

THE SIMPLE 7 STEP GUIDE TO VEGANISM

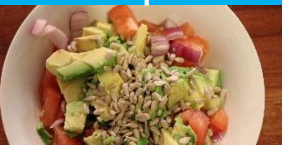
Step 1



FIND YOUR MOTIVATION

Whether you are considering adjusting your lifestyle because you love [animals](#), want to improve your [health](#) or care for the [environment](#). Make sure you know what motivates you to make this change!

Step 2



DO YOUR RESEARCH

Now that you know your motivation, DO YOUR RESEARCH! Check out some amazing documentaries which correspond to your motivation. Find more information about that [here](#)!

Step 3



FIND SOME FRIENDS

There are plenty of vegan communities around, if you find a vegan restaurant they are sure to have events and plenty of like minded people around. If not, the internet is an incredible place! [Join a group](#).

Step 4



PHASE OUT ANIMAL PRODUCTS

Take your time and do the transition in steps. Changing your entire meal structure can be a huge challenge. It might overwhelm you and cause you to slip back. Take it easy, make it sustainable!

Step 5



VEGANISE YOUR FAVOURITE MEALS

It might seem scary, so veganise some of your favourite meals and staples. See how delicious vegan alternatives can be. Check out some of [these recipes](#) and see how easy it is to make plants taste delicious.

Step 6



KEEP TRACK OF YOUR BODY

Switching to a plant based diet will change your gut fauna, so it is important to keep track of how your body is adjusting. Keep a food diary, get some blood tests, take some b12. Make sure you stay safe and eat enough plants!

Step 7



MAKE YOUR GOALS SMALL

Challenge yourself to [21 days](#) and see how your body feels afterwards! Let your body convince you.