

TRANSITIONING



Your New Vegan Lifestyle

21 Tips on Transitioning to a Vegan lifestyle

1. Find your **why and motivation** for change
2. Take it **one meal** at a time, **one day** at a time
3. Learn as much as you can about the lifestyle
4. Focus on **one change at a time**
5. **Crowd out**, don't cut out
6. Switch out your milk for non-dairy milks
7. Keep a **positive** attitude
8. Incorporate "**Meatless Mondays**"
9. **Explore** new foods
10. Every little bit counts
11. Focus on the **basics**
12. Start reading ingredient lists
13. Be **patient** with yourself
14. Read books - Living vegan for dummies, Vegan for life, But I could never go vegan!, How not to Die, The China Study
15. Invest in a few cookbooks - Vegan 101, Vegan cookbook for beginners, Simply vegan, Thug Kitchen, Oh She Glows, The Vegan 8
16. Watch documentaries - What the Health, Forks over Knives, Vegucated
17. Visit vegan websites - PETA.org, veganhealth.org, globalhealingcenter.com, EWG.com, Onegreenplanet
18. Find local support groups/community - meet-up.com
19. Find groups/bloggers on SM - FB - Your New Vegan Lifestyle, Instagram, Pinterest
20. Download vegan apps - Happy Cow, Vanilla Bean, Vegman, Is it Vegan?, Food Monster, Daily Dozen-Dr Greger
21. Podcasts - Main Street Vegan, No meat athlete, Ordinary Vegan, Party in my Plants, The Plantiful, Nutrition Facts w/Dr. Greger