



The Vegan Health  
& Self

Empowerment  
Guide

By  
Holistic Vegan  
Coaching

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This guide is designed to be an efficient, pocket friendly alternative, or add on, to coaching. This guide will provide you with tools and knowledge to create a sustainable, inspiring and healthy way of eating. In this guide, key components of lasting health and happiness are applied practically, to generate longevity and peace of mind with your eating habits.

Each week will provide you with important reading material to boost your knowledge, practical tips to apply to your regime and some challenges to accelerate you full-force towards your goals. These will empower you with the ability to continually evolve and develop your healthy plant based diet, even after finishing the guide. You will be given some tools to help you work on mind -set and to develop a knowledge base that you can continue learning and growing with!

This is not just a 1-2 month guide, but also the beginning for a lifetime of positive change, continual inspiration and love for health.

## IMPORTANT INFORMATION:

This is an intensive guide, which means condensing hard work into a short period. Your commitment and hard work is guaranteed to give you results and new skills, which can last you a lifetime.

**Each section of this program should be completed over the course of 1 to 2 weeks if possible.**

You can choose this depending on the level of time you have available to commit.

The time required to complete the contents will be approximated in summary at the start of each new section, enabling you to schedule time dedicated to your growth and enjoy learning!

**CLICK TO  
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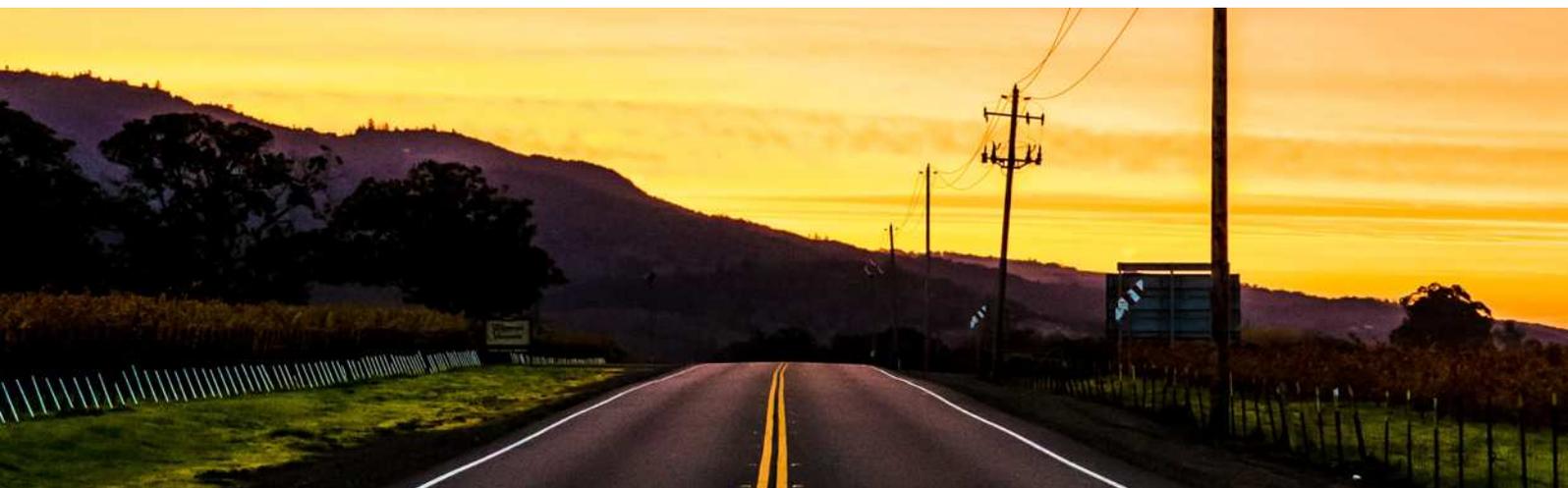
## TOOLS:

**Keep a pen and paper handy** for notes, completing written tasks you may be assigned and for important reminders.

You may wish to **print out and use the Transformative To Do List.** This is designed

to be placed on your wall, fridge, desk or any other place you will look at daily in order to keep up to date and reminded of what you want to be doing.

ACKNOWLEDGE YOURSELF  
FOR YOUR BRILLIANCE IN  
CHOOSING THIS PATH OF  
POSITIVE ACTION.  
LET THE JOURNEY  
COMMENCE!



# SECTION I

**The Plant Advantage-** *Learn about the incredible benefits that a plant-based diet has to offer (10-15 mins)*

**Wholefoods Simplicity-** *Gain some clarity on what a healthy diet looks like in a simplistic overview (15-20 mins)*

**Mind Align-** *Learn about a science based mindfulness practice you can implement to train your brain for success (10-15mins)*

**Mind Align Practice-** *Set your self up for daily success by incorporating this practice (5-10 mins per day)*

**Creating Goals-** *Learn about how to generate efficient and productive goals for yourself (10-15mins)*

**Creating Goals Challenge-** *Take some time to think about your personal goals using what you have just learnt (30mins-1hour)*

# THE PLANT ADVANTAGE

The following claims are based on information from scientific studies. Each claim will be referenced so as the links can be followed if you wish to read further into the studies. These will be listed at the end of the guide in the fact bibliography.



## HEALTH BENEFITS

### Longevity

The statistics of recent studies are showing that vegetarians are **outliving** meat-eaters and that vegans are surpassing that! They are

also the only diet group found to have an average **healthy BMI**, with vegetarians, pescetarians and meat-eaters on average being above the healthy BMI range. **Lower mortality rates** may also be due to some of the health benefits of a vegan diet discussed below.



