any kind will be prohibited. Let's keep this a positive space!

East County Vegans www.facebook.com/groups/716742741777636 Kelly Buffo

For those interested in living a vegan life, this is a place to learn from and share. Need not live in East County, but please be willing to come out this way for events. Our group focus is community building.

Eating Vegan Escondido www.facebook.com/groups/1474194596144446 Carol Rea

Sharing recipes, restaurants, and resources for plant-based eating in and around Escondido.

Escondido Vegans www.facebook.com/groups/1224964567654839 Pepp

Dedicated to vegan pastry, cuisine, & everything else free from animals! Share recipes, tips, art, or anything related to the beauty of preventing animal cruelty. Welcome members from Fallbrook, San Marcos, Vista, Julian, Ramona, Bonsall, Oceanside.

Imperial Beach Vegans www.facebook.com/groups/883594398508610 Brianna Bee

There are so many vegans across all of San Diego County, but as we know, Imperial Beach gets looked over for lots of things. Open to lifelong vegans, new vegans, and pre-vegans. Please respect each other's opinions and spread the vegan message in a positive way.

Losing For Good! www.facebook.com/groups/221315608623167 LeeAnn Neylans

Judgement-free support group for vegans losing weight in a supportive environment. Please consult with a medical professional beforehand. I claim no medical knowledge or expertise but will host meetings and provide information and written exercises.

No Meat Athlete www.facebook.com/groups/NMASanDiego Esther Jaffa, Matt Frazier, Terry Hagio

A running group and social club for plant-based and veg-curious folks in the San Diego area. Please note: No Meat Athlete groups are a free, public fitness movement, and workout leaders are not necessarily certified fitness coaches.

North County Vegans www.facebook.com/groups/1557421857810943 Mychael McNeely, Sarah Grace

This group is for vegans, only. We have meet ups around Fallbrook, Escondido, Bonsall, Vista, Oceanside, Carlsbad, and Encinitas. If you do not live in these areas you are welcome to join but be willing to come out this way for events.

Occupied Kumeyaay Territory (San Diego) Intersectional Vegans Groups

www.facebook.com/groups/584085815575254 Andina Aste-Nieto

Inclusive group for vegan/plant-based people of all identities. Posts will be dedicated to intersectional veganism and local opportunities for activism and direct actions we can attend together. This is about our collective vision! And BLACK LIVES MATTER.

Plant-Based and Vegan Asian Recipes and Food www.facebook.com/groups/541336940094590 David & Daniela Naidu

Focused on healthy and delicious Asian plant-based/vegan recipes, food, and cooking techniques. Chinese, Indian, Japanese, Thai, Vietnamese, Indonesian, Singaporean, Vietnamese, Malaysian, Korean, Filipino, Sri Lankan, Nepalese.

Plant-based Foodie Cooks (San Diego North County) www.facebook.com/groups/853265346175577 Leilani Gjellstad

Monthly potlucks, annual Dîner en Blanc (fancy dress-up picnic), holiday cookie swap! Share home-made dishes that are free of animal products. Invitations will be mostly managed outside of Facebook so please send the host an email or phone number.

Plant-Based San Diego to Los Angeles www.facebook.com/groups/322082905377508 OrganiKids, NPO

Supporting and empowering the Plant-Based Community by sharing stories, recipes, advice, events, and more! Beginner or life-long veteran, if your purpose is health, fitness, environment, or animal rights, you are welcome!

PlantDiego Social www.facebook.com/groups/1711190239108740 Tracy Childs

Social group for PlantDiego organization in support for vegans, vegetarians and veg-curious folks in San Diego. Monthly events. Sharing of vegan recipes, tips for adapting recipes to WFPB, local events, restaurants with tasty, healthy food, travel tips.

Raven Corps San Diego www.facebook.com/groups/2350348858535541 Claire Howe & Cami Hoffman

San Diego chapter of a youth-driven, nonprofit organization. Portland-based Raven Corps is devoted to making the world a more compassionate and sustainable place for people, animals, AND the environment by advocating for a plant-based diet.

<https://www.maxlearning.net/HEALth/VeganDiego.pdf> * Feb 2014 - April 26, 2024 * Page 29 of 42



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San Diego Area Vegan & Vegetarian Housing www.facebook.com/groups/110469759605024 **Katsuyo Fukuyama, Joe Dusel**
For anyone who is renting out a room or looking for a room. This group is for housing-related posts only. Although lots of us are interested in food, animal rights, and related topics, off-topic posts will be regrettably removed.

