

Good News for Vegetarians

The Essential Vegetable Protein

A vegetarian diet is not only of great benefit for our spiritual practice but it's also very healthy for us. However, we must pay special attention to the balance of nutrition and make sure that we do not lack the much needed vegetable protein.

There are two types of protein: animal protein and vegetable protein. Soybeans, chick peas and snow peas are some of the sources of vegetable protein. Keeping a vegetarian diet does not simply mean eating fried vegetables. Protein should be included to complete the nourishment a person requires.

Dr. Miller was a vegetarian his entire life. He practiced medicine and treated the poor in the Republic of China for forty years. He believed that we only need to eat cereals, beans, fruit and vegetables to get all the nourishment we need to maintain good health. According to Dr. Miller, "Bean curd is 'meat' of no bones."

"As soybean is very nutritious; supposing if people could only eat one kind of food and they ate soybeans, they would be able to survive longer."

Preparing a vegetarian meal is the same as cooking a meal with meat, except that vegetarian protein ingredients such as vegetarian chicken chunks, vegetarian ham or vegetarian meat slices are used in its place. For example, instead of cooking "saute shredded meat with celery" or "seaweed soup with egg," we can now cook it as "sauteed shredded vegetarian meat with celery" or "seaweed soup with bean curd sheets."

If you are in countries where these vegetarian protein ingredients are not readily available, you can contact your local Center of The Supreme Master Ching Hai International Association and we will provide information on some main suppliers and vegetarian restaurants for your reference.

As to how to cook vegetarian food, you may refer to **The Supreme Kitchen** that's published by The Supreme Master Ching Hai International Association, or any other vegetarian cookbooks.

In order to obtain a list with vegetarian restaurants around the world, please visit:

<http://www.godsdirectcontact.org.tw/eng1/food/restaurant/>

Here is a list of some vegetarian restaurants and vegetarian food companies for your reference.

Vegetarian Houses around the World (Run by Fellow Initiates)

Africa Benin

SM Bar Cafe Restaurant
vegetarien(COTONOU)
Address: 07 BP 1022 COTONOU
Tel: 229-90921569

Peace Foods
Address: C/1499
VEDOKO(COTONOU)
Tel: 229-95857274

America Canada

Vancouver

Paradise Vegetarian NoodleHouse
8681-10th Ave., Burnaby, B. C. V3N
2S9, Vancouver, Canada
Tel: 1-604-527-8138

U.S.A.

Arizona

Vegetarian House
3239 E. Indian School Rd, Phoenix
AZ 85018
Tel: 1-602-264-3480

Oregon

Vegetarian House
22 NW Fourth Ave, Portland, OR 97209
Tel: 1-503-274-0160

California-Los Angeles

Au Lac Vegetarian Restaurant
16563 Brookhurst St, Fountain
Valley, CA 92708
Tel: 1-714-418-0658

Veggie Panda Wok
903-b Foothill Blvd Upland, CA 91786
Tel: 1-909-982-3882

Veggie Bistro
6557 Comstock Ave, Whittier, CA 90601
Tel: 1-562-907-7898

Happy Veggie
7251 Warner Ave, Huntington Beach, CA 92647
Tel: 1-714-375-9505

Vegan Tokyo Teriyaki
2518 South Figueroa, Los Angeles, CA 90007
Tel: 1-213-747-6880

NV Vegetarian Restaurant
537 B Main St., Woodland, CA 95695
Tel: (530) 662-6552

Oakland

Golden Lotus Vegetarian Restaurant
1301 Franklin St. Oakland, CA 94612
Tel: 1-510-893-0383

New World Vegetarian Restaurant
464 8th St. Oakland, CA 94607
Tel: 1-510-444-2891

San Francisco

Golden Era Vegetarian Restaurant
572 O'Farrell St, San Francisco, CA 94102
Tel: 1-415-673-3136

San Jose

The Supreme Master Ching Hai International Association Vegetarian House
520 East Santa Clara St, San Jose CA 95112
Tel: 1-408-292-3798
<http://Godsdirectcontact.com/vegetarian/>

Massachusetts Boston

Quan Yin Vegetarian Restaurant
56 Hamilton St, Worcester MA 01604
Tel: 1-508-831-1322

Houston

Quan Yin Vegetarian Restaurant
10804-E Bellaire Blvd, Houston TX 77072
Tel: 1-281-498-7890