**\*\*Please Note: Veganism does not give you instant back flip superpowers..**

## **Heart Health**

In western culture there is an upsurge in deaths caused by **lifestyle related disease**. In the United Kingdom and the United States, cancer & heart disease are among the top causes of death with heart disease being the leading cause of death in both countries.

Recent studies have proven a direct link between reduction in the risk of developing heart disease and consuming a **wholefoods plant-based diet**. The risk of developing **heart disease drops** by an incredible **40%**.

That's an even higher percentage than the reduction created by higher levels of **physical activity**, which was found to be a **21%** risk reduction for men and **29%** for women, that's an **extra 11-19% risk reduction for vegans!**



Not only can a vegan diet prevent heart disease, it has even been found to be able to **reverse heart disease!** A clinical trial in Ohio found that in patients with coronary

artery disease, a low fat vegan diet was able to significantly reduce further cardiac events as well as restore artery health in a number of participants.



## Anti-cancer

Cancer is another topic that is personal to many of us. With most of us having known close friends or relatives with their own cancer story. More and more studies are showing how closely related **diet and cancers can be;** Studies have show a significant positive impact on breast and prostate cancers through a low fat, vegan diet. Studies have also shown an

over all reduction of **19% less cancers**  
occurring in vegans.



## Less risk of Diabetes

The good news does not stop there! Other common disease such as **type 2 diabetes** have also been shown to have significant dietary relations, with studies showing a **50% reduction** in risk of developing type 2 diabetes on a vegan diet.



## Lower risk of Alzheimer's disease

Studies have shown that having a diet low in animal fat greatly **reduces the risk** of developing Alzheimer's disease due to **lower cholesterol levels**. This is great news for those concerned about hereditary passing on of Alzheimer's as the reduction was even found in those with the gene that causes the disease.



## **ENVIRONMENTAL IMPACT**

There is so much good news for our health, but what about the planet? We are living in a time when we have developed technologically and populated so fast that our impact on the earth has become incredibly damaging and we are starting to understand that we need to vastly reduce the negative impact we are having if we want future generations to live healthfully.



## Reduce Deforestation

According to National Geographic, about 17% of the Amazonian rainforest has been **destroyed** in just the last **50 years!** That is a staggering amount considering its lifespan of at least 55 million years! In fact, in 2017 alone, a staggering **113,000 square miles** of rainforest was **cleared for beef and palm oil** production. That's an area 20,000 square miles more than the size of the UK. Beef alone was responsible for 70% of deforestation in Southern America between 1990 and 2005.



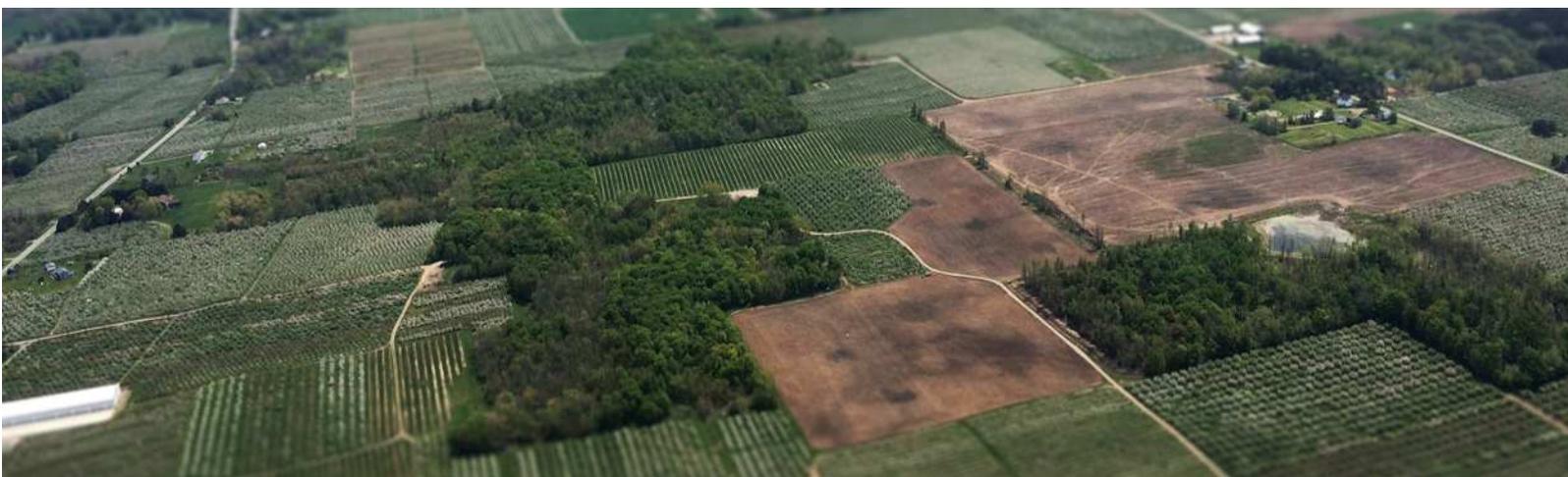
## Reduce Land Use

It has been estimated by the Environmental Working Group that **animal farming** is using

up **83%** of the world's agricultural land but supplies us with only about 18% of our calories.

This incredible amount of land use can be **greatly reduced** by directly eating crops.

Animal farming requires crops for generating feed for livestock in large amounts. For example only 6% of soya grown is made into tofu and a staggering **75%** is **used to feed livestock** such as cattle, pigs, chickens and farmed fish! Feeding plants to livestock means supplying them with **years worth** of crops for a very small return in food as meat. Directly eating the crops instead would vastly reduce the amount of crops we need to grow as we would directly feed ourselves instead, meaning **less land used** for both plant and animal agriculture.



