



Your Guide for Transitioning to a **Vegetarian or Vegan Diet**

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Paradigms for Success



While making this transition to a plant-based diet, we believe it is helpful to explore and embrace the following paradigms in order to reach your goals in a fun and pleasurable way:

Dietary Paradigm #1: What's healthy for one person may not be healthy for YOU

Embrace curiosity throughout this transition, especially when your body reacts differently to the changes than you may have expected it to.

Dietary Paradigm #2: Your body is the most powerful, least expensive and BEST dietary experimentation lab in existence

Listen to your body during this transition because your body has an innate wisdom beyond any book or authority that will send you signals to let you know what it needs. These messages may be faint in the beginning, but the more you tune in and listen to them, the louder they will become.

Dietary Paradigm #3: Diets are not useful as dogma, however they are useful as references

This paradigm is about approaching this transition with flexibility vs rigidity. Follow the 80/20 rule where you strive to eat whole foods 80% of the time. Even eating plant-based 51% of the time may be an improvement for you, and that is good enough!

Life happens—there will be times when there are few veggie options available to you or you simply choose to eat an animal product. Remember that eating is meant to be pleasurable! If you catch yourself judging yourself for a specific food you ate, turn back to curiosity. Ask yourself: What am I really craving or needing right now in my life?

HCI Dietary Paradigm #4: Your perfect diet changes as you change

You may find a way of eating that works for you right away, which is amazing! However, that may change if you enter into a new phase of life or a big event occurs in your life that changes your stress levels. Continue to listen to your body and stay curious as to which foods are going to best help you achieve optimum health wherever you are at right now.

Overview of 8 Steps to Transition to a Vegetarian or Vegan Diet

1. Vegetarian vs Vegan

Take a moment to consider the goals you desire to reach, as well as your personal view on consuming animal products.

Upon reviewing the definitions in the Vegetarian vs Vegan section on page 8, which eating style most resonates with you?

2. Identify Your Support

Who in your life supports your decision to make this transition? Is this a radically new way of eating for you compared to how you ate when growing up?

Notice what thoughts or feelings come up as you imagine telling your family and loved ones about this decision you've made for your health.

Begin to notice how you would like to be supported throughout this transition. This could be through them cheering you on from the sidelines, trying new recipes that you cook, exploring vegetarian or vegan restaurants with you, etc.

3. Proceed Gradually

If this is a brand new way of eating for you, honour the learning curve and any challenges you encounter along the way. You are learning new ways to shop and read labels, prepare new types of meals, adjust to a new protein source, and how to socialize with others in this new way.

Start each week by choosing how many meals you would like to eat vegetarian or vegan that week and gradually increase the number of plant-based meals until you have reached your goal.

4. Cook at Home

Switching to a vegetarian or vegan diet does not always correlate with eating healthy! There are plenty of junk foods and imitation products that recreate familiar animal-based products for consumers that are not necessarily healthy. While you do not have to cook 100% of your meals at home, learning how to cook a bunch of meals from your diet of choice is an essential skill. However, there are also vegetarian and vegan food delivery services if you need them!

5. Focus on the Positive

We live in a meat and animal-based product dominant society. While vegetarian and vegan food options are increasing, they are still slim compared to their carnivorous peers. Every time you are confronted with your choice to shift to a plant-based lifestyle, turn your focus back to your WHY and all that you are gaining in this process.



Challenge yourself to try a minimum of one new vegetable or legume each week to broaden your taste, knowledge and appreciation of plant-based foods.

6. Create Success While Dining Out

Removing animal protein is one way to make sure your meal is plant-based, but if you are trying to limit animal products as much as possible, there are some questions you will want to ask your server. For example: many vegetarian meals are cooked in a meat broth (risotto, soup, etc) or lard (beans at Mexican taquerias). If you are going for vegan, you will also want to make sure that there is no cheese, cream, or butter used in the making of the dish.

Dining out in the beginning of your transition may feel daunting—remember to embrace curiosity and learning. It may not be perfect each time, but through each experience you will learn how to navigate dining out with more and more success!

