How to Start Plant-Based Eating in 5 Steps

Plant-based eating can be for everyone, the main idea is not to “diet” or remove something from your nutrition but more about adding more plant-based foods. For those of you who love a burger once in a while, you don’t have to completely eliminate animal-based food. You can certainly reduce it by making more meals that are plant-based.

Here are 5 steps to start your plant-based eating:

### Step 1: Choose your motivation

Giving yourself a reason to make the change will help you stick to it! Whether you want to save the animals, become healthier or simply feel better, the plant-based nutrition is a great option for those of us who want to be a better and healthier person.

### Step 2: Choose Your Type

A spectrum of plant-based eating is available to you. Start by identifying what you would like to change in your nutrition. Considering that your nutrition will be mainly coming from plants, your options are:

1. **Strict plant-based nutrition (vegan):** You are not going to consume any meat, fish or animal products like dairy foods, honey or eggs.
2. **Vegetarian plant-based nutrition:** You will be able to consume eggs, milk, cheese and other products of animals but no meat or fish.
3. **Flexitarian plant-based nutrition:** Your meals will have a large proportion of plant-base food. In addition to small portions of eggs, or dairy foods and, on occasion, include meat, fish, seafood or poultry.

### Step 3: Plan Your Meals

One of the most difficult parts about adapting to plant-based eating is to adopt new habits in the kitchen. Start looking for recipes now and ideas for your meals. Our favorites are salads, bowls, wraps, soups and overnight oatmeal.

### Step 4: Make Your Grocery List

In order to ease yourself into plant-based eating, try to slowly increase the amount of plant-base food on your grocery list. This would include, vegetables, fruits, legumes, grains, spices and vegan products like hummus or coconut milk.

### Step 5: Implement the Changes

The best way to start plant-based eating is to start with small steps now. Choose a day this week when you want to have a plant-based nutrition day. That day will be the beginning of your journey in plant-based eating. Once you’ve chosen a date, pick your recipes! This next chapter will give you a few ideas of recipes you can start with.