San Diego Black Vegan Social www.facebook.com/groups/1704486272942847

For melanated vegans or those vegan-curious to grow, learn, and share their journey. One meal at a time, one product at a time, one person at a time, as melanated vegans, we will change our communities to be stronger!

San Diego Intersectional Vegans Happy Hour and Discussions

www.facebook.com/groups/719080211617866 **Elyssa Paige Mercado**

A primarily vegan group for San Diego who are learning about and supportive of intersectionality for socializing, support, learning, and accountability. The intention is for this to be a safe space collaboration.

San Diego Ladies Vegan Cooking Club www.facebook.com/groups/530590520335632 **Katie Farina, Jennifer Nemeth**

San Diego LGBTQ+ Single Vegans & Allies www.facebook.com/groups/381069286569506 **Es Tee**

We are an all-inclusive group for anyone single who is visiting or lives in San Diego and is looking for vegan partners, friendships within the LGBTQIANB+ community! We welcome all races, religions, abilities or disabilities, gender identities, and sexual orientations.

San Diego Plant-Based Athletes www.facebook.com/groups/2437070646527032 **Kayla Rose Tawoda**

Sharing enthusiasm, news, educational content, and events for the ever-growing San Diego Plant-based Athlete community.

San Diego Plant Based Eaters www.facebook.com/groups/SDPlantBased **Paul McGuire**

We welcome all people eating a plant based diet whether strict or flexible including vegetarians, and flexitarians.

San Diego Raw Vegans www.facebook.com/groups/635396853205084 **Jennifer Joy**

For Raw Vegans who are looking to connect with other Raw Vegans in the San Diego and Southern California area through potlucks/fruitlucks, meetups to create community and support each other to achieve optimum health!

San Diego Vegan Activists www.facebook.com/groups/313788232487426 **Rach EL, Melanie Bazzell**

To connect like-minded Vegans who are interested in progressing the Animal Rights Movement. Here we can share, organize, and collaborate on a variety of ways to plant those Vegan seeds!

San Diego Vegan, Arts, Creators & Holistic Pop-Up www.facebook.com/groups/490519908940582 **Mei Tang**

Brings creators, artists, vegans, vegan foods/restaurants, holistic vendors, fitness & wellness and other local businesses together as a collective to raise the universal vibration!!

San Diego Vegan Book Club www.facebook.com/groups/2182794875333873 **Mychael McNealey, Phillip Palmejar**

For vegans (or the vegan-aspiring) who love to read and discuss books. We'll focus on reading books pertaining to vegan nutrition, ethics, and spirituality. We can read one book every month and have a monthly discussion.

San Diego Vegan Chicks www.facebook.com/groups/344286339529649 **Elisabeth Boss, Jamie Collaro**

Where vegan women can interact, plan meetups, and talk about a vegan lifestyle in a safe and welcoming community. Welcomes all people identifying as female. LGBTQ friendly.

San Diego Vegan Community www.facebook.com/groups/sandiegovegancommunity **Adam Crisis**

We are a sarcastic bunch—we recognize everyone is on their own vegan journey and aren't judgmental, except regarding general intelligence. We are also a skeptical and often grumpy bunch. If this seems unpleasant, not everywhere is for everyone and that's ok!

San Diego Vegan Democrats www.facebook.com/groups/308306543352174 **Chyann Cox, Dureen Nasser**

Activist group fighting for vegan and Progressive Democratic values. For the people, for the planet, for the animals.

San Diego Vegan Events www.facebook.com/groups/vegan.amigos.vegans.together **Kujo Kumro**

Meeting other people with the same beliefs, diets and lifestyles. Vegan, plant based, vegetarian or curious about changing your diet—you are more than welcome, too. Formerly "Vegan & Plant Based San Diego."

San Diego Vegan Gal Pals www.facebook.com/groups/2836768779934256 **Agnes Sokol**

The purpose of this group is to make new vegan girlfriends in the SD area, support each other on our health journeys, and check out local vegan restaurants in the area!!

