

Go
**PLANT-
BASED**
in 30 Days

Sarah Taylor



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About the Author

Introduction

There are many reasons you may want to try a plant-based diet. The purpose of this book is not to convince you to go plant-based; instead, it is to help you take the steps to do it successfully and healthfully. I am assuming that you picked up this book because you've already found a reason to switch to a plant-based diet; therefore, you won't find a lot of arguments in the following pages for why you should eat this way. But you will find solid, well-researched advice on how to go about it in such a way that you will stick with it. As you read this book, keep these points in mind:

- My goal is for you to comfortably adopt a healthy plant-based diet by the end of 30 days. Therefore, you'll notice that I put a strong emphasis on health throughout this book. Some of my suggestions are related to health in general, not just a plant-based diet.
- As a vegan, you obviously will not be eating animal products by the end of this program. If you have large amounts of animal-based foods in your kitchen or pantry right now, start using them up, donating them, or giving them away to friends or family. You can look through the contents page of this book to see on which days you will be eliminating certain nonvegan foods so you can plan accordingly.
- These 30 steps were carefully designed and tested over time. Although you may be tempted to skip a step or two, resist that urge. The step you skip just might be the most important one for your long-term success.
- You may need to purchase some books, new foods for your pantry, and a new cooking gadget or two. And, if you're overweight, you'll quite possibly need some new clothes. If money is scarce for you, be creative. Borrow books from the library and look for slightly used cooking tools. You'll not only save money, but you'll also help save the environment by recycling someone else's used product.
- Take your time and be kind to yourself. Don't demand perfection. Adopting a plant-based diet can be challenging, so if you need more than 30 days to do this program, that's perfectly fine. Certain steps

may take you longer than others, but work on a step every single day. It's much better to be successful over the long term—even if it means taking longer than 30 days to complete the program—than to rush steps when you're not ready and end up failing.

- When people switch from an unhealthy diet to a healthy one in a short period of time, it's common to experience some temporary symptoms as the body rids itself of toxins. Detox symptoms generally last from a few days to a few weeks and might include the following symptoms:
 - Headaches
 - Fatigue
 - Nausea
 - Runny nose
 - Light-headedness and dizziness
 - Minor aches and pains
 - Excessive sweating

Because you are embarking on a 30-day step-by-step plan, rather than going cold turkey, you may not have many of these symptoms, if you experience any at all. If your body is sensitive to change, you may want to take at least two or three days for each of the 30 steps.

If you experience any of the above symptoms, consider calling your physician if you feel more than a little discomfort. However, try to avoid medicating the symptoms if at all possible. It's important for you to hear what your body is telling you, and you'll only know that you've made it through detox if the symptoms go away naturally on their own, without medication. Realize that your body is ridding itself of toxins, and once it has, you will feel fantastic and have tons of energy.

I am very glad you're here and honored that you've invested in this book. Now, sit back and start reading. This may very well be your first day of a brand-new life.

Day 1: Why Do You Want to Go Plant-Based?

The first—and probably the most important—step of any goal is to know why you want to achieve it. As a general rule of thumb, the bigger the goal, the better the reason you'll need to convince yourself to stick with it.

I find it amazing that whenever I wanted to lose weight in the past, the reason was so I'd look better. However, as soon as a jumbo chocolate chip cookie found its way in front of me, I seemed to forget why I was even on a diet. Apparently, vanity was not a strong enough reason for me to achieve my goal. Excuses tied to poor reasons for wanting something always lead to failure.

During my quest to lose weight, I came across a book that discussed the very sad conditions of the animals in slaughterhouses and factory farms. Being a bona-fide animal lover, I was extremely disturbed by what I read and instantly went vegan—losing all my excess weight as a welcome side effect. In the end, it wasn't a vain desire to lose weight that helped me to finally lose it; it was a desire to be kinder to animals.

Your objective today is to examine why it is that you want to go plant-based in 30 days. Is your reason compelling enough that you will stick with it for 30 days? What about sticking with it for the rest of your life, if that's your ultimate goal?

