

Simple Steps to a Plant-Based Lifestyle

Step One:

1. Watch Forks Over Knives, What the Health, or The Game Changers.
2. Subscribe to the [Exam Room podcast](#).
3. Read some [success stories](#) on the Forks Over Knives website.
4. Join some Facebook groups - Forks Over Knives, Shane and Simple, Brand New Vegan...
5. Make a list of the fruits, veggies, whole grains, and legumes (beans) you already like.
6. Search for WFPB (Whole Food Plant Based) recipes containing foods from your list. See Resources (Link this) on my website for favorite websites.
7. Save the ones you'd like to try. [Paprika](#) is a free recipe app that has good reviews.
8. Spend a couple of weeks (or longer if your life is busy!) on numbers 1-6.
9. During these two weeks or longer, add an extra fruit and vegetable to each day's food.

Step Two:

10. In week 3, begin eating a [WFPB breakfast](#).
11. Start drinking more water. Flavor it with cucumber, fruit, or herbs - such as mint - if you want flavor.
12. If you're not an exercise person, take a 10 minute walk each day.
13. Look for whole grain pasta, bread, and tortillas. Many gluten free options are available if needed.

Step Three:

14. In week 5, add [WFPB lunches](#).
15. Try making a couple of different soups or sandwich fillings at the beginning of the week. Then you can alternate soup one day, sandwich the next, etc. to keep it from fresh!
16. At dinner, begin filling your plate with ½ veggies, ¼ grains, and ¼ protein. Work some nights for the [protein to be plant based](#). As you can, omit oil from recipes that call for it.
17. Next, make two nights a week completely plant based.

Make It Your Life!

18. Work to continue crowding out the meat and dairy on your plate. Find 5 recipes you love (link to Favorite Recipes) and make those. Later when you're comfortable, you can explore more recipes.
19. Buy as good a chef's knife as you can afford.
20. For dressings and sauces, a [Nutribullet](#) will be fine. However, save toward a [Vitamix](#). It makes a huge difference! Look for both of these used. I bought both of mine used, and they are still going strong.
21. I'd love to talk to you! If you still have questions, contact me here: (link to Contact page) or at plantbasedwithpeggy@gmail.com