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San Diego Vegan Girls www.facebook.com/groups/2727356870873783 **Holly Kapusta**

San Diego Vegan Runners www.facebook.com/groups/327155330989182 **James Mscisz**

For vegans who like to run. No need to worry about running slow; the more people the better. Single-paced group or multi-paced groups depending on who shows up. Perhaps start/finish near a vegan eatery.

San Diego Vegan Singles www.facebook.com/groups/939273729494842 **JoanMarie Cartier, Evan Kaiser**

A group where people can meet freely, talk about tofu dishes and the next animal rights rally they are heading, and go on dates at the plethora of vegan restaurants that San Diego has to offer. You must BE VEGAN to be in this group.

San Diego Vegans www.facebook.com/groups/sdvegans **Jennu Sutter, Jared Meyer**

We discuss anything related to veganism in San Diego and beyond: plant-based foods, nutrition, recipes, cooking, restaurants, shopping, and sometimes even animal welfare and the environment. We are here to connect, help out and have fun.

SD Animal Rights and Vegan Center Leaders www.facebook.com/groups/324482128110878 **Ana Levley**

Goal: Create a donor-supported vegan center that is shared by and unifies numerous activist groups to impact those who live in and visit San Diego. All groups as well as individuals are welcome provided they promote unity and engage in peaceful activism.

SD Vegan pop-up Potlucks! www.facebook.com/groups/124130251607528 **Shayna Muller**

Whenever there is an upcoming potluck, please make an event and post it to this group. Invite your friends!

South County Vegans www.facebook.com/groups/1634039293506761 **Amy Spintman**

For vegans and those interested in living a vegan life. A place to learn from and share with each other. If you do not live in the South County, you are welcome to join, but please be willing to come out this way for events.

Super Vegans www.facebook.com/groups/supervegansacademy **Aaron Chaney**

Mastering Plant Based Nutrition and Mindset For Busy Parents. Helping Vegans Burn Fat and Build Muscle Without The Stress Of Doing It On Their Own. Transforming mind and body. Formerly "Super Vegans Academy."

Valley Center Vegans www.facebook.com/groups/1378694815573266 **Anaid Nissan**

Vegan/plant based, learning, or curious. Recipe exchange, support, etc.

Vegan Business Exchange San Diego www.facebook.com/groups/veganbusinesssandiego **Kay Sparkles**

Helps the vegan movement grow through commerce. For vegan business owners and non-profits (no MLMs) to gather for mastermind meetings, networking, markets/pop ups, workshops, and launch parties!

Vegan co-op of San Diego www.facebook.com/groups/400920396749550 **Kathy Kelly, Gina Marsh**

A place to trade vegan goods and other items without money. Many items are free for the taking.

Vegan Comfort Kitchen www.facebook.com/groups/vegancomfortkitchen **Connie Edwards McGaughy**

Members share their favorite vegan recipes, ask and give cooking advice, or chat about the goodness of vegan living. I would LOVE to invite anyone (vegan or not) to join.

Vegan Dog Friendly Jews of San Diego www.facebook.com/groups/veganjewssandiego **Jonathan Bentley**

A place where we all can meet, enjoy fluffies and vegan Judaism. This is for those who are observant and want to celebrate Jewish holidays with their whole families including fluffies and who are vegan.

Vegan For Foodies www.facebook.com/groups/Vegan4foodies **Cindy Gutierrez, Jeff Haag**

Exchange vegan food photos, recipes, and chop it up. Post your recipe or just a photo of your lunch or dinner! Feel free to join even if you are not vegan! This group is for inspiration. Whole food, Raw food, Vegan Food...it's all vegan, and it's all welcome here!

Vegan in San Diego Community www.facebook.com/groups/131879467457696 **Carly Morales, Kelly Bone**

Vegan in San Diego supports all things vegan in the county of San Diego. This group serves to support the community: networking projects and businesses, alerting each other to vegan options, planning events, and more! (Must answer entry questions to be accepted.)

Vegan Junk Food www.facebook.com/groups/junkfoodvegans **Roger Lane**

The days of only tofu, salad, & hummus are over. Post away with all your favorite (vegan only) junk-to-gourmet food pictures. Homemade or while out & about in our favorite restaurants, new found restaurants, food trucks, bars, etc.