7. Work With Your Preferred Medical Provider

When you are intentional about eating a healthy vegetarian or vegan diet, you can attain an excellent range of nutrients from this diet. However, it is also easy to choose unhealthy vegetarian or vegan options and soon find that you are lacking several key nutrients such as Iron, Calcium, Vitamin D, Vitamin B-12, Zinc, Omega-3 fatty acids, and protein.

Check-in with your preferred medical provider on a consistent basis to ensure you are receiving adequate nutrients for your body. Through working with your medical provider, you are able to gain feedback as to what is working well and how, if at all, you need to shift your diet.

Step #1: Discover Your WHY

My decision to become vegetarian or vegan was prompted by



By making this transition, I am looking to achieve _____

I would like to feel more _____ in my life.

This is important to me because _____



If I don't make this change now, what will my life be like for me six months from now?

Does this future bring me stress or peace?

On the other hand, what good things can happen when I DO make these changes and stay with it consistently?

Does this future bring me stress or peace?

Based on these important insights, which is more important to me now—making these changes or staying the same?



Step #2: Vegetarian vs Vegan

Vegetarian: There are several types of vegetarian diets to choose from depending on your lifestyle and goals. Vegetarians predominantly receive nutrients through non-animal sources. What this means is that most vegetarians don't eat meat however they may still eat animal by-products such as eggs and dairy.

Different Types of Vegetarians:

- Lacto-ovo-vegetarian: Consumes both dairy (lacto) and eggs (ovo). This is the most common type of vegetarian
- Lacto-vegetarian: Consume dairy, but avoid eggs
- Ovo-vegetarian: Consume eggs, but avoids dairy

A vegetarian who does not eat meat, eggs or dairy is considered vegan.

Vegan: Vegans do not consume any meat or animal products including animal by-products such as dairy, eggs, and sometimes even honey and bee pollen. Many vegans also choose not to purchase products that have either been tested on animals or have harmed or killed animals such as clothing or cosmetic products.

- For example: Makeup; cosmetics; leather bags, shoes, coats; fur-lined clothing or any item made from any part of an animal.

Fill in the sentence starters below:

My goal is to become a _____.

This is important to me because _____

I believe this will positively affect my health by _____



When I imagine experiencing the above effects, three words that come to mind to describe that version of myself are _____, _____, and _____.

I am nervous or anticipate that I will experience challenges with _____



Step #3: Identify Your Support

Does my current environment set me up for success?

We humans like to feel a sense of belonging so we mirror the people around us, even if it doesn't move us toward our desires. For inevitable success, surround yourself with people that you want to be mirroring.

Who am I currently receiving support from in my life to make this transition?

Is there anything I need to let go of before I reach out and ask for support?

Knowing myself, do I need more or less support to make this transition in the way that I would like?

How would I like to be supported through this process? What would it look or feel like for me to be supported in this way?



Who would I like to reach out to regarding the challenges I am anticipating experiencing? (If I am currently aware of any)

Step #4: Proceed Gradually

Use the following resources to help you navigate your transition. Take it as slowly as you need to. If you notice some challenges arising, work with your Health Coach and proceed as quickly as you see fit.

Let's begin with protein. One of the first questions you will most frequently get asked when others find out you are vegetarian or vegan is, "How do you get enough protein?!" Let's find out:

The Recommended Dietary Allowance (RDA) for protein is approximately 45g for women and 55g for men or 0.8g of protein per kilo (2.2lbs) of your body weight.

Incorporating 1-2 servings of plant-based proteins from this guide at each meal will help you to meet your daily protein needs.

- Add seeds on top of your salads or into your nut butters ie. chia, hemp, flax
- Blend or mash cooked beans to make into a dip for your veggies ie. Hummus
- Start your day with a plant-based protein smoothie, and add spirulina, nuts or seeds
- Snack on edamame or roasted chickpeas or raw nuts
- Substitute tofu, tempeh, seitan (vegan protein powerhouses) in meat-based recipes
- If you're not vegan, eating eggs and dairy will provide big protein boosts

