

# 18 TIPS - TRANSITIONING TO VEGAN

# Go Vegan!



1. Allow  
For Tastebuds  
Changing



2. Create the mindset:  
set your mind to it, and  
you can do it



3. Accept 100%  
responsibility for your  
health and life!



4. Have a can-do  
attitude



5. Be curious!



6. Ask for support



7. Allow for  
changes with friends  
& family



8. Avoid dogma,  
debating, and  
judgement



9. Restaurants:  
research & call  
ahead



10. Plan & prepare your  
food daily



11. Shared kitchen  
space: communicate/  
create agreements



12. Kitchen: clean it out,  
set it up



13. Allow for the  
learning curve



14. Let go of  
perfectionism



15. Regression? Take it  
as a lesson



16. Hold space for  
change



17. Keep connected  
to gratitude



18. Keep Learning