



**A PLANT BASED  
LIFESTYLE  
CREATES SERIOUS  
CHANGE,**

**PLANTS  
SAVE  
LIVES**

**Pinterest is a great place to start your recipe collection-try searching "easy vegan meals"!**

Become your most naturally, healthy self.

## **How to make the switch:**

Veganism does not need to be more difficult than it is. It is simple to create easy dishes that do not involve animal products.

**PLANTS ARE BOLD,  
FLAVORFUL,  
MOLDABLE AND  
FROM THE EARTH,  
NATURALLY.**

Start with meatless Mondays, then, try going a few weeks without meat. You'll see how well your body responds, then cutting out dairy and animal byproduct will come easily.

**Compromise is not needed; here are substitutes.**

### **MEAT**

You've heard the common switches: tofu, tempeh etc, but going meatless is where most people start.

### **DAIRY**

Dairy products are most commonly replaced by nut milks. Cashew is a simple replacement for cheese and yogurt because of its thick consistency when blended with a bit of water.