Vegetarian & Vegan Proteins Quick Reference Guide

Food	Serving size	Protein
Vegetables	1 pound	Approx 10g
Plant protein powder	1 serving	15-20g
Quinoa, buckwheat, brown rice	1 cup	5-8g
Hemp, chia, pumpkin seeds	2T	4-10g
Nut/seed butters	2T	4-7g
Lentils	1 cup (cooked)	15-20g
Beans	1 cup (cooked)	15-30g

Nuts & seeds & butters

Almonds / Brazil nuts / Cashews / Chestnuts / Chia seeds / Filberts (Hazelnuts) / Flaxseeds / Hemp seeds / Macadamia nuts / Pecans / Pine nuts / Pistachios / Pumpkin seeds / Sesame seeds / Sunflower seeds / Walnuts

Legumes

Adzuki beans / Black beans / Black-eyes peas / Cannellini (White kidney beans) / Edamame / Fava beans / Garbanzo beans / Great Northern beans / Green beans / Lentils / Lima beans / Mung beans / Nattō / Navy beans / Peanuts / Peas / Red kidney beans / Snap peas / Soybeans / Tempeh / Tofu / Seitan

Plant protein powder

Vegan Protein Smoothie / Sunwarrior Blend / Orgain Vegan Protein / Thorne Research VegaLite / RAW Protein / Amazing Meal (Powders are usually combinations of rice, pea, hemp or soy)

Vegetarian (not vegan)

Chicken, duck or quail eggs / Egg protein powder / Whey protein powder / Cottage cheese/ yogurt.

Semi-hard cheeses: Cheddar; Colby; Havarti; Feta; Asiago; Gouda; Monterey Jack; Mozzarella; Provolone / Soft cheeses: brie; breakfast cheese; Teleme / Whole, raw and organic milk

What Do I Need to be Mindful About as a Vegetarian or Vegan?

- Be Wary of Soy

Soy is one of the most common genetically modified foods in the U.S. Unless the packaging specifically states that it's non-GMO from a reputable source, then assume that it's genetically modified.

Soy can be found in many vegetarian and vegan products such as meat alternatives that use highly processed soy protein ie. soy burger patties, soy mince, soy meatloaf etc. as well as dairy-free dairy products such as soy milk, soy butter, soy ice cream.

Any time you consume tofu, miso, tempeh, soy sauce, tamari sauce, and edamame, remember that you are eating a soy product so be sure to check the label for non-GMO.

- Be aware of your fruit intake

Fruit is an amazing source of nourishment AND it can be high in sugar. If you catch yourself reaching for pieces of fruit throughout the day, make sure to add a plant-based protein like a handful of nuts to help stabilize your blood sugar.

- Processed foods

What else is the industrial food lab adding to the product in order to make it tasty? Food manufacturers number one go-to is to add extra sugar! Be sure to read your food labels and be on the lookout for sugar in the ingredients list.

How-to Read Food Labels so You Can Confidently Choose Products

Labels tell us where and how our food was grown, raised or caught and what type of impact all this had on the environment. Food companies WANT you to think that their food is healthy and to that end they will resort to all kinds of alluring marketing tactics to get you to buy into it.

Here's how-to cut through the confusion so you can tell the difference between labels that are relevant to your health and labels that aren't. Labels can be easily differentiated by the wording "certified" or "non-certified". Choose "certified" labels as often as possible. With the rise of veganism, look for products that say "Suitable for Vegans" or that have the "Certified Vegan" logo on them.

CERTIFIED LABELS: For Vegetarians Only:

Grass-fed: This implies that the animals are raised on pastures and get to eat what nature intended for them to eat ie. cows eating grass not grain, which is unnatural to their diets and causes a multitude of health problems. These animals are not treated with hormones or antibiotics. *This labeling pertains to dairy products.*

For Vegetarians or Vegans:

Organic: In order for animal meat and dairy to be labeled “organic”, the animal must never have been given antibiotics, hormones or GMO grasses, grains or other types of feed.

GMO-Free/Non-GMO/Non-GMO Project Certified: Produced without the use of genetically modified organisms (GMOs).

Naturally Grown: Reserved for food produced on small farms that abide by the USDA Certified Organic methods of growing and selling locally.