If you are having trouble coming up with a compelling enough reason to go plant-based, start to think about what your life might be like in five years if you don't make any changes now. Another option is to read about this way of living and eating; there are some extremely persuasive arguments that you simply may not have uncovered yet. You can skip to Day 10 and read one of several recommended books, including *Diet for a New America*, the book that prompted me to go vegan, if you feel you need some more persuasive reasons.

Assignment

Write down your reason(s) for becoming vegan either in a paragraph or in a list and put it in a place where you will read it every day. Use compelling

language, so that every time you read it you are reinvigorated to reach your goal.

Instead of just writing “I want to be vegan so I can beat diabetes,” write down all the things you’ll be able to do when you achieve your goal. Here is an example: “I want to be vegan so I can beat diabetes. And once I am no longer obese and reliant on medications, I’ll be able to play with my kids in the yard for hours. I’ll finally feel proud of myself. I won’t worry about going blind or losing a limb from advanced diabetes. I’ll buy a sexy black dress and go dancing.”

You may even want to cut pictures out of a magazine that reflect the person you want to become. If you can visualize how your life will be after you’ve reached your goal, that image will be highly motivational.

Day 2: Know the Basics

Many people are confused about what a plant-based diet entails. Some people mistakenly think it’s the same as a vegetarian diet or that it includes fish or poultry. Simply put, a plant-based diet is a vegan diet, and as such, it does not include any flesh from animals or any animal-derived ingredients. This essentially means no meat, poultry, fish, dairy products, or eggs. Instead, it consists of fresh, crisp, and colorful fruits and vegetables, legumes (peas, beans, and lentils), grains, nuts, and seeds.

Sometimes when people who are interested in switching to a plant-based diet realize just how many nonvegan ingredients they are consuming, they feel overwhelmed. The best strategy for dealing with this is exactly what you are doing with this book: tackling the diet in steps. My experience has been that a step-by-step approach is the easiest way to achieve success in becoming totally plant-based for life.

For instance, instead of trying to give up all nonvegan items at once, you can start by giving up red meat and eating poultry and fish instead. Once you’re perfectly comfortable without red meat, you can then give up poultry and just eat fish. At the same time, you can decrease the amount of meat and dairy products on your plate and increase the amount of beans, grains, and veggies.

Most people find that what gives meat the flavor they enjoy is not the meat itself but the sauces and spices they put on the meat. Eventually, you'll feel comfortable putting those same sauces and spices over veggies, grains, and pasta and eliminating all meat, poultry, and fish from your diet altogether.

Once you've eliminated the biggies from your diet, such as meat and dairy products, you'll work on giving up other animal-based items, such as casein, gelatin, and whey. We'll get to these less familiar ingredients on Day 28.

Since good health is so vital to our well-being, I'd like to make a note here about "junk food vegans" and how to eat a healthy plant-based diet. A wholefoods vegan diet is naturally health-supporting. However, with the rising popularity of plant-based diets, vegan junk food is becoming more and more commonplace. These foods are numerous and include items such as baked goods that use margarine in place of butter and soy ice cream made with loads of sugar. They may be free of animal products, but they're not necessarily good for us. Even vegans can become unhealthy and overweight.

Any food that has high amounts of salt, sugar, or fat—including vegan food—is simply not healthy or advisable. Processed foods are virtually guaranteed to have too much of at least one of these ingredients, if not all three. Consequently, I believe that one of the best things you can do for your overall health is to avoid eating too many foods that come from boxes, cans, or jars and to limit foods made from processed ingredients, such as flour, sweeteners, and oils. I'm not saying that you should never eat these items, but make sure that when you do, it's only for special occasions and not a daily occurrence.

I encourage you to get as much of your produce as possible from organic growers. You will be buying a lot of produce once you go fully plant-based, and scientists have shown links between cancer and many of the herbicides, pesticides, and fertilizers that are sprayed on nonorganic foods. While the government may state that the amounts farmers use are not harmful, many independent scientists disagree. Organic, in-season produce also tastes so much better than conventional produce. In addition, if you buy your produce from local organic farmers, it will have far fewer.

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