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Vegan Ladies San Diego www.facebook.com/groups/2067964576857151 **Michelle May, Tiffani Wells, Cherie Harrington**
Resource to help vegan ladies thrive in their animal advocacy and professional development. Safe space to gather and support each other's careers. We believe diversity makes us stronger. Formerly "Vegan Ladyboss San Diego."

Vegan Music Guild www.facebook.com/groups/574922856276408

Group for like-minded music makers to network and grow our passions into projects that help spread the vegan message of peace, compassion, kindness, ahimsa, and equality to encourage more love for all species and our one and only planet earth.

Vegan women of LA and surrounding areas meet up www.facebook.com/groups/1289504681914417 **Diosa Vegana**

Alternating meet ups in Los Angeles and San Diego areas. Have potlucks, try new vegan restaurants and events, or even do anything at all like theme parks or hiking. Poll members to decide what to do each month and arrange carpools. Children or pets are welcome.

Vegans of South Bay SD www.facebook.com/groups/375198419579020 **Charisma Gallegos**

South Bay is probably one of the communities least exposed to veganism in all of San Diego. It's important to spread awareness everywhere, especially in the places we live!! So if you are from South Bay, join this group!

Vegans With Attitude / Livin In The Plant Power 'Hood www.facebook.com/groups/480114985510609 **Kath Walker**

Vegans have moxie, charisma, 10,000 megawatt personalities, & incandescent smiles. Vegans aren't weighed down with excess baggage comprised of guilt, regret, & uncertainty. Vegans are out there, doing it for the animals, the planet, & their neighbors! Join us!

Vegan San Diego www.facebook.com/groups/Vegan.San.Diego

A place to share vegan-friendly establishments around the city. Where to eat and shop in the city that's vegan friendly. Feel free to join, post, and invite your friends.

Vegetarian San Diego www.facebook.com/vegetarian.sandiego **David**

A place for vegetarians, vegans, almost-vegetarians, and veg-curious omnivores to learn about the joys of plant-based eating. Features only 100% plant-based foods.



Facebook Family Groups

North County San Diego Vegan Families www.facebook.com/groups/1922516701394404 **Kristi K DM**

For vegan and transitioning vegan families in North County who are looking to make friends, meetup for playdates, activities, etc.

San Diego Vegan and Vegetarian Families www.facebook.com/groups/1736715819947329 **Rachel Filtz-Zavatsky**

San Diego veg*n families looking for support from the community with similar interests as well as planning events and meetings.

San Diego Vegan Moms www.facebook.com/groups/154178718383506 **Leafy Molly**

For moms to connect, make friendships, and give each other support. Share recipes, inspiration, and discuss all things vegan. No graphic photos or videos, please.

Vegan Family Support N. Co. San Diego www.facebook.com/groups/801582709956374 **Jana Craciunescu & others**

For the vegan curious and already established vegan families. We will gather to play, eat, learn and advocate for animals together!

Vegan Parents San Diego Area www.facebook.com/groups/1522789628054174 **Whitney Shanahan**

Looking to meet other vegan parents and kids for play groups, meet ups and activities in the San Diego County area!

VeganDiego Resources

MaxVegan HEALTH Topics: Humans, Environment, Animals, Learning www.maxlearning.net/health.htm

Foreign Language V-Cards: Ensuring cruelty-free meals/groceries while traveling www.maxlearning.net/HEALTH/V-Cards.pdf

MaxVegan No-SOS Recipes: Toppings, Meals, Treats. No refined Salt-Oil-Sugar www.maxlearning.net/HEALTH/MaxVeganRecipes.htm

VeganDiegoBlog: Veganizing the world through dining & online activism www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf

Vegan Travel Adventures

Several years ago, contemplating a multi-day climb up Mt. Kilimanjaro but dreading being crammed in a food tent with omnivores chomping on animal products, I worked with a reputable guide company to arrange an *all-vegan* expedition. This culminated in Feb/Mar 2018 with a highly-successful 17-teammate Vegan Kilimanjaro trek. Since then, I've organized Vegan Antarctica (17 teammates, March 2019) and—after a 2-year covid delay—Vegan Inca Trail (12 teammates, originally 16, half were replaced *twice*, April 2022) followed by Vegan Uganda Gorillas (18 teammates, February 2023).

