

# 18 Tips - Transitioning to Veganism

## Note to self:

*“as I’m transitioning from eating animals food and dirty running carbs, my tastebuds may not always recognize alkaline food as tasty. That will change. Stick with the plants. Everything is getting better. I am getting used to eating and feeling different. I like the taste of fresh food and how they affect my body.”*

## 1. Understand your tastebuds.

Coming off the SAD (Standard American Diet) that is highly acidic, our taste buds are usually attuned to acidic foods (which we know can lead to acidosis, illness, and disease). This means we may only find foods that aren’t so great for us tasty - and we may not find alkaline foods tasty, i.e. fruits and vegetables. Just keep eating fruit and veg anyway. Over a short time, you will become more alkaline, and the acidic stuff likely won’t taste so good anymore. In the meantime say bye-bye to aches and pains, inflammation, and watch your energy levels likely change. Don’t worry, your tastes will change, and yumminess will return.

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

When you think of going vegan, what's the first thing that pops into your mind? If it's fear, doubt, stress, anxiety, etc... thank it. Then find the corresponding opposite. For example, thank you fear teacher for teaching me, love. Thank you doubt teacher for showing me confidence is possible, etc... nothing can withstand the power of gratitude. All of life is a teaching when we change how we view things. Remember, the old saying: "how you do anything, is how you do everything." Breakthrough fears with food, and what else can you do? Set your mind. Give thanks, no matter what comes up.

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

That means being FULLY present, and in relationship with what you eat - AND how it affects your body! Eat for pleasure and enjoyment, AND what also best fuels you. Proactively accepting responsibility for our every bite is to take charge of our health, and healing. There's no good or bad, just cause and affect. What outcome do you truly want?

## 4. Have a can-do attitude.

Just say yes. Decide you are fully in. Repeat 10 times: "I AM FULLY IN." Let nothing stop you from what you truly want.





## 5. Be curious!

Let go of how you may perceive pleasure, and open up to new ways of finding yumminess, fulfillment, and comfort - that doesn't cause you harm. We all need pleasure. Finding new pleasures is to have an open mind, explore, and discover new things that broaden our experience.

## 6. Ask for support.

Let your friends and family know you need their support. Ask them to only offer you healthy food, and let them know that's all you'll be sharing. Let them know you'd like to meet at restaurants that have vegan options. Connect with like-minded people who are also dedicated to their health. Stay connected to our Facebook group for insider support, and to get the latest scoop on recipes, what's new, and more! and to be inspired and supported!

## 7. Social, friends, and family dynamics.

Hands-down, this is typically the most challenging aspect when we're transitioning to eating just plants. Be light-hearted, play with jokes that may come your way, and in general be secure in your choices.

Often, when our loved ones are faced with our changes, it can be inspiring and threatening. Don't take it personally. And stay true to yourself. Nothing for you to eat? Do your best to share something, pick a restaurant in advance, and let others know your needs. Still nothing? Sometimes you may need to eat before or after meeting. Most important is your attitude. Be easy-going, and take care of yourself to avoid drama. Be an example of something greater. Afraid of losing friends? True friends will always be with you - regardless of food choices. Don't hold back you're own growth just because others may have a different pace.



## 8. Avoid dogma, debating, and judgment.

Find yourself defensive, or feeling attacked or judged? Are you judging other people's choices, or angry that they eat animal products? Being reactive or projecting angst onto others will likely only bring alienation and separation. Working out conflict within oneself is a great way to keep clear of negativity while cultivating equanimity - and ultimately empathy.

## 9. Managing restaurants.

If vegan options aren't available, ask the manager if the chef can prepare something for you. Check out the menu. Notice the vegetables and plant-based foods they use. Ask if something special can be made for you. Most places are happy to accommodate and want your business. So don't be shy, ask for what you want. Calling ahead may help when possible. Don't worry about your friends and family - they'll get used to it, and it may even help them to speak up for what they'd like as well!



## 10. Plan & Prepare Your Food Daily

Planning and preparing your food can be the difference between being a junkfood vegan, and being healthy. Yes, the latter is more effort. You're worth it, right? Once you get the hang of it, you won't need to think about it so much - in the beginning, thinking about it consciously will make it a habit. Then you'll always have good tasty food that makes your body happy. Healthy body = happy mind.

## 11. Negotiating shared kitchen space.

If you live with others, let them know what you need in the kitchen, while respecting their needs may be different from yours. Decide how the fridge and cupboard space will be shared. If they have foods on the shelves that don't agree with you, be positive about their choices to avoid conflict, and others feeling judged. Otherwise, if it's an issue for you, consider what you need and how you can make it happen. Consider your own fridge!

## 12. Kitchen: clean it out, set it up.

Clean out your cupboards and fridge. Toss out what you haven't used within a few months - including excess pots and pans, etc. Get rid of old foodstuff, processed foods, sugar, candy, etc. - and make space for healthy foods. Consider keeping staples in glass jars. Cook with glass as possible. Keep your kitchen clean and clear of clutter, as a general habit. Only keep what you need. Store excess dried foods in an organized way. Know what your food and equipment inventory is in the kitchen at all times. Order any new appliances and equipment you may need such as a Vita-Mix, water filter, or a good set of knives.



## 13. Allow for the learning curve.

Like anything new we're in the process of learning, we will likely have our up's and downs. Allowing for our learning often requires patience, letting go of control, facing resistance, and allowing time and space to learn. Making it our own - in our way also helps. Having fun with it, and letting go of any heavy trips we may put on ourself, keeps things light, and makes us want to continue. Do what you can, and let go of the rest. Do what you can and will do. Be realistically about where you are. Baby steps lead to long distance success. Honorin where you are. Allow for the process of learning and growing.

## 14. Let go of perfectionism.

Many of us just want to "get it right." Then we obsess and lose track of why we may be doing it in the first place. Then hate it and stop! Stay connected to why you're choosing to Go Vegan - and allow for your humanity, and ultimately humility. There's nothing to perfect, there's just you finding your unique way - even if you do fumble and bumble at times. Allow for it, so the process can teach you. Enjoy the ride, even if it does feel unfamiliar at times.



## 15. Regression? Take it as a lesson.

We often need to go back and try the old foods again to truly (re)discover what we want and don't want. Allow for this! The key is in listening to your body. How does each food feel? Be honest and unbiased with yourself to truly learn your body - and what's medicine for you - and what's poison.

## 16. Hold space for change.

Even though we're inspired and excited to Go Vegan, it does mean change. The fear of it keeps many from moving forward. While others thrive on it. Accepting that life is changing constantly, as are we - helps to welcome the transformation we actually seek. Hold space for it, or in other words, welcome what's happening anyway.

## 17. Keep connected to gratitude!

Even if you flub or find it challenging at times, keep giving thanks to yourself that you're attempting something new, and that you're learning!

## 18. Keep Learning!

To transition from old eating habits, keep learning and growing. Educate yourself, investigate, and find out for yourself how veganism works - not only in books, movies, and with teachers... yet mainly on your own body. Give it a good go, and keep learning from your body. Listen closely, do due diligence, and your new knowledge will show you the way. Keep learning and growing!