## Reduce Emissions

The Food and Agriculture Organization of the United Nations estimates that the animal agriculture industry is responsible for 18% of greenhouse gas emissions. This is more than the equivalent of emissions created by all global transport!



## Reduce water waste

Water is another limited resource on our planet that is being abused by mankind. 20-33% of the earth's water consumption comes

from **animal agriculture**. In fact, to produce 1lb of beef it takes a similar amount of water that is used in the course of **135 showers!** The same amount of water can produce **52lbs of sweet potatoes**  
!



## **ETHICAL PERKS**

It is estimated that **vegans save around 100 animal lives** per year by abstaining from buying any animal produce. This is not only due to decline in meat consumption but also in **reducing deaths** due to by-product of dairy and eggs where the males are considered bi-products or waste. Most male calves are slaughtered since they are unable to produce

milk. Cows are very nurturing and protective beings and **suffer emotionally** when their young are taken from them. This is an unfortunate, unavoidable part of the dairy industry.



There are a lot of common practices in mass produced animal farming that creates suffering for the animals being reared such as dehorning young cows without any kind of anaesthesia and trimming the beaks of chicks, exposing sensitive nerves and causing distress. These are only a few examples of the distressing situations for farmed animals. **Reducing the demand** for animal produce means **fewer**

**lives taken and less suffering** in the  
world.



**It is wonderful that we are each empowered  
with the choice to be able to live consciously  
and sustainably once we have the knowledge.  
Hopefully these facts have given you some  
inspiration and incentive to continue full  
heartedly into your health journey knowing not  
only are you helping yourself but the planet  
and its inhabitants too!**

# WHOLEFOODS SIMPLICITY

To eat healthily is often over complicated by so much different information and different diets. It doesn't need to be this way. Eating a variety of foods in their most natural, **unprocessed** form enables our bodies to get a wide range of minerals, vitamins and proteins through **nutrient dense foods**. These break down and can be easily utilized by our internal system as our bodies were designed by nature to **eat what grows in nature!**

This food pyramid on the next page simplifies what should be included in a healthy, wholefood, vegan diet.

If this information feels helpful to you, it is highly recommended that you print out the pyramid and keep a copy on your wall, fridge or other area where you will commonly look.

Select page 21 to print!..

# THE PLANT-BASED FOOD PYRAMID



**A LITTLE**

**NUTS SEEDS AND HEALTHY FATS**



**PLENTY**

**BEANS, LEGUMES, PULSES AND HIGH  
PROTEIN FOODS**



**MODERATE**

**BROWN RICE, BUCKWHEAT, QUINOA,  
WHOLE-WHEAT AND OTHER WHOLEGRAINS**



**ABUNDANCE**

**A WHOLE BIG RAINBOW OF FRESH FRUITS  
AND VEGETABLES!!**

# THE PLANT-BASED PYRAMID EXPLAINED:

**Nuts**  
**Seeds, fats**

**Beans, legumes & Pulses**

**Whole-wheat, brown rice, quinoa, oats and other  
wholegrains**

**!!!A WHOLE BIG RAINBOW OF FRESH FRUITS AND  
VEGETABLES!!!**

A large percentage of your diet should be made up of **fresh fruits and vegetables** including **leafy greens** and a **diverse** range of other fruits and veggies. These are the most **nutrient dense** foods and will deliver to your body most of the goodness it needs to function properly.



**Wholegrains** should be included moderately as they are a good source of **carbohydrate** and provide your body **energy** to use throughout the day. A variety of different grains should be included to give your body a **range of nutrients**.



**Beans, pulses, and legumes** are a great source of **proteins** and will also help to prolong the feeling of **fullness and satiation** after a meal. **Green veggies** are also a great source of protein though these are much faster to digest and not as filling. Many wholegrains such as Quinoa and Buckwheat are also higher in protein.



**Nuts, seeds and oils-** A variety of these should be included but should be done so in **smaller amounts** as they are very **high in fats**. However, nuts and seeds are an important source of plant proteins as they are also high in **omega oils** that are vital for **heart health** and joint care. **Healthy fats** also play an important role in women's **hormonal health**. Though they should not be a predominant part of the diet they should be **included and enjoyed!**



## MEAL BASICS (ADAPTABLE GUIDELINES)

This is a simple insight into what the wholefoods vegan pyramid may translate to at meal times. These are very adaptable guidelines designed to give you easy tips to include more wholefoods into your regime. We will soon delve into making this more inspiring and creative!



### BREAKFASTS:

Breakfast is an opportunity to set your day up in a positive manner. **Fuel your body** with something nourishing and give your cells something to be happy about!



Uncooked or cooked breakfasts may include:

**Fresh Fruit**

**Oats**

**Wholegrain Cereals**

**Greens (in smoothies!)**

**Vegetables**

**Tofu**

**Avocado**

**Wholegrain Breads**



Why not sneak in some **extra nutrients** in your **smoothies, pancakes, porridge** or other yummy breakfasts with nutrient dense boosters

such as

**Chia Seeds**

**Flax seeds**

**Hemp powder**

**Cacao**

**Greens powders**

**Turmeric**

**Ginger**



## SNACKS:

Snacks can be anything you have to hand really. Ideally **unprocessed**, some ideas are:

Fresh fruit  
Nuts & dried fruit  
Rice-cakes & toppings  
Veggies & hummus  
Snack bars (wholefoods without processed  
sugar or make your own!)  
Meal leftovers



## MAIN MEALS:

The list is **endless!** Get **creative**, try new things, look at books, online recipes and other sources of inspiration. Here are some tips on things that are optimal to include in your meals for **balanced nutrition-**



**WHOLEGRAINS** - *energy, diverse proteins  
& optimal digestion*

**Quinoa**

**Buckwheat**

**Brown Rice**

**Wholemeal pasta**

**Wholemeal bread** (Freshly baked is available at local bakeries and most supermarkets and is usually lower in salt and has less or no sugar and additives Ask to check the ingredients!)