REPEAT EXPEDITIONS

Although I won't be going on these again, promoting vegan adventure is part of my outreach efforts, and the respective guide companies are eager to host new groups for the following trips. If you are interested in volunteering to organize a repeat expedition, you'll have the opportunity to choose the dates, negotiate the itinerary & pricing, and recruit participants (minimum of 4 people, with quantity discounts for more). I'm ready to advise, assist, and promote as needed.

* Vegan Kilimanjaro: <https://www.facebook.com/vegankili>

* Vegan Antarctica: <https://www.facebook.com/VeganAntarctica>

* Vegan Inca Trail: <https://www.facebook.com/VeganInca>

* Vegan Uganda Gorillas: <https://www.facebook.com/VeganUgandaGorillas>

NEXT UP

Vegan Dolomites – June 23-29, 2024

=====

This will be a series of day hikes to the most iconic sites (Lago di Braies, Tre Cime, Mountains of Mordor, Cinque Torri, Seceda...) in the Italian Alps north of Venice. After contacting 19 tour operators, only one was willing to match my proposed itinerary—at an exorbitant price. So I decided to arrange everything myself (van rentals, hotels, some meals, trail routes...) at a substantial savings and was able to quickly fill all 18 available slots just from my emailing list. With several experienced teammates from previous expeditions, we will drive and guide ourselves!

<https://www.facebook.com/VeganDolomites>



POTENTIAL FUTURE EXPEDITIONS

* 2025 Vegan Borneo Orangutans

* 2026 Vegan Iceland (Laugavegur Trail)

* 2027 Vegan Nepal (monastery-to-monastery hike)
or Vegan Bhutan (with a hike to Tiger's Nest)

* 2028 Vegan Madagascar Lemurs

Email me at
mike.weinberg1952@gmail.com
if you'd like to be added to the
interest list for any adventure.

Disclaimer

For my organizing and recruiting efforts, I neither seek nor receive any personal discount, perk, or compensation. I take pleasure in negotiating discounts/incentives for the entire team while striving to ensure that meals, gear, and accommodations are 100% vegan. If I'm offered a free trip or incentive, I divide its value by the number of participants so we can all share in the savings. My goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can be fun and adventurous! *Mike Weinberg*, San Diego, California



Free iPhone App
V Cards: Vegan Abroad



V-Cards

Ensuring cruelty-free meals while educating foreign eateries & stores about vegan options!
www.maxlearning.net/HEALTH/V-Cards.pdf
Reload/refresh webpage to ensure latest update!

To Use V-Cards

Please patronize 100% vegan restaurants—they need our support!
But if none are available, most non-vegan eateries and grocery stores are eager for your business. Prepare V-Cards as detailed at the top of the desired language page, then hand one to your waiter or store staff.



Offline Access
Opening this file on a smartphones stores it in a download folder as **V-Cards.pdf**, which you can access with a File Manager app.



V-Cards are available at no charge in over 100 languages. I originally created them with Google Translate, which is machine generated and has led to some humorous translations. For example, on the Arabic V-Card, “oil” (under “No Animal Products”) was translated as “petrol.” On the Danish V-Card the “No Meat” translation was interpreted as “Not tonight, honey!” And on some of the Asian V-Cards, “No whites” (as in egg) translated to “No white people.”

I welcome the generous help of native speakers in improving the translations. If you are fluent in one of the listed languages and notice errors in its V-Card, please email corrections to me at mike.weinberg1952@gmail.com.

A satisfied user emailed the following message with a photo of her laminated Portuguese V-Card:
Thank you for the vegan card, it was very useful for my Camino, both Camino Frances and Camino Portuguese. This is a pilgrimage road, Camino de Santiago. Check out Martin Sheen’s movie “The Way.” You will love it!

I AM VEGAN

Plant foods only please!

NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No whites, albumen, yolk...

NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

Subject: V-Cards / The Way



EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

SEM OVO

Sem clara, albumina, gema...

SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]



MaxVegan No-SOS Recipes

www.maxlearning.net/HEALth/MaxVeganRecipes.htm

For optimum health, MaxVegan (MV) recipes use No refined Salt, Oil, or Sugar.

We crave and need sodium, fat, & glucose in our diets, but in lower amounts and primarily from whole, unrefined, minimally-processed foods. From sauces & dressings to main dishes & desserts, MaxVegan No-SOS Recipes appear in a unique visual format that aids setup, reduces errors, and minimizes wordy instructions. Recipes are kept short by combining items from sub recipes, often premade and stored or frozen for future use.