NON-CERTIFIED LABELS: For Vegetarians Only:

Free-range or Free-Roaming: Birds raised in this manner are able to go outdoors in order to engage in natural behaviours. However, birds only have to be allowed 5 minutes of open-air access per day in order to meet USDA requirements. The rest of the time they are kept in tiny cages with no room to move.

This labeling pertains to eggs:

Pasture-Fed/Pasture-Raised: This indicates that animals were raised with humane treatment and consume higher levels of micronutrients. For beef, labels must also read “organic” and “grass-fed” to make sure the animals were not fed GMO grains, grasses, corn or soy. For eggs, this is the safest labeling to ensure that the chickens roam free and consume their natural diet and are never caged. *This labeling pertains to dairy and eggs.*

Antibiotic-Free or Raised Without Antibiotics: Meat and poultry carrying these labels must not have had any antibiotics administered during the animal's lifetime. *This pertains to eggs and dairy.*

Cage-Free: This implies that hens laying eggs are uncaged inside barns or warehouses. It does not mean the hens have access to the outdoors or daylight, but that they may be able to walk, nest or spread their wings within tiny quarters.

Certified Humane Raised and Handled: This indicates that animals raised for dairy, lamb, poultry, beef and pork products are treated in a humane manner and without the use of growth hormones or antibiotics. When you see the Certified Humane Raised and Handled® label, you know that the products is from a facility that has met precise, objective standards for farm animal treatment.

For Vegetarians or Vegans:

Natural: This vague labeling is supposed to imply that the product does not contain artificial flavorings or coloring, chemical preservatives, or artificial or synthetic ingredients although this is oftentimes a misnomer and a warning that you should stay away from the product.

Minimally Processed: A process that does not fundamentally alter the raw product.

No Additives: This implies a product (or packaging) has not been enhanced with the addition of natural or artificial ingredients.

Ingredient Names for Vegans to Keep an Eye Out For:

- **Albumen/albumin** – From eggs (typically)
- **Aspic** – Industry alternative to gelatine (made from clarified meat, fish or vegetable stocks and gelatine)
- **Casein** – From milk (a protein)
- **Cod liver oil** – Used in lubricating creams and lotions, vitamins and supplements
- **Collagen** – From the skin, bones, and connective tissues of animals such as cows, chickens, pigs, and fish (used in cosmetics)
- **Elastin** – Found in the neck ligaments and aorta of bovine (similar to collagen)
- **Gelatine/gelatin** – Obtained by boiling skin, tendons, ligaments, and/or bones and is usually from cows or pigs. (Used in jelly, chewy sweets, cakes, and in some vitamins used as a coating for capsules)
- **Honey** – Food for bees, made by bees
- **Keratin** – From the skin, bones, and connective tissues of animals such as cows, chickens, pigs, and fish
- **Lactose** – From milk (a sugar)
- **Lard** – Fat rendered from pork
- **Tallow** – Fat rendered from beef
- **Pepsin** – From the stomachs of pigs (a clotting agent used in vitamins)
- **Propolis** – Used by bees in the construction of their hives
- **Royal Jelly** – Secretion of the throat gland of the honey bee
- **Vitamin D3** – From cod-liver oil (used in creams, lotions and other cosmetics)
- **Whey** – From milk. Whey powder is in many products (look out for it in crisps, bread and baked products etc.)

Source: <https://veganuary.com/starter-kit/vegan-label-reading-guide/>



Time Saving Tip: Look for the allergen section on a product label to see if it says, "Contains milk, eggs, shellfish" or "made in a facility that produces milk, eggs, shellfish". This will not list meat specifically, but it will let you know if the entire ingredients list is worth taking a look at or not.

Step #5: Cook at Home

Preparing and cooking your own food at home is one of the easiest ways to ensure that you are eating the highest quality food. Follow these steps and use the resources below to set yourself up for success throughout your week.

