



6 Steps to Starting Your Transition into a Vegan Lifestyle

You probably are expecting me to say something very profound and deep right now. Something that would make a crowd cheer, jump, scream and shout. I mean that would be what I would expect someone to say. I mean cause give yourself some credit. You are joining a group of individuals who have chosen to stop eating something they probably were taught to eat from a young age. How dare you go against the grain and choose plants. I mean shouldn't that alone give you a standing ovation. That was what I was expecting. That was until fear took over. I made this decision and now what? Will I make it? Will my children survive? What am I thinking? What am I doing here? Who am I anymore? I get it. I was there once. I was terrified. I was living in in the south after all. You know we love ourselves some meat and potatoes. Who am I to change that? I wondered this as well. Who am I to go against what I knew to do something different? Sound familiar? Thought so. I had so many thoughts and so many second guesses. Until I drowned out the noise and started to think. Thinking which got me into all of this was my saving grace. Through thinking I developed these steps that helped me to overcome all those thoughts and they will help you all as well. So let me be the first to say welcome to the life of veganism. You are welcome with open arms. Now is when the work begins so let's start with the steps that will change your life hopefully for years to come. Now without further ado here are the steps.

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Step 1: Breathe and Find Your Why!

You are going to be ok. You chose to be a vegan for a true conscious moment in your past. Remember that moment, that feeling, that thought that was going through your mind. It will be your compass when you have those moments where you get discouraged and want to revert. Understanding your why will ensure that you maintain this lifestyle for decades to come.

Breathe and Find Your Why!



Step 2: Detox the Body

Our bodies are swimming with parasites. These parasites are in control of our every thought, and they control our appetites. Ask yourself, have you or someone you know ever tried a diet, and it was a bust. You followed everything to the tee and still failed. Was it the diet, was it the food, was it you? I know I use to ask myself that constantly over and over. I spent so much money following the latest trend until I came across this lifestyle. When I started, I came across so many who say they have tried to be vegan and said that it did not work because they craved meat the whole time. I used to wonder what I did that they didn't do because I had none of those issues. It is because they never got rid of the parasites that craved the meat. It was controlling their urges. Their will power to change

was not enough to sustain them. So, they reverted to what was familiar and easy. You won't do that because we will remember Step 1, right? Always remember Step 1 when you stumble. It will guide you back to your steps. Which brings us to the next step.



Step 3: Meal Prepping Will Be Your Friend

I come across more and more families who just want meals to be quick, easy, and simple. They just do not want to be in the kitchen all day learning something new. They have 2.5 kids, husband, a dog, and work to deal with and just want the simple life. Being vegan was just too hard to transition into with their lifestyle. I asked them if they had just one day where dad could take the kids and they could work on a project to rectify this. They all agreed they could, but what would they do with free time. I told them to prep for the

meals for the week, two weeks, or a month if they could. I took them step by step on what it would do for them. They were able to transition the 1-hour meal after work into a 10-minute warm up and had 50 minutes left to converse with their husband, see how the kid's day went and even rub the dog's tummy. The families enjoyed the meals and didn't complain about missing meat at all. The meals were so delicious, and the conversations were so enjoyable that the transition was made easily one bite at a time. It can happen for you as well. Just by making meal prepping part of your life and it can indeed change your world.



Step 4: Become a Label Reader

If there are words on the label you cannot read, or you do not understand then research it first. There are words that are used to disguise pork and beef which are animal products in the labels. If you cannot understand the ingredient or even pronounce it, then do not consume that product. Natural Flavors is one that I see many places. That many times means animal product. **Gelatin**, which are in wine, cereal, yogurt, and fruit gum. **Stearic Acid**, which are in chewing gum, butter, cocoa butter, shea butter, cosmetics, candles, soaps, vegetable fats and animal tallow. **L-cysteine**, which are found in commercial bread, bagels, tortillas, pie shells, pizza

dough and pastries. Lard, which is found in refried beans, oil for fires and fried chicken, and baked goods and pie crusts. **Rennet**, which is found in some hard, aged cheeses like gorgonzola, parmesan, pecorino romano and grana. Cheese that contains rennet isn't vegetarian at all.



Step 5: Don't Be Afraid to Fail

I have failed so many times at many things in my life. Cooking is no exception. I could tell you some stories about the burnt cauliflower or the seitan that was unseasoned. My husband is an extremely picky eater and loves what he loves. He was my biggest critic when it came to transitioning. Through trial and error, I became good at making vegan food. Through trial and error, I learned to cook to my audience and figure out what they needed to make this transition a success for us all. It all started with me stepping out on faith and trying. After all it is vegetables, right? If they don't like it, one way then rinses them and make them another way. Failure will happen,

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but it doesn't have to be the end. Just pick yourself up and try again. Eventually you will learn, thrive, and grow. I assure you! I sure did.



Step 6: Trust the Process

You are a part of an elite group of humans who have decided to change the tide not just for yourself but for your lineage. If changing your lineage was so easy then everyone would do it. Some days will be hard, but I want you to remember these 3 words, "Trust the process". This is not a marathon in life. It is a journey. A journey you must enjoy. If you accidentally eat a piece of cheese there are no vegan police, at least I don't think that there are, who will come and arrest you. Just wake up the next day and start over. Remember step 1 and remember you are human. Just like you had to learn to crawl before you walk you will have to do this again.

Consider this. If you are new to being a vegan, you are in the crawling stage. So be patient with yourself and trust the process.

Now that you have this newfound wisdom. DO NOT and I repeat DO NOT go into your kitchen and throw everything away and stock up on vegan freezer meat and start tomorrow 100% vegan. First, the price of that is expensive. I want you to not only be successful on your journey. I want it also to be sustainable. What happens when the grocery stores close, and you can't go buy the frozen meat? We are going to show you how to maintain a lifestyle where you can make all the meat substitutes you need out of actual plants. You just must go through these steps. The detox takes you a week to 2 weeks to do it right. While that is going on go to Step 3 and stock up. If you can't do a whole 2 weeks do 1 week. If you can't do 1 week do a few days. I recommend at least a week. Detox means no meat, just juice or broth. No chicken soup, just vegetable broth. Trust the process. You will make it. It won't be easy. Will it be worth it? I guarantee if you do it right your body will love you for it. See my picture below. It is proof of what can happen when you work the steps with true love for self and dedication.