For new items, I typically search for and modify several online recipes that I'll either need to veganize or make no-SOS. If a recipe calls for salt, I'll use soy sauce (I prefer Bragg Liquid Aminos), which has about 1/8 the sodium of salt. For sweetness, instead of table sugar, I'll substitute date sugar (dried, ground-up dates—a whole food), erythritol (a low-glycemic, anti-cavity sugar alcohol typically derived from corn), or maple syrup.

Here's the recipe process depicted on page 2 of MV Recipe Basics at

www.maxlearning.net/HEALth/MVRecipeBasics.pdf

To avoid double adding if distracted, used ingredients are moved to the other side of the blender.

Visual Recipes

Aid Setup / Reduce Errors

MaxVegan Sour Cream (5/6/17) Revision date Numbered ingredients

5	1 T	4	1 T	3	1 T	2	1 tsp	1	1 1/2 C
MV	lemon	apple	soy	firm					
Tahini	juice	cider	sauce	silken					
	vinegar	vinegar	soy	tofu					

Scissors Utensils 1/2 C C tsp T Measurers Container Catch Plate

*** Shopping/prep tips**

- * Premake MV Roasted Tahini.
- * Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- Add ingredients in order. • Steps
- Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.
- Use on MV VegBowl / Pasta / Chili / Stew / Roasted Veggies, mashed potatoes, soups.
- Storage/usage tips

Recipe Binder



Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.

Periodically check revision dates, as recipes may have been modified or improved.



Organize recipes in a 3-hole binder:

- * MV Toppings
- * MV Meals
- * MV Treats

Remove sheet when following a recipe.



Attach a clip to the desired recipe so you don't lose track of the one you're making.

To be notified when recipes are added or updated, Like & Follow www.facebook.com/MaxVeganRecipes



VeganDiegoBlog

Veganizing the world through dining choices & online activism!

www.maxlearning.net/HEALth/VeganDiegoBlog.pdf



Become an Online Activist!

This blog tackles controversial topics (see next page), but its focus is online activism, planting seeds that challenge omnivores' casual use and consumption of animals. If you're passionate about veganism and like to write, you can help counteract the anti-animal, pro-meat bias of many commenters to online publications. If nothing else, you can Like or Respect pro-animal-rights comments to show there are readers who care. On the occasions when someone replies to my comments, sometimes rudely or sarcastically, I strive to seek common ground.

Recent Online Comments

Sa 4/13/24

Human protein requirements

https://www.threads.net/@vegan_strongfit/post/C5tj1-yrpgn

Agreed! For example, human protein needs are vastly overstated. The breast milk a baby consumes during its most rapid growth phase contains less than 1% protein by volume and only 7% protein by total solids. The remaining solids are 35% fat, 56% carbs, and 2% minerals. The World Health Organization places protein needs at just 5%. Why so little? When our cells die, their amino-acid components are recycled into new proteins, so we don't need to eat much new protein.

Th 4/18/24

Veganism is a justice movement

https://twitter.com/herbivore_club/status/1781004904925929857

Exactly, why hurt an animal if you don't have to? Or more likely, pay someone else to do the dirty work...

Th 4/18/24

Slaughterhouses

<https://twitter.com/JustOneVegan/status/1778581680980123877>

The unpleasant truth is that grocery stores and restaurants are sanitized extensions of the slaughterhouse. To quote Ralph Waldo Emerson: "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity."

M 4/22/24

Perpetuating violence

<https://www.threads.net/@jordaneatsplants/post/C6Cn4vmpgbQ>

The sad truth is, no matter how kind and loving they are in general or how much they love their pets, omnivores are guilty of animal abuse. While most would likely never hurt or kill an animal directly, they willingly pay for others to do so for them.

M 4/22/24

Omnivorous excuses

<https://twitter.com/sibaburck/status/1779919076304810146>

Vegans have ethics. Omnivores have excuses.

M 4/22/24

Plant sentience

<https://twitter.com/Cdarl2/status/1779924717786350016>

It takes roughly 16 pounds of grain to produce one pound of beef. If you care about minimizing plant death, the ethical choice is to eat plants directly instead of recycling them through animals.

