



## If I Don't Eat Meat, What Is There To Eat?

Here is the low down on the foods that a whole food, plant based diet would include:

- Legumes are a great source of protein. They include beans, lentils and peas. Examples to include in your diet are mung beans, chickpeas, red and green lentils, kidney beans, split peas, butter beans, black beans, cannellini beans, pinto beans and edamame beans.
- Nuts and seeds are packed full of healthy fats and protein, introduce the following into your diet: pumpkin seeds, sunflower seeds, chia seeds, almonds, walnuts, brazil nuts and flax seeds.
- Healthy fats such as avocado, nuts, seeds, coconut oil, olive oil, rapeseed oil and almond butter.
- Dark leafy greens, the most popular being kale and spinach.
- Good vegetable based starches, sweet potatoes and squash.
- Whole grains brown rice, quinoa, oats and buckwheat are all great for a plant-based diet.
- Salad, veggies and fruits, aim to eat the colours of the rainbow.
- Substitute animal milk with plant based milks, for example almond milk, coconut milk and rice milk are great alternatives.
- Other protein foods are tofu and tempeh.

## How To Get Started

Switching over from a diet that includes animal products to a whole food, plant-based diet is best taken in small steps.

Begin by slowly cutting out meat. You may decide to go one day a week without meat, then two and so on. You may choose to eliminate one meat at a time. Choose whichever method feels like the most sustainable option for you.

Once you have eliminated meat, you may want to eliminate fish, then eggs and follow with dairy. I hear you say, "I can't give up cheese!" Well I highly recommend focusing on what you want to achieve instead of focusing your thoughts on what you are giving up.

As you are progressing through each phase, introduce more and more plant-based whole foods into your diet.

Once you have eliminated meat, fish, eggs and dairy, make the shift over to whole, unprocessed foods. To take this one step further to eliminate gluten based foods from your diet too.

Now you are living a clean, plant based, whole food lifestyle. You will quickly notice you have more energy and feel totally clean inside. It is tricky to put this feeling into words. Trust me, you will know it when you experience it.

Something to be aware of...your body is used to eating as you currently eat. When you introduce the nourishing foods detailed above, you will experience detox symptoms such as headaches, cold/flu type feelings, nausea and irritability. It depends on how many toxins are in your body as to how long it will last. It could last up to a week. This is totally expected and I encourage you to push through it. You will feel amazing when you are through to the other side.