1. **Assess Your Week** - Before your week starts, look at your calendar and notice any opportunities in your schedule that you can use to prepare plant-based meals at home. Check to see if you have any lunch meetings or social events at restaurants and decide how many meals you would like to eat in that can be vegetarian or vegan that week.
 - a. Decide whether you will be prepping snacks and meals ahead of time or whether you will be prepping your ingredients to combine only once you are ready to eat. (Food prepping is immensely helpful if you know you will be having a busy week!)
2. **Tap into Your Creativity** - Once you know how many plant-based meals you will be eating for your upcoming week, and when you would like to prepare them, take a moment to notice what your taste buds are craving that week—if it's a specific dish or the flavors of certain ethnic food, then hop on Pinterest or Google to find a plethora of recipes to inspire you. Explore the list of Herbs & Spices below as well—spice it up!
3. **Create Your List** - Look at the meals you want to prepare and check to see which ingredients you have on hand and which you will need to pick up from the store. Create a grocery list organized similarly to your grocery store layout. This will help you stay focused while at the store and also help you avoid picking up unnecessary products.
4. **Jam Out to Your Favorite Tunes** - Put on your choice of music, pour a little glass of vino and make cooking a fun experience that you look forward to rather than rush through.
5. **Build Connection** - This is not only a time for you to connect with where food comes from, but also to build connection in your home. If you live alone, invite friends over for a food prepping party! If you live with a significant other or have a family around, then ask them to participate in the process.
6. **Can't cook? No problem!** There are more options than ever for getting healthy vegetarian or vegan meals delivered to your door! More and more services are becoming available that deliver healthy meals prepped and ready for you to cook!
Vegan food delivery services: <https://www.peta.org/features/vegan-meal-delivery-kits-companies/>

Vegetarian options include Purple Carrot, SunBasket, GreenBlender, HelloFresh, Chef'D and more here: <https://www.self.com/story/the-12-best-meal-kit-delivery-services-for-easy-pre-prepped-dinners-and-smoothies>

Choose High-Quality Produce

Reduce chemical and pesticide consumption by choosing organic produce as much as possible. Use the Dirty Dozen and Clean 15 lists below from the Environmental Working Group (EWG) to find out which fruits and vegetables are the most and least sprayed with chemicals. This will help you to know when to prioritize organic and when it's okay choose conventionally grown produce so you can save a little bit at the checkout!

The list below reflects the EWG's findings for 2018. It is updated each year, so depending on when you are viewing this handout, make sure to check for the most up to date lists.

EWG's 2018 Shopper's Guide to Pesticides in Produce™ — Dirty Dozen:

1. Strawberries	7. Cherries
2. Spinach	8. Pears
3. Nectarines	9. Tomatoes
4. Apples	10. Celery
5. Grapes	11. Potatoes
6. Peaches	12. Sweet Bell Peppers + Hot Peppers

EWG's 2018 Shopper's Guide to Pesticides in Produce™ — Clean 15:

1. Avocados	9. Mangoes
2. Sweet Corn	10. Eggplants
3. Pineapples	11. Honeydew Melons
4. Cabbages	12. Kiwis
5. Onions	13. Cantaloupes
6. Sweet Peas (frozen)	14. Cauliflower
7. Papayas	15. Broccoli
8. Asparagus	

Flavour with Herbs and Spices

“To eat is a necessity, but to eat intelligently is an art.”—François VI, Duc de La Rochefoucauld

- Cinnamon, cloves, coriander, ginger, nutmeg, and cardamom are all “warm and sweet” spices. Uses: These spices go well with yams, sweet potatoes, winter squash, sweet grains, curries, tea, fruits, yogurt, and dessert dishes.
- Cumin is one of the most popular spices in the world second only to black pepper. Try toasting whole cumin seeds and sprinkling on your favorite grains or vegetables.
- Oregano, basil, thyme, bay leaf, parsley, cilantro all have aromatic qualities that add a lightness, sweetness, and freshness to beans and heavy sauces in curries, soups, and pasta dishes especially those that include tomatoes.
- Caraway and dill seeds add zest to breads, soups, cabbage and beet dishes. Poppy seeds work great in salad dressing.
- Coriander, cumin and ginger combine well with bean dishes to reduce flatulence.
- *Other therapeutic uses of ginger:* nausea, indigestion, bloating, menstrual cramps. Drink ginger tea after a meal to ease digestion.
- Fennel Seed can be used as a digestive aid. Use in Italian dishes, stir fry, or eggs.
- Garlic and cayenne may be used for easing cold symptoms. Can support a healthy immune system.
- SALT! Not all salt is created equal. Trade in table salt for mineralized Sea Salt. Sea salts provide additional minerals and different flavor profiles. There are many excellent varieties of sea salt options such as Lima sea salt, Celtic sea salt, and Himalayan sea salt.
- Turmeric has anti-inflammatory and antioxidant qualities. It adds a bright orange color to food. Can be bought dried or fresh.
- Tarragon has a delicious fragrant scent. Add to dressings.
- Mustard and coriander seeds are essential spices for any great curry.

