

**Awesome Insider Vegan  
Coupons and Discount Codes**

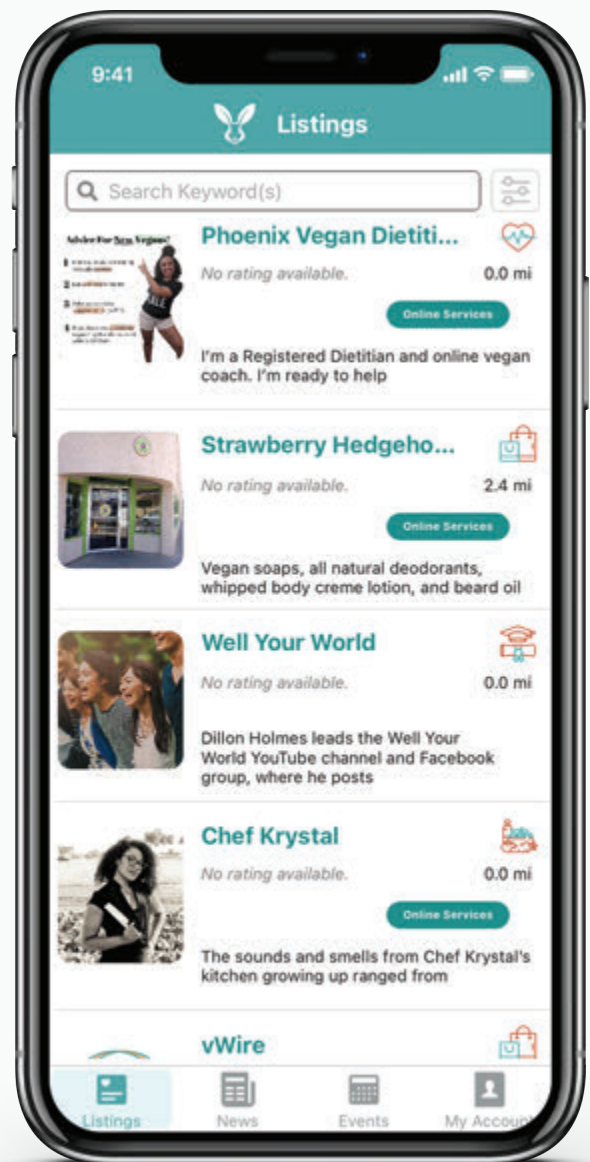
*It's Like Your  
Vegan Easy Button!*



 **vKind.com**

Using the **vKind** website or app (iOS or Android) you can easily search for vegan businesses, brands, and professionals in a wide variety of categories such as **Health & Wellness, Lifestyle & Shopping, and Food & Drink.**

**Your purchases make a difference** and we want to make it easy for you to make buying decisions that reflect your values.



**Here's an example of how to use vKind.**

Let's say you want to get in better shape. Simply jump on vKind and search up a nutritionist. A personal trainer. A meal service. A supplement company. All your search results will be vegan (of course) and if possible they'll be in your local area. Easy peasy. You're off and running.

Ready for more? Want some awesome deals & discounts? Read on.


# Now Let's REALLY Talk Health & Wellness

On our journey to a vegan lifestyle, most of us start with a focus on food choices. That said, there are so many questions. Having a supportive team of vegan health and wellness professionals around you can make it much easier to make the transition, and keep you on track so you can achieve your goals.

Examples of the professionals and businesses you will find in the **Health & Wellness** category on vKind:

- Dietitian
- Doctor
- Naturopath
- Dentist
- Counselor/Therapist
- Personal Trainer
- Gym and Fitness Studio (Yoga, CrossFit, etc...)
- Veterinarian





A few of our  
Health & Wellness  
Veg All-Stars on  
vKind wanted to  
share some love  
with you as well.

**ENJOY**



# Rhyan Geiger,

## Vegan Dietitian



Rhyan Geiger is a vegan registered dietitian who is passionate about making the world a healthier place, one bite at a time. As the owner and founder of Phoenix Vegan Dietitian, Rhyan helps others easily transition to a plant-based diet and prevent chronic disease. If you have no idea what types of healthy vegan foods you should be eating when starting out as a vegan, her meal plan library will give you 80 days worth of vegan meals to guide you. Each meal plan has 5-7 days worth of meals, a complete grocery list, and recipes. Not only will this save you hassle in the kitchen, but it'll save you time and energy too.