**HIGH PROTIEN FOODS-** *Stay satisfied for longer*

**Beans**

**Pulses (chickpeas, lentils etc)**

**Nuts & seeds**

**Sweet potato!**

**Tofu**

**Tempeh**



**VEGETABLES AND LEAFY GREENS-**

*High in minerals and vitamins and a range of proteins. Veggies are some of the most nutrient dense foods.*

**Eat a rainbow!**

The more, the better. Keep trying new ones and new ways of cooking, new combinations and new recipes.



## COOKING METHODS:

### METHODS TO MINIMISE.

Some cooking methods should be used infrequently due to how they effect the foods we cook. This does not mean they cannot be used, but should not be the most common methods we use.

**Frying:** Although this can be fast, frying requires high amounts of processed fats (oils). Even healthy oils like olive oil change

molecular structure at high temperatures and become unhealthy.

**Roasting:** Also requiring large amounts of oil.

*Tip- if you do want to roast or fry, try to use as little oil as possible.*



## METHODS TO USE ABUNDANTLY:

Steaming

Baking

Dry frying (no oil)

Boiling

Sautéing

Not Cooking - That's right, fresh, raw veggies and fruits are great for your health and energy levels.



## BONUS!

### **Herbs:**

*Herbs are jam packed full of minerals and goodness. For this reason many herbs are used as medicinal treatments in history and still to date used in naturopathic medicine. Include fresh herbs in your meals and smoothies. Dried herbs can be used to create flavourful herbal teas and infusions.*

### **Probiotics:**

*Probiotics are great for digestion, maintaining healthy balance in the gut and even fighting cravings! Probiotics can be taken as a supplement; however, it is also easy to include*

*them through fermented foods such as sauerkraut, kimchi and vegan yogurts (preferably unsweetened)*

### **Water:**

*Yes, water. Hydration is so important! Staying hydrated can help your body to eliminate toxins, will reduce cravings and allow your body to function more optimally.*



IF YOU'RE LOOKING FOR  
SOMEBODY WHO CAN  
CHANGE YOUR LIFE.. TAKE  
A LOOK IN THE MIRROR.



### PLEASE NOTE:

This is a **guideline** and NOT a rigid structure that must be followed at all times! Wholefoods Simplicity is here to give you an overview on what a healthy, nutritionally balanced, diet should include. **Use your intuition and eat plentifully.**

Be kind to yourself

**No one is perfect!**

What matters is what you do *most* of the time. If eating your veggies roasted or fried

means you will enjoy them more, then do so! If treating yourself to a doughnut or ice cream a couple of times a week keeps you happy, then great! Have FUN with your diet!

**Health is not all or nothing.** Health comes from **what you do most consistently.**



### TO CONSIDER:

A few nutrients need to be taken into consideration, with extra care, to obtain adequate levels for sustained health long-term.

Some of these apply to all diets and some specifically to a plant-based diet.

In order to obtain these from food sources requires **consistently** eating particular foods to produce a diet that will bring you success in **vitality for the long term!**

Especially when just starting out on a vegan diet or making lots of changes, it is **highly recommended to supplement**. This is an easy, safe way to provide your body with these nutrients that are not as easy to obtain. There are many **Vegan Multi-vitamins**, tailored to a plant based diet.



Thank goodness a balanced diet is easier than this!

The following information may seem rather complex, this is perfectly acceptable as it is a lot to think about. That's why it is advised that you may choose to **take a well-balanced Vegan Multi-vitamin** as recommended. Particularly when starting out.

However, a **supplement is NOT a substitute for a well balanced diet!** It is simply a preventative to some of the most common deficiencies for both vegans and meat eaters.

If you wish to learn further; below is an explanation of what you need these nutrients for and where you can get them from food sources, if you feel that is do-able for you at this time. Otherwise, supplementation may be more appropriate for you.

## **Iodine-**

Iodine has an important role to play in balancing thyroid and hormone health. It is especially important for women to ensure they are getting adequate iodine. Through iodising

table salt, many peoples needs are met yet it is still a common deficiency in people with all sorts of dietary preferences. Table salt itself comes with health problems so it is much better advised to get your intake from seaweeds! Kelp has extremely high levels of iodine and other seaweeds have various levels. To maintain healthy iodine levels, including a range of seaweeds in the diet on regular occasion will provide sufficient intake. If inclusion of seaweeds seems unappealing or a struggle, there are many supplements including vegan tailored multi-vitamins which provide stress-free maintenance.

**Include:** Spirulina, Seaweeds regularly or take an Iodine inclusive [Multi-Vitamin](#).

[CLICK TO CHECK OUT OUR FAVOURITE](#)

## **B12-**

This is a surprisingly common nutrient to be low or deficient in, not just in vegans! However, it should be given some extra thought to ensure healthy levels are maintained for those eating a plant-based diet.

Though many plant-based milks and cereals are fortified, it is recommended to supplement. For more information on why we need B12 check out our [Commonly Asked Questions!](#)  
**Include:** A [B12 supplement](#) or [multi-vitamin](#).

## **Vitamin D-**

The sunshine vitamin!! Vitamin D is necessary for maintaining healthy bones. It also plays a crucial role in the production of serotonin- the happy hormone. This is why many people can struggle with seasonal depression! Many foods are fortified with vitamin D, and mushrooms do contain vitamin D if exposed to sunlight!

