



PLANT BASED JOURNEY



Fueled with Compassion® & Protein!

Eating healthy and staying strong has never been more important. Because of the limitless ways that Protein Toppers and Munchy Crunchy Protein can be effortlessly incorporated into everyone's meals and snacking, Vegetarian Traveler provides the most exciting and innovative ways to add a lot of healthy 100% plant protein to your everyday life.

See a **special discount code below** for you, our subscribed newsletter readers!

Nutrition to Thrive

Are you getting by or thriving?

[Definition: *Thrive: develop vigorously; flourish*]

We need food to live. Seems simple enough. And we can get by on less food than most of us eat. But is "getting by" your goal?

"If that is your goal, we respectfully suggest you up your game and approach your life differently."

Nutrition science has revealed a lot of great information about nutrients that our bodies need to live. We have well established guidelines, such as RDA's (Recommended Daily Allowances) that tell us the minimums needed to support health. While individuals and groups have varying needs (children, mid-lifers, seniors, sedentary, active, health issues), these guidelines do provide important baselines for most of us. **What they do not say is "Eat this much and you will be awesome!"**.

Meeting the RDA's means that you are probably getting just enough nutrients to support baseline health; that you should *survive*. If that is your goal, we respectfully suggest you up your game and approach your life differently. Seek to get enough nutrients to live an awesome life! We believe that the most important investments you can make in your life are what you put into your body and how you use your body! Eat enough of the good stuff to grow and maintain a body that is capable of healthy activity. And then be as active as you can be, both physically and mentally. Yes, many of us have jobs that require sitting in front of a computer screen all day or to otherwise be relatively stationary. Just be sure that when you are not stationary, you are active.

Bonus: when you feel healthy – or awesome – it is easier to form and maintain healthier relationships with your family, your friends and your workmates.

Eat well enough to THRIVE. Make the choice to use that energy to become stronger. Feel your best and then share your love of life with those around you. It truly is all connected!

Now, tell us about a story in YOUR plant-based journey to share with our readers!

Bugs On A Stick – Healthy & Easy Snack Recipe for All Ages!

Makes 2-4 servings

- ◆ 2 Stalks Celery
- ◆ 2 TBSP any nut or seed butter
- ◆ ½ packet *any flavor* of Munchy Crunchy Protein snack;
... flavor choice depends on your craving at the moment!

Cut each celery stalk into 4 pieces. Divide nut/seed butter between celery pieces. Top with Munchy Crunchy Protein snack.

Eat any remaining Snack blend!



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Quote to Note

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

~Dalai Lama

Munchy Crunchy Protein™ Snack is Here!

Decades ago, we invited more compassion into our lives by eliminating meat from our diet. We've enjoyed increased health and vitality while making a positive impact on the planet. Along with the many benefits of our unique plant-based meal toppers – Protein Toppers, we also wanted a healthy, **flavored snack**. It had to have a lot of plant-based protein – not just another 7 or 8g protein snack! It had to be made with simple & healthy ingredients, have the crunch everyone loves and an awesome taste! So . . . we headed back to the kitchen and began to create our **Munchy Crunchy Protein™ Snack**. These three favorite and delicious flavors – Salted Caramel, Rockin' Ranch and Chillin' Chipotle – are ready for you to enjoy. So, whether your taste leans towards sweet & salty, savory, or mildly spicy, we have your snack needs covered with delicious nutrition, including a lot of healthy plant protein!

Feeling Munchy? Get Crunchy!



Founders Christy & Chuck "Getting Crunchy"!

Special Offer for YOU!

Because you are a Plant Based Journey newsletter subscriber, here is a **15% discount coupon code** for your next order. Good for both Protein Toppers & Munchy Crunchy Protein, for one time on each site! *Hurry...expires August 29, 2020!*

www.ProteinToppers.com

www.MunchyCrunchyProtein.com

On both websites, use this Coupon Code:

Journey15

Not valid on Sampler Packs



We are so pleased to introduce our friends at Vegan Strong (Vegan Bodybuilders). These folks are super smart and experienced about how to live a healthy and strong vegan lifestyle; body-building not required!

Their tag line, "PLANTS have all the PROTEIN you need!" says it all.

Check out Robert Cheeke, the founder and best-selling author, at www.Veganstrong.com. Check out their entire supporter list; you'll see us there, too! More from these women and men to come.

Who is on a vegan journey?



Some people make changes
in their life quickly.

For others it is a longer journey
with ups & downs.

What is important is that
you *think about your life*
and *make conscious decisions*
about how to live.

A Bit About This Newsletter

Welcome to our *Plant Based Journey* Newsletter!

Founders Christy and Chuck have worked for decades to promote a plant-based lifestyle, and believe plant-based living is more important today than it ever has been. Our vegan meal toppers and *new* snack products have received accolades from over 1500 registered dietitians, nutritionists, fitness trainers, and folks just like you because of the super-high protein and nutrition always found in Vegetarian Traveler products.

Plant Based Journey (“PBJ”) offers you the latest news and information on plant-based protein, healthy eating choices, recipes, nutrition science, editorial opinions – and fun along the way! We welcome your comments on how to make this an even better plant-based lifestyle resource. Just contact us via email at

Contact@VegetarianTraveler.com with your thoughts.

And please *pass this newsletter on* to your family, friends and colleagues who are open to learning more about plant-based eating, and to those who are simply looking for more *healthy* protein.

And now...*on with YOUR journey!*

Website and Social Media Links for You!

Munchy Crunchy Protein Website Link:

www.MunchyCrunchyProtein.com

Protein Toppers Website Link:

www.ProteinToppers.com

Facebook Link:

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

Instagram Link:

https://www.instagram.com/vegetarian_trvlr/

Twitter Link:

<https://twitter.com/vegetarianTRVLR>

Vegan Funnies



Captain Jack Sparrow,
aka Johnny Depp,
creating a stampede
towards veganism . . .
or at least towards vegans!
Join the movement!

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*Vegetarian Traveler is
Fueled with Compassion®*

*Always kind to animals,
the earth, and our bodies.*