

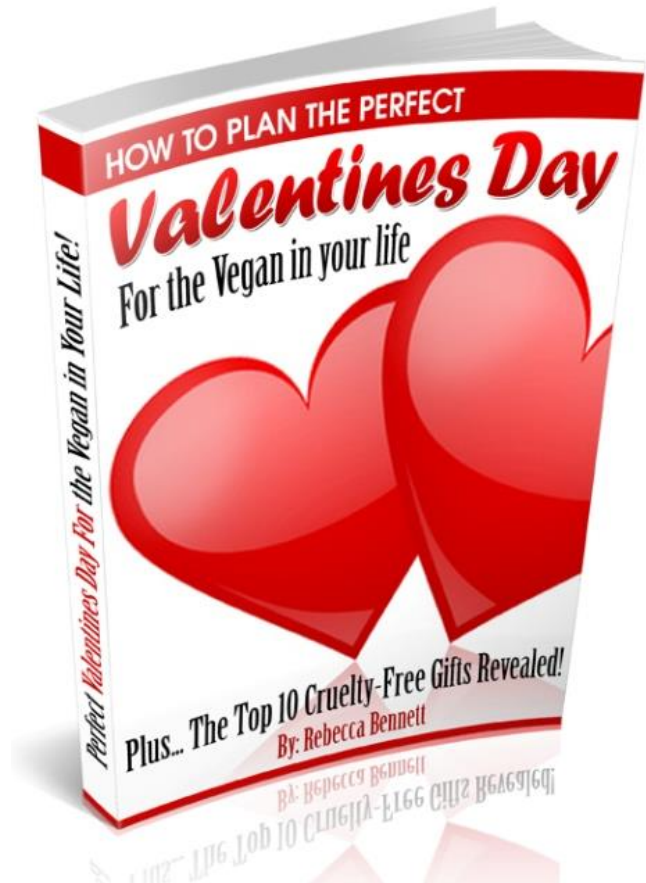


**Taking a Closer Look at**  
**How to Plan the Perfect**  
**Vegan Valentine's Day...**

**Compiled By Vegan Secrets**

## How to Plan the Perfect Vegan Valentine's Day for Your Partner...

**S**o you need to concoct the perfect Vegan Valentine's Day celebration for your partner? You're most likely here because one or both of you is vegan. Creating a Vegan Valentine's Day an admirable goal and good news for you: it's totally possible. Any romantic idea you have can be easily adapted to be animal cruelty-free. And *that's* a good feeling.



**Would Valentine's Day be Valentine's Day without a romantic dinner?** We don't think so. Set the mood with some romantic music, a cozy atmosphere (a fireplace or candles transforms the room), and some time alone. And take out the good china – this is a special occasion.

Try any number of tasty Italian pasta dishes such as eggplant marinara spaghetti with a side of braised carrots, or a yummy Indian curry topped with raisins, peanuts, chutney, celery, and apples. Or maybe skewered BBQ vegetables with a succulent sauce. For dessert, how about sorbet, coffee topped with soy ice cream, apples dipped in caramel, or fruit dipped in dairy free dark chocolate?

If you don't feel up to the task of cooking your vegan Valentine's Day dinner at home, then head out to a local restaurant. **Pick somewhere nice that has a romantic atmosphere:** real linens on the table, dimmer lighting, good service, a great wine menu, and of course a very vegan-friendly menu selection.

Many Ethiopian, Mediterranean, and Indian restaurants are good choices, as most of their menu will be vegetarian anyway. And if you're going to a really nice place, you can call ahead and ask if they can whip up a special

dish that is vegan-friendly. Most professional chefs would welcome the challenge and you'll be amazed at what they come up with!

And then there's the all-important exchanging of the Valentine's Day gifts, which usually takes place after dinner. Or maybe before, if you're really excited to see the look on your partner's face when they open it. **Give some special thought to them and their personality and interests before selecting a vegan gift.** Not just any non-animal gift will do, not for Valentine's Day. It's got to be something great.

Of course there are all the standards: non-dairy chocolate, vegan candy, jewellery. Or maybe you could go above and beyond and get some type of a service gift – something that doesn't come in a box. Give the gift of a service. A romantic back massage, for instance, or the gift of fixing things around their house or apartment they simply haven't got time to do. Or maybe tickets to a concert or some other experience you can have together.

There are a number of reasons to be vegan, and good for you for wanting to include your vegan attitude in your Valentine's Day celebration. Being vegan is more environmentally responsible, kinder, safer, and healthier.

