



# Vegetarian

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**vegetarian**, noun | \ˈve-jə-ter-ē-ən\: someone whose diet consists wholly of vegetables, fruits, grains, nuts, and sometimes eggs or dairy products

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## Overview

"**Pythagorean**" was actually the term used to qualify people in Europe who abstained from animal flesh up until at least the 6th century, as Pythagoras himself was vegetarian. The famed Indian emperor Ashoka (272 BCE) was also vegetarian, but vegetarianism practically disappeared from everywhere except India until re-emerging during the Renaissance and gaining widespread popularity in the 19th and 20th centuries when the first Vegetarian Society was founded in the UK (1847).

Vegetarians have individual preferences in deciding to consume eggs and dairy products. **Ovo-lacto** vegetarianism includes both dairy and eggs, **ovo** vegetarianism includes only eggs, and **lacto** vegetarianism includes only dairy. Strict vegetarians who eat neither, nor consume any animal products elsewhere in their daily life are called **vegans**.

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## Things To Note

It is important to **eat a varied diet** throughout the day, the recommended daily allowance (RDA) of protein and lysine are easily obtained if one eats a variety of vegetables and vegetable-based products throughout the day.

**protein**: many people ask about protein sources on a vegetarian diet. Nearly all vegetables, beans, grains, nuts, and seeds contain protein, with the most protein dense being **tofu**, **tempeh**, **spinach**, and **seitan** (normally used in imitation meat).

**lysine**: lysine is an essential amino acid that is found in specific vegetarian foods. The recommended daily allowance (RDA) of lysine can be easily met for vegetarians by including **legumes**, **seitan**, **quinoa**, **amaranth**, and **pistachios** in the diet.

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## How-To Order

- With the exception of steakhouses and oyster bars, restaurants will likely have vegetarian options above and beyond simple salads.
  - Veggie burgers and veggie dogs are high in protein and can be made from a wide variety of vegetables like sweet potato, chickpeas, and black beans.
  - Tofu can usually be substituted at Asian restaurants in any dish, and there are often more vegetarian than non-vegetarian options at Indian, Ethiopian, and Middle-Eastern restaurants.
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## Simple Recipes

These are some curated simple dishes that are great for any beginner on a vegetarian diet! Bon appetit!

- 9 High-Protein Vegetarian Sandwiches - 10 minutes  
- <http://www.self.com/gallery/meatless-sandwiches>
  - Vegan Stir Fry - 45 minutes  
- <http://simpleveganblog.com/brown-rice-stir-fry-with-vegetables/>
  - Ratatouille  
- <https://food52.com/recipes/14155-alice-waters-ratatouille>
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## Community

While embracing a new diet can be daunting, there's a ton of great vegetarian and vegan resources. Check out the following:

- **Happy Cow** ([happycow.net](http://happycow.net)) is a great resource to find vegetarian and vegan foods, restaurants and grocery stores
- The **International Vegetarian Union** ([ivu.org](http://ivu.org)) is an umbrella network of global vegetarian organizations