



We Want Veggies

We Want Veggies connects and empowers people who love eating healthy, plant-based meals. Our platform and social media engagements connect with over 125,000 vegetable lovers worldwide. We focus on providing healthy vegan recipes that are often gluten free.

Food Choices. We make them every day.

We Want Veggies makes the choice easy by posting plant-based recipes weekly. Most of these recipes can be made on an average weeknight in 40 minutes or less. In addition, we occasionally post how-to tutorials and general information to help those who are new to plant-based eating get comfortable with this style of cooking.



Life Choices. We seek to live happy, healthy lives.

Our readers are not necessarily all vegetarian, but almost all follow my same type of mostly-healthy lifestyle. They want to live their very best life. Our readers are concerned about both their health and the environment. They are family-oriented, and they love to cook.

These factors influence their shopping preferences.

We Want Veggies offers free recipes at www.wewantveggies.com along with an active community at www.facebook.com/wewantveggies.

Support A Healthy, Plant-Based Lifestyle.

After losing her own father to heart disease, We Want Veggies Founder Stephanie Sansoucie realized she was on the same path. She was 80 pounds overweight with seriously high cholesterol. She took matters into her own hands and began bringing plant-based meals into her own life. Fast forward 15 years, she's lost the weight and kept it off. Now, she wants to help others live a long, happy and healthy life. She created We Want Veggies to empower others to adopt healthy, plant-based eating practices.



Built for Inspiration.

All posts created by We Want Veggies are coupled with beautiful imagery and ample detail to inspire others to recreate the experience in their own kitchens.

Share Your Own Recipes.

What's more, community members share their own plant-based recipes and advice through both our platform and social media.

Connect With Our Community.

Our growing community includes 125,000+ vegetable lovers worldwide across social channels. Our community members include primarily women between the ages of 25 and 54.

ABOUT WE WANT VEGGIES

We Want Veggies connects, inspires and empowers people who love eating healthy, plant-based meals around the world. Founded in 2016, We Want Veggies platform and social media engagements connect with over 125,000 vegetable lovers worldwide.



CONTACT

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