However, to sufficiently establish healthy levels, supplementation may be necessary; If you live in a place where you are unable to get exposure to sunshine regularly, a supplement will assist in maintaining healthy levels, including boosting your mood over those dark days!

**Include:** Sunshine! Fortified foods, [vitamin D supplement](#) or [multi-vitamin supplement](#).

## Omega oils-

Omeegas are important for heart health as well as caring for your brain and your joints! In fact, they have many benefits. It is important to consistently include sources of omegas in the diet. There are some easily available vegan omega sources that can be incorporated into the diet, see the following:

**Include:** Chia seeds, flax seeds, flax-seed oil, hemp seeds, hempseed oil, walnuts. Include daily. If you are still concerned over omega 3 intake, there are many algae based supplements available.



If you would like to use our recommended, easy, nutritionally-balanced recipes, you can find easy and versatile recipes on our blog and in our recipe book!

Take me  
to the  
BLOG

Take me to the  
RECIPE BOOK

# MIND ALIGN

This is a daily, mindfulness practice designed to access your subconscious to bring forth more awareness and conscious decision making to your routines.

At each meal we have to make choices that are either going to benefit us emotionally, physically or both,

Our emotional decision-making is more instantaneous than our logical brain. This is what makes us reach for 'comfort foods' and choose unhealthy options when we know we really want to eat healthily. We can train our logical brain to come into play more frequently and more powerfully as we choose to train it into focusing on certain decisions, such as food choices & health goals.

Scientific studies are showing the proven effects of mindfulness on the brain, even when done in short stints. Doing the Mind Align

**practice daily** during the duration of this guide will give you **optimal results**,

Shortly we will get to the Mind Align Form for you to have a go at this practice. But firstly **read through this information** to ensure you understand it and can **get the most out of it**.

Your Mind Align Form can be printed out, filled in on a computer or written onto paper.

Doing your practice **first thing in a morning** sets a good foundation to remind yourself of intentions & build a **positive start** to the day. A great optional extra is to complete the check-in during a time towards the later half of the day. This gives you a chance to **turn the day around** if you have experienced slip-up or stresses during the day.



## HOW TO:

To begin, sit in a comfortable place; take a few deep, long breaths to steady the mind.

**Body Awareness:** Bring your awareness first to the body, what sensations and feelings are you noticing? Is there tightness you can let go of?

**Thought Awareness:** Continue to focus on the breath. What thoughts are passing through your mind? Are these thoughts serving you? If not, do you have to believe these thoughts?

**Intentions:** Once you have completed your

awareness, set up to 3 intentions for the day. These can be small things that will help you with your longer-term goals or help you to have a better day. They do not have to be big things, some examples of intentions may be to stay hydrated, to stress less, to eat more wholefoods even to simply be more present with your meal times in order to enjoy your food more.

The idea of setting small intentions is to remind you of what your long-term goals are, what the steps are that you need to take and what is and isn't working for you. Every day is a fresh start!

**Gratitude:** Once you are happy with your intentions, you can think of three things that you are grateful for, no matter how big or small. This is a wonderful way to remind yourself of the goodness you have in life and train your brain to see more of it!

**Check in:** A check-in can be done later in the day, setting an alarm may help you to remember. It is best to do this before dinner or at another available time where you still have enough hours in the day to do some positive progressions and turn around your day if you feel like you need to.

*Have fun with your practice*, it may seem daunting or even silly to some people at first. However, *giving it a go for a week* you may see some *surprising benefits*. Afterwards you can choose to continue each day, to not continue or to practice less frequently. Most important is giving it a chance!

The Mind Align form can be found on the next page. To Print the form select pages 47-



## MIND ALIGN DAILY PRACTICE

BODY AWARENESS: **What am I noticing physically?**

THOUGHT AWARENESS: **My thought patterns and progress:**

TODAYS INTENTIONS:

1.

2.

3.

GRATITUDE: What am I grateful for today?

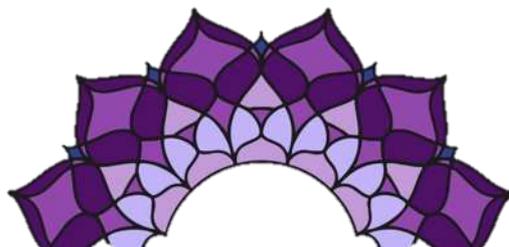
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CHECK IN-

THOUGHT AWARENESS: **My thought patterns:**

ACCELERATE: **Is there anything I can do now to reach further towards my goals and/or intentions?**

BODY AWARENESS: **What am I noticing physically?**



# CREATING OPTIMAL GOALS

Having goals gives us something tangible to work towards. It reminds us of the reasons for doing something and inspires us to keep doing more positive things for ourselves on a day-to-day basis with a bigger picture in mind.

Once you have refined clear, motivational goals using the methods we will shortly discuss, it will become easier to understand what you need to do work towards them and will also enable you take direct steps, in the most efficient ways, to **make your dreams a reality!**



## CREATING GOALS (THE CHALLENGE)

You are about to delve into what is really going to get you ticking and generate **practical, inspiring goals** using 3 steps.

Go and **grab a pen and paper** or open a digital notepad you can write and draw on easily.

It may help for you to take some time **away from distractions** and write down your thoughts in order to **process and think deeper** about them. Once you're ready, read on...



It is important to note that your goals and actions towards your goals should be conducive to your **long-term health and desires**.

There is no point in creating an unsustainable lifestyle that is detrimental in the long term.

