



Hi there! My name's Regan but you can call me Regan the vegan. I've been living the vegan van life for three months now but I've been vegan for over four years. And one of the questions I get asked most often is 'Regan the vegan, why did you go vegan?' So, let me tell you all a story about how it all **vegan** ()!

Firstly **lettuce** () just say that before I was vegan I was very much not vegan. I used to want to eat meat for every meal and I didn't **carrot** () all about anything I was eating. That's right, it was about a one in a **melon** () chance that I would go vegan!

It's true I was far from eating a **pear-fect** () diet and with all the meat and processed animal products I was eating, I was left chubby and feeling low on energy, I was just left feeling a **beet** () tired all of the time. So that's when I decided to go vegan and immediately, I felt good, from my head **tomatoes** ()! At first my mum was a bit confused. She thought I was a bit of a nut but eventually () she came round. Being vegan can be annoying at times though. It does **drive me bananas** every time I get asked **a bunch** of questions about where I get my protein. That's **lentil** () I told them how I'd **bean** () taking care of it with lentils and beans. Seriously though, guys, you've got to stop asking about the protein, **cashew** () are really getting on my nerves. I mean, it drives me absolutely nuts. It's enough to make a **mango** () crazy and at times I just feel like I want to **kale** () the next person that asks me about protein.

Protein's not the only thing that seems to worry people. Others tell me I'm being a bit too **hardcore**. But to that I say, **peas** (), I've **hummus-ly** () never felt any better.

At first, I thought it would be difficult. For breakfast I always enjoyed an **egg**. **Plants** () won me over though and now my vegan smoothies taste **berry** () delicious!

So, at first, I was vegan just for my health, until I saw videos that ap-**peeled** () to my compassionate side. Videos that were **raisin** () awareness of factory farming and made me **goji** () This needs to stop! I want to keep this video short so there's not **mushroom** () for details. But if you'd like to find **oat** () more about veganism, check out the links in the description below. I'm sorry if anyone thought this video was a bit too **corny** but humour is a **kiwi** () to get people interested and **olive** () making puns, even if it doesn't come with a round of **apple-ors** () .So if you or your dad thought this video was pretty rad or even just rad-ish



(), feel free to hit 'like' or 'subscribe', or comment with your own favourite pun, down below. This video was tested on animals. They didn't find it funny either.

I feel pretty **grape** () now that that's over. Thanks **shallots** () for watching and if you share it with your friends then, **chias** (). But if you'll excuse me I'm actually on a hot **date** – yep, nice and gooey, just how I like it!