**Use discount code: VKIND20 for 20% off!**

**To find out more about Rhyan, [check her out on vKind.com](https://vKind.com)!**



*Val the Vegan Therapist*



## Valerie Martin, The Vegan Therapist

Valerie Martin is a psychotherapist, coach, and yoga teacher based in Nashville, Tennessee. She's also a Ravenclaw, Enneagram 7, antiracist ally, intersectional vegan + animal advocate, and Work That Reconnects facilitator. Her mission is to support the vegan (and veg-curious) community in their mental, emotional, and spiritual wellbeing so they can live more vibrant lives and be stronger advocates for animal + human liberation. Valerie offers one-on-one virtual coaching (and in person therapy for Tennessee residents), hosts the Vegan & Vibrant podcast and Facebook community, and is cooking up some new courses and programs!

Also, have you ever wished there was some help for those hard questions and conversations you get asked around veganism?! If so check out her Response Cheat Sheet for Hard Conversations About Veganism. [Get access to it here on her vKind listing.](#)

**Use discount code: VKIND25**

for \$25 off virtual coaching or her course From Surviving to Thriving as a Vegan!

To find out more about Val, [check her out here on vKind.com!](https://vkind.com)

# And how about a little Lifestyle & Shopping?

Shopping centers and online marketplaces might have a wide selection of products, but they don't always cater to those who want to live a more cruelty-free lifestyle. vKind is a great place to find brands and e-commerce retailers that offer everything from fashion to home furnishings. In the same way you'd shop on Etsy for unique and artisan handmade products, you can find all things vegan in this category on vKind.

Examples of what you'll find in the **Lifestyle & Shopping** category:

- Clothing
- Shoes
- Jewelry
- Beauty/Cosmetics
- Personal Care
- Gifts
- Home Decor
- Household products



Deals & discounts  
from Lifestyle &  
Shopping Veg  
All-Stars on  
vKind...



Founded by Tracy Perkins, Strawberry Hedgehog products are all made with love and the highest quality plant-based ingredients available. Strawberry Hedgehog began when Tracy, as a vegan college student, was having difficulty finding, let alone affording, quality vegan body products. She was sensitive to conventional products, experiencing everything

from asthma to migraines to breakouts. She experienced swelling triggered by all of the chemicals on the shelves. After reading countless labels, she got a good idea of what went into various products and started making goodies for herself, friends and family, in 2003. Perkins is proud of the products she creates, which are free of any animal products, preservatives, weird chemicals, and artificial dyes or fragrances. She takes pride in making plant-based products to maximize the quality of the product and its effectiveness for her customers, while also preventing animal cruelty.



**Use discount code YAYVKINDVEGANS**

for 33% off any single order!

To find out more about Strawberry Hedgehog, [check them out here on vKind.com!](https://vKind.com)



Veggie  
Awards™  
**Winner!**  
VegNews

**Best Online Vegan Store**  
2005-2018

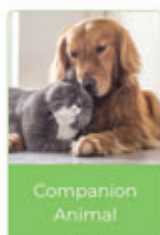
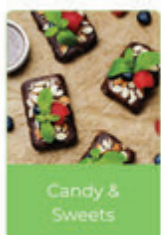
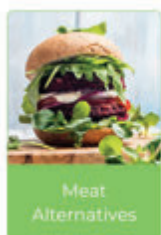
**Best Online Vegan Grocer**  
2019/20



VeganEssentials.com is your cruelty-free superstore with over 2,000 all-vegan items that can ship directly to your door! The USA's longest-running and largest online vegan shop, you'll find plenty to choose from. They offer a huge selection of food

and sweets including frozen meals, bath and body care products, vitamins and supplements, cosmetics and facial care, cleaning products, home goods, and more. Voted "Best Online Store" 15 years in a row by VegNews Magazine readers, Vegan Essentials serves the vegan community nationwide and beyond with unbeatable selection, top-notch service and great prices for both long-term vegans and those just getting started on the path to a kinder way of living.

**Use discount code VKIND** for 10% off your next order!



To find out more about Vegan Essentials, [check them out here on vKind.com!](https://vkind.com)





“GTFO It's Vegan” is a progressive online market of curated vegan foods. Their focus is on the sustainability of our environment through delicious vegan foods, and their mission is to become the most important company in this century to ensure the sustainability of our environment.