M 4/22/24

This is the dairy industry - Angry farmer

<https://twitter.com/JustOneVegan/status/1782439234801991894>

Even on "humane" farms, animals ultimately have their throats slit. The true definition of humane: Would you want it done to you or a loved one?



Protein Facts

How much protein do humans need?
Much less than you might think!



Human Breast Milk

Item	Overall %	% of Solids
Protein	0.9%	7%
Fat	4.5%	35%
Carbs	7.1%	56%
Minerals	0.2%	2%
Solids	12.7%	100.0%
Water	87.3%	
Total	100.0%	

- Babies need just 7% protein during their most rapid growth phase!
- Human adults need no more than 10% protein in their diets.
- The World Health Organization places protein needs at just 5%.

http://en.wikipedia.org/wiki/Human_breast_milk

Protein Propaganda

The meat, egg, and dairy industries (and their government counterparts) have been so successful with their protein campaigns that the #1 question vegans get is, "How do you get enough protein?"

The truth is, humans need much less protein than we've been told.

And we can get everything we need from plants.

After all, how does protein get into animal products? What do cows, pigs, and chickens eat?

Answer: Plants!

Cow's Milk

Item	Overall %	% of Solids
Protein	3.2%	26%
Fat	3.9%	32%
Carbs	4.8%	39%
Other	0.3%	2%
Solids	12.2%	100.0%
Water	87.8%	
Total	100.0%	

- With 26% protein, calves can grow to 1000 lb in a year!
- No species other than humans drinks milk past childhood.
- Only humans drink milks of other species. Dog milk anyone?

http://en.wikipedia.org/wiki/Cow%27s_milk

Why So Little Protein?

When our cells die, their amino-acid components are *recycled* into new proteins, so we don't need to eat much new protein. Of the 20 amino acids, our bodies can make 12. We must get the remaining 8 "essential" amino acids from the food we eat.

Every living thing contains all 20 amino acids in higher or lower quantities. But there is no need to worry about eating "complete" proteins or combining different foods. Your body preferentially retains the amino acids that are scarcest in the foods you eat.

If you eat enough vegetables, grains, fruits, nuts, seeds, and legumes to satisfy your caloric needs, you'll get ample protein and loads of healthy fiber and disease-fighting phytochemicals and antioxidants.

Protein in Plants

Percentage of Calories From Protein (Value Per 100 Grams Edible Portion)

Kidney Beans	58%
Mushrooms	56%
Spinach	50%
Lettuce	36%
Soybeans	35%
Broccoli	33%
Kale	26%
Tomato	19%
Peanuts	18%
Oatmeal	17%
Wild Rice	16%
Wheat	15%
Almonds	15%
Cantaloupe	10%

From the U.S. Department of Agriculture's National Nutrient Database for Standard Reference, 2009.(9)

<http://www.peta.org/issues/animals-used-for-food/veganism-and-the-issue-of-protein.aspx>

VeganDiego Business Coupons

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A \$100 value

Call David or Laura 760-635-3872
& mention **VEGANDIEGO**

Veg-Appeal

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<http://veg-appeal.com>

10% OFF any class or series!

When checking out, enter
Discount Code **VEGANDIEGO**



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\$1000 to vegan cause of choice on close of escrow!



www.facebook.com/CherieHarringtonRealtor
Broker license ID #01417209 CalBRE #01406076

Call Cherie at 760-917-1174 and
mention **VeganDiego**

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<https://happyhealinvegan.com>

Call April at 760-484-0734 and
mention **VeganDiego**



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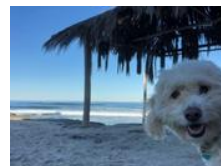
www.amritsellshomes.com

DRE# 02043576

Call Amrit at 619-718-0941 and mention **VeganDiego**

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www.spiritryogastudios.com * www.spiritbarrestudios.com

Email Samara at info@spiritryogastudios.com
and mention **VEGANDIEGO**

Fairy Fly Entertainment



Literature * Film * Music * Art

<http://fairyflyentertainment.com>

Publisher of indie authors Lori R. Lopez and Rafael L. Lopez, record label for indie band Fairyfly, and independent production company of in-house films. **VeganDiego**

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& mention **VEGANDIEGO**

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10% OFF Coaching Session

First-time clients only

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