

# WHAT'S JEWISH ABOUT VEG?

PLANT-BASED EATING IS ROOTED IN JUDAISM.



## G-d's Preference FOR PLANT-BASED FOODS

FROM **FIRST COMMUNICATION**  
WITH HUMANITY:

BEHOLD, I HAVE GIVEN YOU EVERY  
HERB YIELDING SEED, WHICH IS UPON  
THE FACE OF ALL THE EARTH, AND  
EVERY TREE, IN WHICH IS THE FRUIT  
OF A TREE YIELDING SEED; TO YOU  
IT SHALL BE FOR FOOD.

GENESIS 1:29



IN THE MESSIANIC ERA,  
*Even the lion will eat  
straw like the ox.*



PERMISSION  
TO EAT MEAT  
WAS GIVEN TO  
HUMANITY AT  
ITS **LOWEST**  
**SPIRITUAL POINT**  
- AFTER THE  
FLOOD.



GENESIS 9

**MEAT is a CONCESSION**  
TO HUMAN WEAKNESS.

"THERE IS A DISTINCT  
**RELUCTANCE**, ALMOST AN  
UNWILLINGNESS ON THE PART OF  
THE TORAH, TO GRANT MAN THE  
**PRIVILEGE TO CONSUME MEAT.**"

- RABBI JOSEPH SOLOVEITCHIK,  
FORMER HEAD OF THE RABBINC SCHOOL  
AT YESHIVA UNIVERSITY (NYC)

G-D GAVE THE ISRAELITES  
**MANNA** - WHICH WAS  
**VEGAN** - TO EAT IN THE DESERT.



EXODUS



THEY WERE BURIED IN



Kibrot HaTa'avah -  
"GRAVES OF CRAVING."

NUMBERS 11

WHEN THE JEWS WERE TO  
ENTER THE LAND OF ISRAEL  
G-D AGAIN GAVE PERMISSION  
TO EAT MEAT IN RESPONSE TO  
**TA'AVAH, A GLUTTONOUS CRAVING.**

DEUTERONOMY 12:20

GET STARTED WITH PLANT-BASED FOODS AT  
[JewishVeg.org/Recipe](http://JewishVeg.org/Recipe)