**Now you and your partner can enjoy a great Valentine's Day that is completely vegan.**

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## The Top 10 Vegan Gifts for the Valentine in Your Life! ...

**I**t's almost that time of year again: February 14<sup>th</sup>. What are you going to get your valentine this year? If you're reading this report, chances are that you're looking for some great ideas. You want something sweet, romantic, and perfect – and that means it also has to be 100% cruelty-free.

Maybe your significant other isn't vegan, but you



are and you want to stick to your standards when buying them a gift. Or maybe you are buying a Valentine's Day present for a like-minded animal lover who lives a vegan lifestyle. Whatever your situation, here are the 10 best vegan Valentine's Day gifts you can give this year:

- 1) **Vegan Chocolates and Wine.** What else says "Valentine's Day" better than wine and chocolates? Unfortunately, you may be hard-pressed to find animal-friendly wines and chocolates in your local area (if that is the case go online to speciality vegan stores). Most chocolates are dairy-based in supermarket stores, and many types of wines are processed with clarifiers that use animal-based agents. Carefully reading labels, or buying from a vegan-friendly store, makes it possible to find products you can enjoy without guilt on Valentine's Day.



- 2) **Vegan Body Care Gift Baskets.** Gift baskets of all your Valentine's favorite things are popular, for both men and women. Vegan skin care and body care products collected in a cute basket make a perfect Valentine's Day gift. Make sure to include scented hand and body lotion to guard against the chilly, dry winter air. Of course all the products need to be vegan, but also ensure that the basket and any wrapping are made with animal-friendly processes and materials.
- 3) **Vegan Cookbooks.** If your Valentine is relatively new to the vegan lifestyle (or even if they're not,) they might appreciate a new vegan cookbook or two to help them expand their menu at home. A cookbook is the gift that keeps giving, meal after meal.
- 4) **T-Shirts with a Vegan Message.** While you're already getting a 100% organic, animal cruelty-free T-shirt, why not get one emblazoned with a message that you'll be proud to wear? Whether your sweetheart's style is feminine or masculine, flirty or straightforward, there is a perfect message T-shirt out there for them. They'll love to wear it, knowing that they're supporting kindness to animals and that it came from you!
- 5) **Vegan Scented Soaps.** Not all soaps are processed using plant-based products only. Buying some fancy scented soaps or shower gel is a romantic way to show that you care – both about your sweetheart and about the animals of the world.

- 6) **Vegan Perfume or Cologne.** Perfume is an old Valentine's Day standby. It's sexy, sensual, and intimate. But many perfumes use fixatives derived from the fatty acids of animals and other animal products. Yuck! Get your sweetheart a scent that they can enjoy knowing that no animals were harmed to make.
- 7) **Faux Leather Jacket.** Leather jackets are experiencing an upsurge in popularity right now. Relatively unseen for a decade plus, the leather jacket is coming back. But nobody wants to wear a cow on their back – your Valentine could enjoy the same hot look with vegan-friendly faux leather.
- 8) **Save The Animals Jewellery.** Many animal rights organizations sell animal-friendly pendants, pins, and bracelets with a cute slogan that broadcasts the message: buying animal-free products is the only way to live if you support animal rights. Getting a piece of "statement jewellery" like this is how your Valentine can be passionate about her eco-friendly lifestyle.
- 9) **Vegan Scarf or Hat.** If you live in a cold-weather climate, chances are that winter outerwear is about all your sweetheart is going to be sporting for the rest of this month. An animal-free scarf or hat is a practical gift that is also responsible about the treatment of the animals on your planet.
- 10) **Vegan Wallets.** Most wallets or check books are made from leather, which is so uncool. In fact, they're not even attractive. Why not take a look at the selection of vegan-friendly cloth wallets that are taking the market by storm? The variety of patterns, designs, and colors is overwhelming, and you can be sure to find something that fits your sweetheart's personality (and conscience) to a tee. And don't forget about all the faux leather brands out there that are quite splendid too.



And just because the New Year has made us generous, let's throw in one extra super vegan Valentine's Day gift idea that is guaranteed to rock your vegan sweetheart's world: a membership to a non-profit organization that supports eco-responsible living and animal rights.



Whether your sweetheart is passionate about ending animal testing, boycotting the use of fur, or some other animal-related cause, why not buy them a membership to a local or global organization that stands for the same thing? Your gift will make them happy, help further a cause that they believe in, and support raising awareness for animal rights on our planet.

