

## How To Make Plant Based Living Sustainable

Firstly, know why you are making the lifestyle change. Is it about being healthier, releasing weight, your concern for animals or reducing your environmental impact? Get super clear on why this shift is important to you. Write it down and stick it somewhere you will see it every day. Any time you feel low and like you want to go back to your old ways, take a look at your why, banish those thoughts and get back on track.

Let those around you know what you are doing and why. Call upon them when you need a little pick me up.

When you are getting started, you may want to research foods. I recommend looking into plant-based foods that are high in protein. Protein intake is hugely important to great health. You need to make sure you are getting the protein your body needs for daily function and repair. Learn more about it.

Have patience. Don't aim to get it 100% right from day one. If you slip up, start a fresh. Don't chastise yourself or throw in the towel. Learn from what happened – what were the triggers in that situation? Put strategies in place so it doesn't happen again. Remember this is a gradual process. Enjoy the journey.

You will be eating a lot of vegetables, fruit and salad. Eat seasonally and look for local produce wherever possible. Experiment with flavours. Try out herbs and spices to make your taste buds sizzle. Have fun experimenting.

It is a little trickier to find food on the go when you eat a plant-based diet. Preparation is the key. Always plan ahead. Know what you have scheduled during the day and ensure you have prepared snacks and meals to take with you.

Many people don't have the time first thing in the morning, what with the school run and getting everyone out of the house. If this is you, make your snacks and lunch the night before whilst you are preparing the evening meal and put them in the fridge. In the morning, you can grab them and go, knowing you have a healthy day of plant based eating ahead of you.

Some people also like to schedule their meals and snacks for the week. Write a meal plan for a couple of days and stick it on the fridge. When you get the hang of plant-based eating, you won't need a meal plan. Another alternative is to write the foods that are plant based in lists (separate into carbohydrates, protein and healthy fats) so you can work out suitable combinations for meals.

Making the shift to a plant-based lifestyle will transform the way you feel and the way you see the world. Don't take my word for it, try it out for yourself and let me know how you are getting on!

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