



ieatgrass.com

Ayinde Howell is an Executive Vegan Chef, who divides his time between New York City, Seattle and Los Angeles. Ayinde offers, catering, cooking classes private classes. Check out Ayinde's blog at <http://ieatgrass.com>.

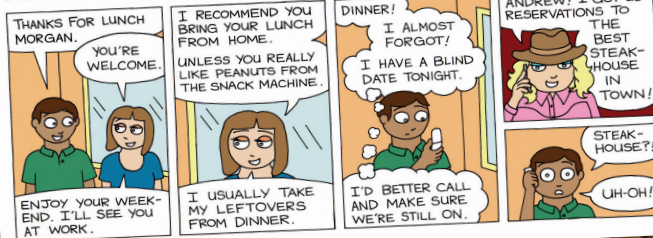
THE DISCERNING BRUTE:
thediscerningbrute.com/

Long before I partnered with Joshua Katcher (the founder of this blog) for the Gracious Gourmand series, this blog was my go-to for all things vegan and masculine. Everything from the layout, the stories and the resources are a perfect fit for any modern, vegan man who enjoys culture and some seriously good food. Check out this one for new ideas on vegan attire, or to see what's happening on the political front.

 **Vegan Mainstream™ Presents**

by MC Miller

Plant Life



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Plant Life

GIRLIE GIRL ARMY: <http://girliegirlarmy.com/blog>

Despite its name, this blog is an excellent resource for men and women concerning many things like eats, entertainment, health and much more. Its content is fresh and plentiful and I like that fact that there is something for all types of eco-conscious people who care about their part on this planet. Good for reading on the plane or while you're waiting on appointments.

URBAN VEGAN: <http://urbanvegan.net>

UV is a visually driven site with a good selection of recipes and tips for cooking. I like visiting this one because the author is not only a creative cook, but she uses local resources and encourages her followers to take chances in the kitchen. She's real and passionate about her food, and her lifestyle. I also enjoy how she weaves in stories about her childhood growing up in the mountains of Pennsylvania. Excellent site for party prepping or if you're looking to try out new dishes on the fam.