



5 STEPS TO VEGAN HEALTH

Healthier eating habits for a longer life



5 steps to Vegan Health:

1. Just Eat Plants

Avoid—meat, dairy, eggs, honey—anything that came from an animal. Animal products create inflammation in your body, promote cancer and contain saturated fat which can cause coronary heart disease.

Your main food will be **vegetables** – eat the rainbow—green, orange, red, purple, white etc. (This category does not include potatoes/sweet potatoes). Eat lots—you want bulk to help you feel full and they are full of antioxidants and fibre. Frozen is fine. If you “hate” vegetables—[watch this video](#).

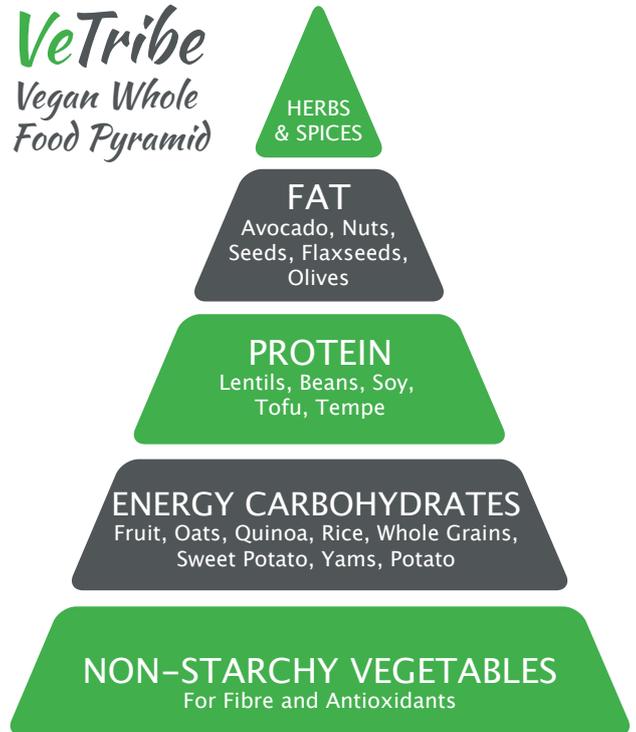
After that you want your **energy carbohydrates**. You are already getting some in the vegetables—here you add your fruit, oats, rice, quinoa, sweet potato or potato. Depending on your goals you can have some at every meal—or just one meal (oats at breakfast is great). If you are looking to lose weight have the other two meals without—just add more vegetables. Avoid bread.



Next select your **protein** source—beans, lentils, tofu or tempeh. In the beginning it can be kinder to your body to start with tofu, adzuki and black eyed beans. Watch our video “[How to Prevent Bloating on a Vegan Diet](#)”. Canned beans are fine—pinto, and black beans are best, but use a variety. Wash canned beans in a colander or sieve and they can be eaten cold or warm. Lentils can be canned or cooked in a stew. Tofu is easy to find; tempeh is harder (some health food shops sell it). Low-fat Hummus is good, but not every day as it is fairly high in fat.

In order to lose weight you need to keep your **fat** fairly low. You won't be hungry as you are going to be eating a lot of food, but you will need to keep an eye on your fats. Eat some—the best sources are avocado, flaxseeds, nuts/seeds and their butters (only eat a maximum of two Tablespoons per meal). Use a splash of water for frying (instead of oil), or stew your food.

Lastly use **herbs and spices**. This will give your food more flavour and they are also great for you, packed with anti-oxidants. Use a variety.



2. Reprogram Your Brain

What we suggest to our clients as a first step is finding your “why”. There is a reason you are looking into this lifestyle. [Watch this video on diet motivation](#). Do you have bad health? Are you concerned about the animals or environment? Are you overweight and are looking for a way to lose the excess fat and keep it off? Fabulously a Whole Food Vegan Lifestyle will achieve all of these goals simultaneously—no matter what drew you to it in the first place.

We switched from a heavy meat diet to a Vegan Whole Food diet for our health. I suggest that first thing you do is to watch the following films: “What the Health”, “Cowspiracy” and “[Earthlings](#)”. The first two are on Netflix, the third is free on the internet. Between them, they cover the three main reasons to be Vegan, and will give you a huge amount of information about the advantages of going—and staying Vegan.

If you are really craving meat, then there are plenty of highly processed “mock meats” such as burgers, shrimp, chicken nuggets etc. However in the long term, they will slow your weight loss—lentils, beans and tofu are lower calorie.

3. Quality Sleep

Prioritise getting 7-8 hours per day. It reduces hunger, improves mood, promotes weight loss and aids recovery. When transitioning from a junk food to a whole food diet—you may have withdrawal from the sugar/flour, caffeine, and other stimulants you have been ingesting. Losing fat dumps toxins into your bloodstream to be eliminated (this is good—we don’t want toxins in our body). All of this may make you tired, so sleep a lot until you feel better. Take it easy on yourself. Try not to do too much. It is a necessary process and you will come out the other side thinner and healthier.

4. Strength and Movement

Exercise—if you aren’t—don’t feel like you need to start a heavy weights program whilst you transition to a Whole Food Vegan Lifestyle. Wait until you feel confident that you have the food sorted. One challenge at a time!



We believe that weight training and body weight training are fantastic ways of building a fit, healthy body. If you have not done this before get a Personal Trainer to show you the ropes. Walking is also great, and can be done by almost everyone. Including some form of exercise that you enjoy can make it easier to start—we like a yoga for flexibility and relaxation. Don’t forget though—muscle is built between workouts—so find a balance.

5. Get Outside in the Sunshine

Sunlight is great for making Vitamin D—great for your mood and helping prevent cancer. It has also been found that relaxing in a forest can increase your NK cells¹—which helps your immune system.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/>

VeTribe - 5 steps to Vegan Health - checklist:

On the Vetribe.com members website:

- Video 1:** How Our Bodies Changed by Eating a Vegan Diet
- Video 2:** What Is a Vegan Whole Food Lifestyle?
- Download the **pyramid** and stick it in your kitchen
- Video 3:** Vegan Diet Motivation—Finding Your Why
- What the Health** (Netflix)
- Cowspiracy** (Netflix)
- Earthlings** (internet)
- Video 4:** How to Measure Your Weight Loss Progress and Set Goals
- Download **Measurement sheet** and record your start metrics
- Video 5:** How to Prevent Bloating on a Vegan Diet
- Video 6:** How to Be Vegan If You Hate Vegetables
- Look at the **Recipes** for easy things to prepare
- Watch the **VLog** each week
- Plan your food** for the next few days and go shopping
- Track** your weight/measurements/symptoms to see what changes
- Interact** on facebook—we are VeTribe—we are building a community to support you

Come and visit us at: www.vetribe.com

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