**One final note:** if you're not vegan but looking to find your vegan sweetheart a good Valentine's Day gift, thank you for respecting their lifestyle enough to search for animal-free gift ideas. In addition to something from the list above, one huge gift to your vegan sweetheart would be to try it out yourself. Go vegan for 30 days to show your Valentine that you care. Guaranteed, it will be the best present they ever received.

Valentine's Day doesn't have to be the day your vegan standards for living go out the window or force you to get a lame gift for your significant other. **Get something wonderful that they'll love – and something you'll love knowing that you didn't contribute to the harming of any animals in the process.**

Vegans support living a lifestyle that is free of cruelty to the animals we share the planet with – and that is just as important on Valentine's Day as on any other day of the year.

**Vegan Valentine's Day gifts are plentiful, so start shopping!**



## **Find Vegan Chocolates Today!**

**"Finally... The Dairy-Free Chocolatiers own Range of Vegan Suitable Chocolates can be viewed online!"**

**<http://www.DecadentHandmadeChocolates.com>**

For More Great Reports & Recipes Just Like This Visit: <http://www.VeganSecrets.com>  
Please Feel Free to Pass This Onto Family & Friends Who You Think Will Benefit From it.

## Vegan's Valentine Day on a Budget – Here's What to Do!...



**N**ow if you are one of those vegetarians trying to save, save, save or if times are simply a little on the tough and money is tight right now, is it still possible to have an amazing vegan's Valentine's Day on a budget? Of course! **It just takes a little time and creativity to plan the vegan Valentine's of your dreams.**

An old standby is the Valentine's Day dinner, where you get all dressed up and head to the fanciest and most expensive restaurant in town. Of course you need to make reservations way in advance, and leave a hefty tip for your waiter.

If you have the funds then this is still a classic way to celebrate Valentine's Day – but if your pocketbook is looking a little thin then why not try the homemade alternative?

Clean up your place and decorate your dining room. **Set the mood with some classy music and mood lighting – just like you would find at an expensive restaurant.** Do these simple things, and you will be surprised at how quickly it transforms your own dining room.

If you like to cook, you can surprise your partner with a full vegan menu, from appetizers to dessert. Getting the gift of a meal, prepared and presented for you, may be all your partner really wants for Valentine's Day this year. And all it costs is the price of the ingredients.

But maybe you don't feel confident in your ability to whip up a 7-course vegan Valentine's dinner from scratch by yourself. Then why not cook together? **Cooking together can actually be really romantic**, as you work together to turn ordinary ingredients into a succulent vegan meal.

Try something that's not on your regular menu. Find new vegan recipes that you'd like to try but never have, and make them together. Maybe it

won't turn out exactly as you planned, but you'll be creating something new together which is what Valentine's Day is all about.

After the dinner dishes are cleared away, it's time to exchange gifts. Of course you need to get a vegan gift – no leather or animal product or ingredients allowed – but you also need it to be affordable. Why not give the gift of time?

**Many gifts are completely free; the only cost is the investment of your time.** Make something for your lover, give a sensual back rub, or visit a nursing home together to cheer up the residents.

Or consider giving an "experience gift." Go hiking, skating, or roller-blading together. Play a board game. Look in your area for affordable admission to an animal sanctuary vegan experience, vegan cafe or art gallery. It's not the price tag (or lack thereof) of a gift that matters, but that it comes from the heart and is an opportunity to **say "I love you" and spend time together.**

Valentine's Day is the special day of the year when you can really shower your partner with affection and a gift that leaves them breathless. If you're short on funds don't let it affect your Valentine's Day celebration!

**You can have a great vegan's Valentine's Day; no matter how little you have to spend this year.**

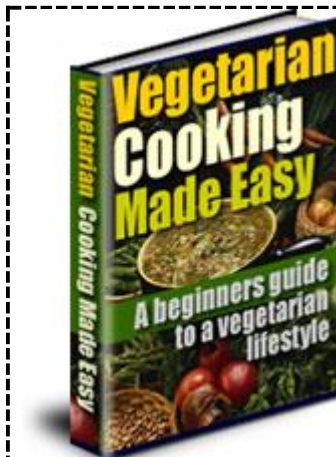






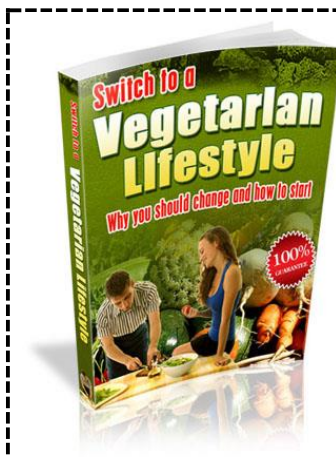
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