For instance, if your goal is to feel good in your body, there is no sense in **under eating to loose weight**, only to then be so hungry that you give up and binge on junk foods, thus resulting in **weight gain and frustration!**

A more **sustainable approach** would be consistently eating an **abundance of fresh, wholefoods** and taking any other necessary steps such as exercise and mindfulness practice. Generating a **lifestyle that enhances your experience of life!** Bare this in mind while you assess your goals.

Begin creating your goals on the next page..

## I ASSESSING YOUR SITUATION TO CREATE A CLEAR VISION

Take a moment to think about your current situation, what is working for you and what is not (in terms of health and food). Some questions to think about include:

- Have I had any consistent setbacks from progressing in ways I would like?  
-Why do I think this is?
- What is it about my current situation is it that I do not like?
- What would my ideal situation look like?
- What would my 'best me' look & FEEL like?
  - What is most important to me?
- What is stopping me from being my ideal self?

Once you have taken a moment to write these down, then move on to the next step in which you can come up with your most worthy goals:



## 2 GENERATING GOALS

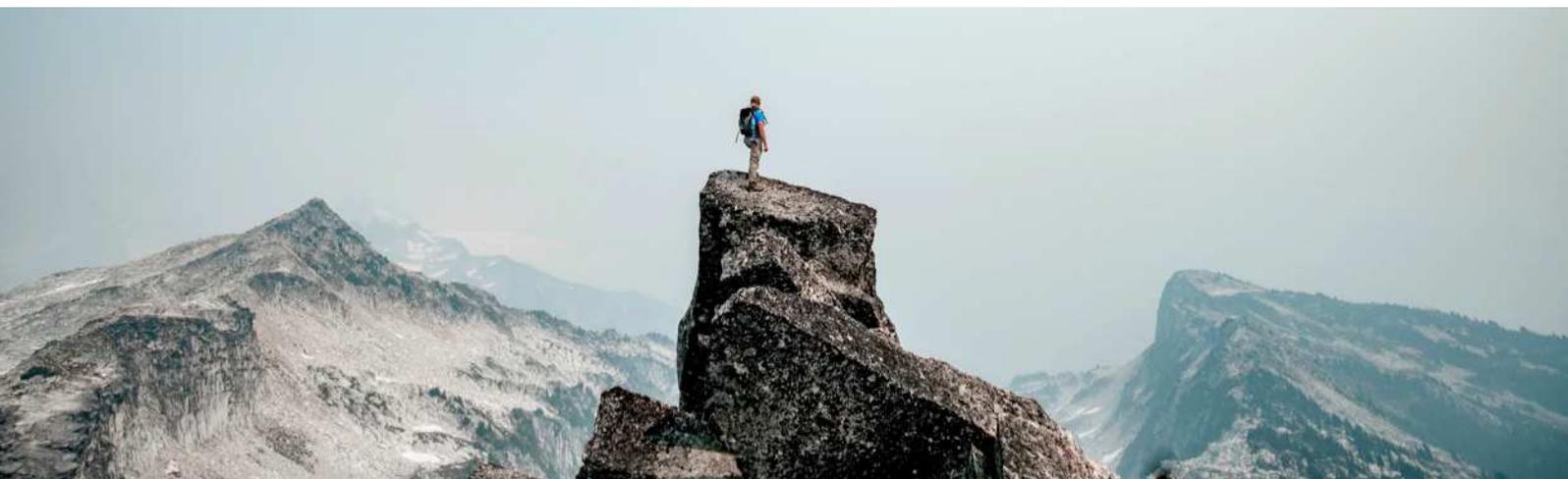
Using the outcomes of your assessed situation and desires, you can put together goals that are closer to your true desires. These can be written as an end result. However, **what**

**needs to be done** to achieve the goal is the real focus.

Write down **3 goals** that you would like to achieve, try to keep them realistic and also stay true to what you really want.

To honour your truth, keep in mind **how you want to feel**. This is often the driving force behind what end result that we think we want.

Use your thoughts and feelings from your answers to the previous questions to generate your **3 true goals**. Make sure to write them down and be happy that these are goals you **feel passionate about achieving**.



Note: You only need to climb metaphorical mountains... unless you think it would be fun!

## MODIFYING GOALS (THE BREAKDOWN)

You should now have 3 goals you are happy to **adapt your way of life** to achieve! If you think about how you would feel with those goals achieved it should be **inspiring and exciting** (and possibly daunting but that's ok too!). Do not worry if any of this also feels overwhelming or confusing because that is why the guide is **here to help!**

For each of your goals, list underneath them **at least 2 actions** that you think will help you to achieve them. These should be **physical actions** you can take in order to **progress towards your goals**. Once you have done this you may choose to create a **written vision board** to put on your wall, fridge or in any space you would often look at. This serves as a reminder of what you want to be doing and why. The board should include your 3 goals, and importantly, the **steps to help you get**

**there and how you want to feel**

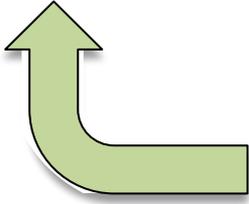
Writing down the way you would like to feel gives you key points to remind you of the **reasons behind your goals** and extra incentive to **strive and thrive** towards them.

See the next page for a layout example- this is just a guideline; you can be as creative as you wish!

On the page after you will find a blank version of our **Goals Vision Board**. Should you wish to use our layout, this can be printed out and filled in. We suggest adding colour, pictures and anything else that will make it more appealing for you to look at again and again!