Dallas

Suma Veggie Cafe
800 E Arapaho Rd, Richardson,
TX 75081
Tel: 1-972-889-8598

Georgia

Cafe Sunflower
5975 Roswell Rd. Suite 353, Atlanta GA
30328
Tel: 1-404-256-1675

Washington

Teapot Vegetarian House
345 15th Ave., E #201, Seattle WA 98112,
Tel: 1-206-325-1010
<http://www.teapotvegetarianhouse.com>

Illinois

Alice and Friends Vegetarian Cafe
Address: 5812 N Broadway St. Chicago,
IL 60660-3518, U.S.A.
Tel: 1-773-275-8797

Puerto Rico San Juan

El Lucero de Salud de Puerto Rico
1160 Americo Miranda Ave., San
Juan, Puerto Rico

Peru **Lima**

SaborSupremo
Av. Militar 2179 - Lince Lima 14
Tel: 51-1-2650310.

Vida Light
Address: Jr. Camaná 502 - Lima
Tel: 51-1-426-1733

Europe *Germany*

Munich

S.M. Vegetarisch
Amalienstrasse 45, 80799 Muenchen
Tel: 49-89-281882

France **Paris**

Green Garden
20, rue Nationale, 75013 Paris, France
Tel / Fax: 33-1-45829954

Spain **Valencia**

The Nature Vegetarian Restaurant
Plaza Vannes, 7 (G.V.Ramon y Cajal,
36, dcha), 46007 Valencia, Spain
Tel: 34-96-394-0141

Restaurante Casa Vegetariana "Salud"
Address: Calle Conde Altea, 44, bajo,
46005 Valencia, Spain
Tel: 34-96-3744-361

Malaga

Restaurante vegetariano EL LEGA-
DO CELESTAL
Calle PEREGRINO ,2
29002 Malaga , Spain
Tel: 34-95-235-1521

United Kingdom **London**

669 Holloway Rd, London, N19 5SE
 Tel: 020-7281-8989, 020-7281-5363
<http://www.thepekingpalace.com/>

Mr Man
 236 Station Road, Edgware, Middlesex, HA8 7AU.
 Tel: 020-8905-3033
<http://www.vegmrman.com>

Oceania *Australia***Canberra**

Au Lac Vegetarian Restaurant
 4/39 Woolley Street Dickson ACT
 2602 Australia
 Tel: 61-2-6262-8922

Melbourne

La Panella Bakery
 465 High Street, Preston Victoria
 3072, Australia
 Tel/Fax: 61-3-9478-4443

Sydney

Tay Ho Vegetarian restaurant
 11/68 John Street, Cabramatta, NSW 2166
 Tel :61-2-9728-7052

Asia*Hong Kong* **Tun Mun**

Nature House
 Workshop No.6 5th Floor, Good Harvest
 Industrial Building, No.9Tsun Wen Rd
 Tuen Mun New Territories 506
 Tel: (852) 2665-2280
www.naturehouse.com.hk
www.lovingocean.com

Japan **Gunma**

Tea Room & Angel's Cookies
 937 Takoji Kanbara Tsumagoi Agatsuma Gunma, Japan
 Tel / Fax: 81-279-97-1065

Chiba

Pension Rikigen
 86-1 Hasama, Tateyama-shi, Chiba-ken
 294-0307 Japan
 TEL:81-3-3291-4344 81-470-20-9127
 FAX:81-3-3291-4345
 URL:<http://www.rikigen.com>

Korea

SM Vegetarian Buffet
 229-10, Poi-dong, Gangnam-gu,
 Seoul, Republic of Korea
 Tel: 82-2-576-9637

Malaysia

Supreme Healthy Vegetarian Foods
 1179, Jalan Sri Putri 3/3, Taman Putri
 Kulai, 81000, Kulai, Johor, Malaysia
 Tel: 607-662-2518 Fax: 607-662-2512
 E-mail : Supreme2@tm.net.my

Indonesia **Surabaya**

Surya Ahimsa Vegetarian Restaurant
 Jl. Walikota Mustajab 74
 Tel: 62-31-5350466
 E-mail : ahimsa88@msn.com

Philippines

Vegetarian House
 #79 Burgos.St, Puerto Princesa City,
 5300 Palawan, Philippines
 Tel / Fax: 63-48-433-9248
 E-mail: vegghouse@hotmail.com