**Use discount code VKIND\$AVE10%**

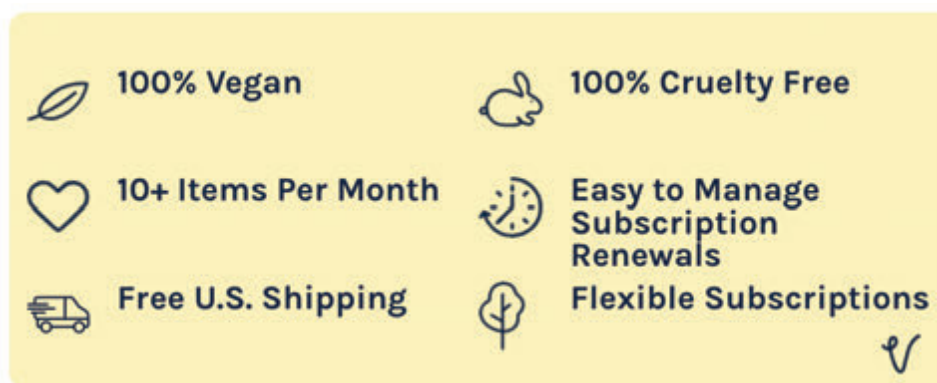
for 10% off your next order!

To find out more about GTFO It's vegan!, [check them out here on vKind.com!](https://vkind.com)

Vegancuts's mission is to celebrate the vegan lifestyle, regardless of how you live it, and to deliver vegan products you can

trust. Their experts search every corner of the cruelty-free world to uncover new vegan brands and products, meticulously review their quality and ingredients, and carefully select products that we can stand behind. You can be confident that you are supporting conscious, good-hearted brands when you buy from the Vegancuts Marketplace or when you sign up for a monthly Vegancuts Snack Box, Beauty Box, or quarterly Makeup Box.

# Vegancuts



## Use discount code **vkind**

for 20% off your first month's subscription box or Special Edition boxes!

To find out more about Vegancuts, [check them out here on vKind.com!](https://vkind.com)

## Vegan Snacks to Your Door



# Food & Drink

(because who doesn't love great Food & Drink?!)

We consume food and beverages every day, so what you put in your mouth makes a huge impact on the economy, your health, and the planet! vKind is a great place to find new food destinations in your hometown, or where you can take your next food selfie when you're on a road trip. If you want to pump up your plant-based cooking game or pitch a partner for your vegan YouTube channel, this is a great category to search!

Examples of what might pop up in the **Food & Drink** category:

- Restaurant
- Bakery
- Food Truck
- Home Chef
- Products  
(Ice Cream, Cheeze, Faux Meats, Donuts, Cookies etc...)



Deals & discounts  
from 2 of our Fav  
Food & Drink Veg  
All-Stars on  
vKind!







## The Herbivorous Butcher



The Herbivorous Butcher is America's first vegan butcher shop, founded by siblings Aubry and Kale Walch. They make plant-based meats and cheeses in their northeast Minneapolis shop, and ship to customers and retail partners nationwide. They also operate a seasonal food truck, and have a non-profit farm sanctuary called Herbivorous Acres.

**Use discount code **VKIND5****  
for \$5 off a shipping order of \$40 or more!

(Expires December 31, 2020.)

To find out more about The Herbivorous Butcher, [check them out here on vKind.com!](https://vkind.com)



GOURMET • VEGAN • LOVE

Founded by Maya Madsen, Maya's Cookies is America's #1 Black-owned gourmet vegan cookie company. A vegan with a sweet tooth, Maya hadn't found that perfectly delicious, soft-baked gourmet vegan cookie, so she spent years crafting her award-winning and crowd-pleasing recipes. From the classic to unique and forward-thinking flavors such as "Chocolate Chip S'mores" and "Marble Fudge," every flavor has a story grounded in Maya's travels, memories, and experiences. Maya's Cookies is committed to community engagement, with a focus on youth and underserved communities. Maya's Cookies ships nationwide—simply order as a treat for yourself or as a gift.

**Use discount code VKIND10** for 10% off your order!

**To find out more about Maya's Cookies, [check them out here on vKind.com!](https://vkind.com)**





# We hope you enJOY and take part in all the amazing Coupons, Discounts and Freebies from 8 of our Fav vKind Veg All-Stars!

When you purchase from any of them, be sure to let us know via email or social media.

We'd love to hear your experience and also be sure to leave them a review on their vKind listing page!

[vKind has thousands of Vegan Businesses and Professionals on our platform and are adding more EVERY DAY!](#) Together, we will boost the VegEconomy™ and are so honored to have you as part of the vKind community.