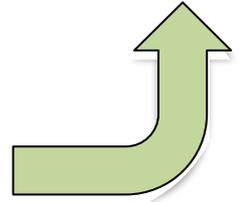
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How you will  
feel

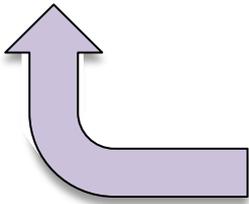


**Goal 1**  
Productive action 1  
Productive action 2

How you will  
feel

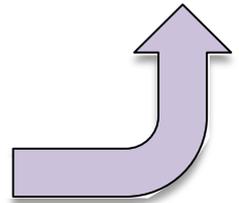


How you will  
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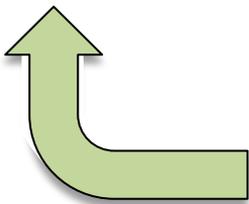


**Goal 2**  
Productive action 1  
Productive action 2

How you will  
feel

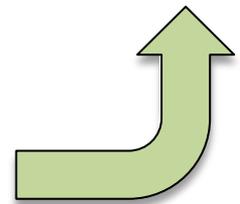


How you will  
feel

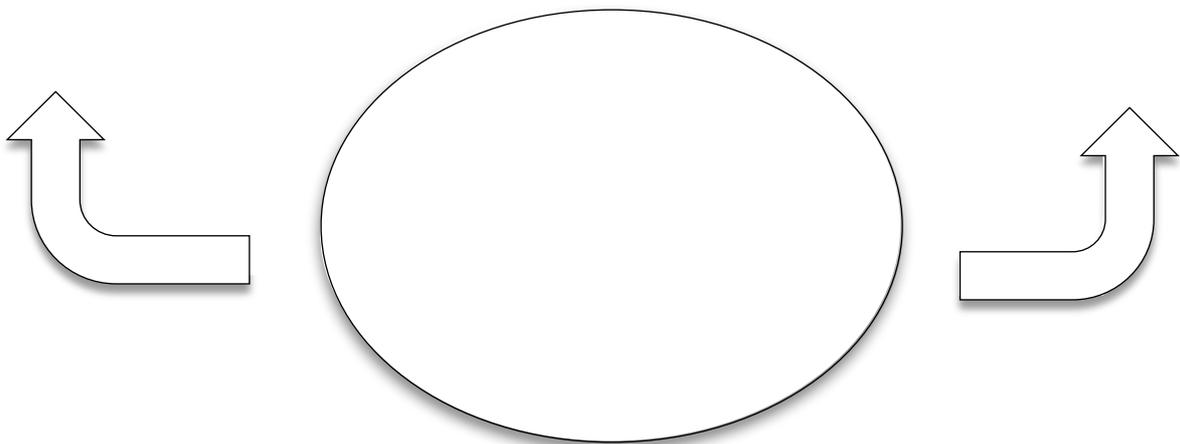
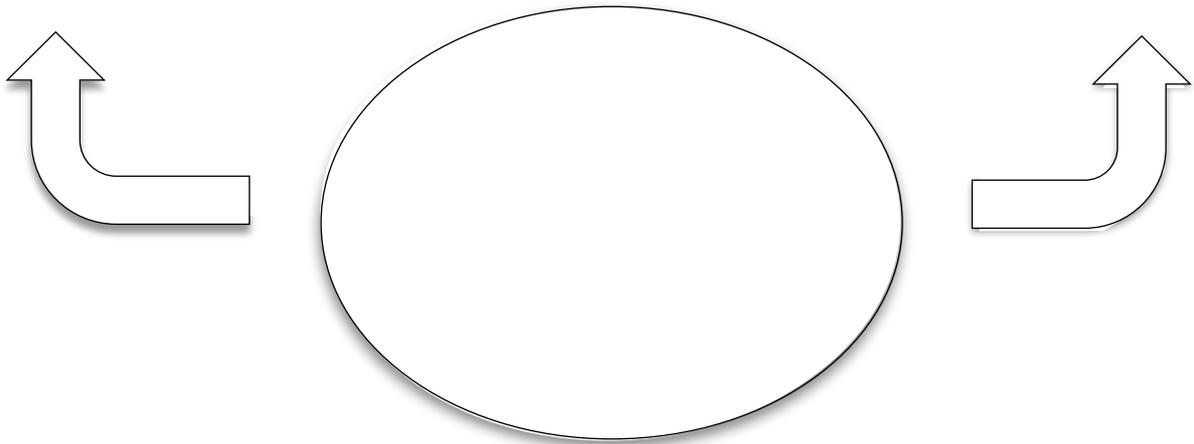
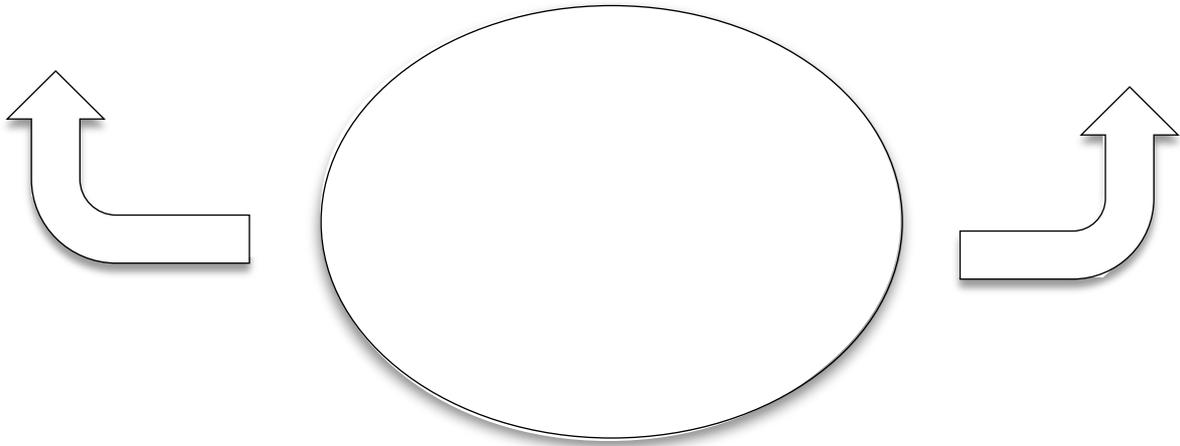


**Goal 3**  
Productive action 1  
Productive action 2

How you will  
feel



# GOALS VISION BOARD



Some goals may need a new frame of mind in order to make the change **sustainable**. For instance, eating healthy, you may see as a burden or chore but changing the **perspective** will **accelerate your journey**. This may take a little **patience** to get consistently.

