GO VEG!

STEP 1 FIND your WHY

There are Lots of good reasons to choose a plant-based diet!

Whichever one resonates most with you, just keep it in mind when you need to make a tough decision. You don't need to become a warrior for every cause to enjoy a plant-based diet!

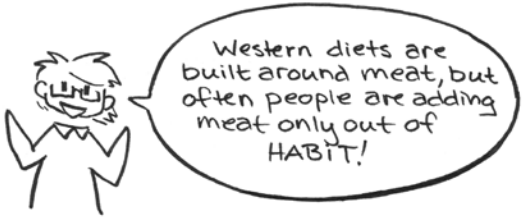
step 2
In your mind
SEPARATE
EATING vegetarian
from
BEING vegetarian
Plant-based is a PRACTICE. It's a choice you can re-make with EVERY meal.
If you love steak for your birthday, that's fine! You don't have to "QUIT" eating plants.
WHAT HAS MORE IMPACT?
I haven't touched meat in thirteen years!
That sounds HARD
I guess it's not for me.
OR
80% OF OUR DIET IS PLANT-BASED!

step 3
CHOOSE PLANT-BASED in RESTAURANTS!
Try to answer these three questions:
What kind of plant-based options are there nearby?
?
What kinds of restaurants will accommodate a substitution?
can this be made vegetarian?
Sure!
hm... that's the third vegetarian this week!
What kind of plant-based food do you LIKE?
Whoa! This is veg?
I had no idea I liked EGGPLANT!

step 4

Start asking...

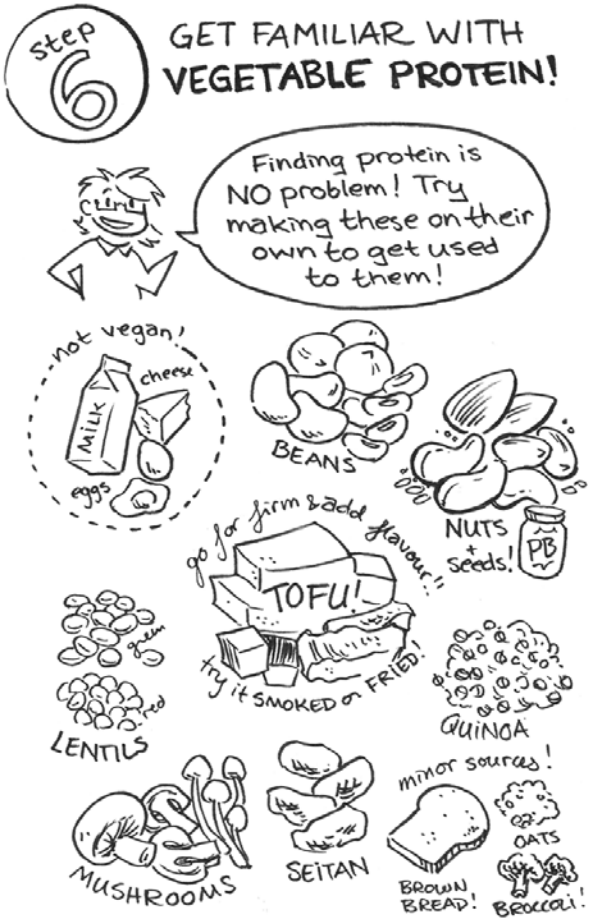
"DO I **NEED** MEAT AT THIS MEAL?"



GET CURIOUS!

Does a vegetarian version of your meal exist? How does it change?

step 5
SKIP
THE FAKE MEATS
Look... fake meat has its place... (BBQ's and dinner w/great-aunt Mary)
But... if you swap meat for fake meat 1:1 in your everyday diet... you're gonna have a BAD TIME
X
BEYOND
It IS improving! bwuuut~
Please just TRUST me on this one...
I know it seems intimidating, but it's not as hard as it looks!


step 6
GET FAMILIAR WITH VEGETABLE PROTEIN!
Finding protein is NO problem! Try making these on their own to get used to them!
not vegan!
milk
cheese
eggs
BEANS
NUTS + seeds!
PB
go for firm & add flavour!!
TOFU!
try it SMOKED or FRIED!
green
red
LENTILS
QUINOA
minor sources!
OATS
BROWN BREAD!
Broccoli
SEITAN
MUSHROOMS

step 7

GET COOKIN'!

A veg diet IS tough if you can't cook, but veg dishes aren't too hard to pick up.

taste the world

Branch out into international cuisine to find new veg recipes!

step 8
CHANGE MEAT
from a
EVERYDAY FOOD
to a
SPECIAL OCCASION FOOD
Challenge yourself! Can you go a whole day without meat? A week? A month?
Listen to your body!
iron
protein
B12
It will tell you what you need!
I hope these tips help you on your journey to explore a plant-based diet!
Thanks for reading!
Jam!

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