Vegetarian ‘Magic’ Snack Ideas Designed to Stabilize Blood Sugar

- 1 slice high fiber toast, $\frac{1}{4}$ - $\frac{1}{2}$ cup squash on top of toast, sprinkle 1oz (30g) feta or goat cheese, top with favorite herb—eat open-faced
- $\frac{1}{2}$ cup raspberries, $\frac{1}{2}$ cup cottage cheese
- 1oz high-quality cheddar cheese, $\frac{1}{2}$ pear, 12 almonds
- $\frac{1}{2}$ cup sweet potato, $\frac{1}{4}$ cup full-fat plain yogurt or sour cream
- 1 tomato cut into slices, $\frac{1}{2}$ cup mashed avocado layered on top, 1oz (30g) high-quality shredded cheese sprinkled as final layer—broil on baking sheet for a couple minutes
- Quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, $\frac{1}{2}$ diced tomato, 1- 2T olive oil, 1/2T fresh squeezed lemon, 1T feta cheese and mint, salt and pepper to taste)
- $\frac{1}{2}$ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, 2oz fresh mozzarella cheese—mix together and enjoy warm or cold!
- $\frac{1}{2}$ cup plain yogurt, $\frac{1}{2}$ cup berries of choice, ground flax seeds mixed in
- 1 hard-boiled egg sliced on crackers or high-fiber bread, 1T mayo

Vegan ‘Magic’ Snack Ideas Designed to Stabilize Blood Sugar

- 2T almond butter, $\frac{1}{2}$ cup celery—optional: sprinkle 1T chia seeds in almond butter
- $\frac{1}{4}$ cup black beans, $\frac{1}{4}$ cup salsa, $\frac{1}{2}$ cup avocado
- $\frac{1}{2}$ cup high-fiber crackers, 2T almond butter
- $\frac{1}{2}$ cup squash, 1T butter, 1T ground flax seed sprinkles on top
- $\frac{1}{2}$ cup roasted chickpeas, with cinnamon
- 2T cashew butter, $\frac{1}{2}$ banana, $\frac{1}{4}$ cup dry oatmeal—mix and enjoy!
- $\frac{1}{2}$ apple, 2T almond butter, chia seeds sprinkled on top
- $\frac{1}{2}$ cup hummus, $\frac{1}{2}$ cup celery or carrots, a small handful of high-fiber crackers

- 2T shredded coconut, ¼ cup dry oats, ½ banana—mix together and enjoy!
- 1 pear, 12 almonds
- ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries—all mixed in a bowl
- ½ cup roasted green peas with 2T olive oil
- Quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, ½ diced tomato, 1- 2T olive oil, 1/2T fresh squeezed lemon, 1T mint, salt and pepper to taste)
- ½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, and cashew cheese—mix together and enjoy warm or cold!
- ½ cup cooked lentils of choice, ½ a lemon juiced, tahini, salt, pepper, onion, and garlic powder to taste
- ½ cup homemade trail mix with almonds, cashews, sunflower seeds, raisins, and some vegan dark chocolate nibs

Vegetarian/Vegan ‘Magic’ Snacks Shopping List

Produce

To save time, feel free to buy the pre-sliced packages (if available).

- 1 small butternut squash
- 2 avocados
- 1 medium cucumber
- 2 small containers raspberries (or buy frozen berries, often cheaper)
- 2 medium tomatoes
- 2 pears
- 1 banana
- 1 small apple
- 1 bunch celery
- 1 medium carrot (optional)
- 1 bell pepper
- 1 small sweet onion
- 1 lemon
- 1 medium sweet potato
- 1 package fresh herb like sage, mint or basil (optional)

Bulk Bins

- 24 (about $\frac{1}{4}$ cup) raw almonds
- Trail mix—mix of your choice of nuts with small amounts of optional raisins or cranberries and dark chocolate nibs that you can eat in $\frac{1}{2}$ cup servings
- $\frac{1}{2}$ cup flax seeds (whole or ground)
- $\frac{1}{2}$ cup hemp seeds (optional)
- $\frac{1}{2}$ cup chia seeds
- $\frac{1}{2}$ cup dry oatmeal
- $\frac{1}{4}$ cup dry quinoa
- $\frac{1}{4}$ cup dry pasta of choice
- $\frac{1}{2}$ cup dry lentils
- $\frac{1}{4}$ cup shredded coconut

Dairy & Refrigerated Section (Vegetarians only, minus hummus)

- 1Lb (450g) container organic full-fat yogurt or sour cream
- 1 small stick butter, from grass-fed cows
- 1 small container organic cottage cheese
- 1 egg (you can buy individual eggs if your grocer has local eggs to sell)
- 1 X 32 oz (1 liter) container unsweetened, plain almond milk (you will find a larger selection of non-dairy milks in the non-refrigerated section in some stores)
- 1 small container hummus

You can purchase these by block, sliced or shredded. Packages are labeled in oz:

- 2 oz (60g) feta or goat cheese
- 2 oz (60g) cheddar cheese
- 2 oz (60g) mozzarella cheese

Frozen Section

- 1 small package green peas
- 1 small package edamame beans
- 1 small package organic frozen berries (optional if you can't get fresh)

In the Aisles

- small container peanut butter (preferably with minimal ingredients)
- small container almond butter (preferably with minimal ingredients)
- 1 small can black beans (no salt added)



- 1 small jar salsa of your choice
- 1 small jar basil pesto (preferably fresh with minimal additives)
- 1 small jar olive oil-based mayo
- 1 small loaf of high-fiber bread (4g+fiber/slice)
- 1 small box high-fiber crackers (4g+fiber/serving)
- 1 small bottle of extra virgin olive oil
- Organic ground cinnamon (Optional)
- 5 olives of your choice (many stores will have an olive bar to select from)



Step #6: Focus on the Positive

Since beginning this transition, what is one thing that I can celebrate myself for?

What is one food that surprised me when I tried it?

What is one thing I have learned about my body since making this transition?

Despite how well (or not well) I feel I am transitioning, what is one thing I can appreciate myself for?



Step #7: Create Success While Dining Out

Use Yelp or Google - Search 'Vegetarian or Vegan' restaurants in your area and read the reviews to gauge whether you want to try a new restaurant in your area or not.

Download Apps - Try apps such as: VeganXpress, Forks Over Knives, Food Monster, or Happy Cow

Check the Menu Codes - Many restaurants include a key of common food sensitivities or preferences to help make navigating veggie and vegan options easier for patrons. Look for tiny icons such as a "V" to designate dishes as either vegan or vegetarian. If you don't see these on the menu, ask your server to point them out to you or ask if they have specific menus for vegetarians/vegans.

Questions to Ask Your Server:

- What the stock of the soup is made of? (It is often beef or chicken)
- Does the sauce contain fish or other animal ingredients? (Think fish or oyster sauce)
- Were the vegetables cooked in animal fat? (Think lard or tallow)
- Can I have a side of _____? (name the plant-based protein you would prefer to see whether they have it such as quinoa, beans, or lentils)
- Can I get avocado in place of butter?
- Do you have non-dairy milk?
- Does the dish have cheese, cream or milk in it?



Step #8: Work with Your Preferred Medical Provider

Connect with your medical provider to let them know about your dietary changes if they were not the one to recommend it to you. Depending on your unique body, your physician may choose to see you for check-ups more frequently or not. Work with them to establish a plan to make sure you are your absolute healthiest. If you are needing any specific supplementation, they will also be able to advise you around