Your body deserves to be nourished and looked after and you deserve to live to **your full potential**. Taking the time to firstly **get creative** with healthy eating and finding foods you love, along side **developing self love**, will make the process become smoother and more enjoyable as time goes on. Try to look at this as an **adventure**, one that is full of **new possibilities** and is a path to your **true desires!**



IN PURSUIT OF MAGIC

It is important to make attempts to think about these steps towards your goals without too much input, as this gives you the chance

to see what solutions you already know, process your thoughts and current patterns

better and get to **understand yourself more**. Your knowledge and understanding of healthy solutions will develop more with time.

**Empowering yourself** with the ability to reflect on your own **actions and desires** will

help you to continually evolve in a direction

that **serves you best,**



# SECTION 2

**Self Assessment-** *Look back on your successes and challenges and how this can all help you in the future (20-30mins)*

**Organization Gratification-** *Learn some simple organization hacks to make your health journey easier and more fulfilling (15-20mins)*

**Organization Challenge-** *Bring practical application to what you have just learnt and level up your organization (40mins-1hour)*

**A Reminder-** *A little info to keep you going (5-10mins)*

**Your Healthy Indulgence-** *Learn some ways to make healthy eating work for you and stay inspired long term (10-20mins)*

**Your Indulgence Challenge-** *Apply your new knowledge to your healthy routines and discover how it enhances the love of your healthy life (40mins-1hour)*

# SELF-ASSESSMENT

Reflecting on your previous session's outcomes and developments gives you opportunity to acknowledge any changes you need to make and find any areas you need to focus in on more in the future.

Below you will find a series of questions to contemplate that may help you gain more insight into your experiences of the previous session.

You may wish to write down your thought processes to get the most out of your self-assessing.

- Did I have any times I felt bad about what I ate?
- If so, why?

- How can I avoid similar situations in the future?
  - What has inspired me?
- What new things are benefiting me?
- What would I like to experience more of?
  - How can I achieve this?
- Have I managed a consistent Mind Align practice?
- If not, what could help me to remember to practice?
  - What healthy foods have I enjoyed?
- How can I incorporate more of those into my life?

- Are there any snacks or foods I have eaten that I can replace with a healthier version?

- Am I doing things daily that are in alignment with my goals?

- What do I look forward to doing more of that will benefit my health?

Reflecting gives more opportunity for growth and effective management of time and energy. Hopefully you are eager to continue on and keep moving towards your goals.



TAKE A MOMENT TO  
THANK YOUR-SELF FOR  
DOING SOMETHING SO  
AMAZING AND POSITIVE  
FOR YOUR LIFE!



# ORGANIZATION GRATIFICATION

Organization is fundamental to avoiding big slip-ups as well as *staying consistent* with healthy eating, particularly when trying to get used to changes. Keeping on top of organization can prevent you being caught out without good food around, stop you getting overly hungry and then caving in to old habits and prevent you giving in to unwanted craving.

Organization can also *save you a lot of time* once you get used to certain hacks or routines, this makes preparing food *less of a hassle* and gives you *less stress,*



Here are some top ways to bring better organization into your life:

- **Bulk cooking, baking & making -**

If you have a meal you love or say a homemade burger recipe you enjoy, you can make these in bulk, store some in the fridge for the next few days and freeze the rest for a later time. This means you will have meals to hand that you love even if your fridge is running low.

- **Abundance!**

Keep your fridge & cupboards stocked up. Make sure you have affordable, healthy, wholefoods available to you. Long lasting foods such as lentils & pulses, wholegrains, potatoes, apples etc. are wonderful to keep in stock as they are long-lasting and are great staples for healthy meals & snacks.

- **Keep healthy snacks to hand!**

Try to keep a supply of healthy snacks around the house to prevent you from getting overly hungry, whilst satisfying cravings healthily and reducing desire to reach for unwanted processed snacks. Keep them in your house, in your bag, in your car and at your workplace when possible. This means you won't be caught out and have to go hungry or give into junk food.

- **Stock Check!**

Check what fresh food is in your fridge and cupboards at the beginning of the day. This will give you an idea of what needs using up, what meals you could create and if you are in need of a shop.

- **Write down your favourites.**

Make sure to take note of any quick and easy recipes you really enjoy. This means you will generate some simple go-to meals that you know you can always go back to. It's easy to forget what you have enjoyed

so writing it down and keeping it in the kitchen somewhere handy serves as a great reminder.

- **Pre-prepare.**

Especially if you are not a morning person, it can be a great idea to prepare a breakfast or lunch, especially if you are going out to work or out for the day. This means you can have lovely healthy meals ready for the day and get to lie in a little longer, stress free.



## ORGANIZATION CHALLENGE

**Amplify your healthy life** and find out just how big a difference organization makes to your new healthy, happy life!!

-Pick the **2 tips** you think would benefit you the most right now and give them a go this week. Dedicate **intentional time** to the new routines to get the most out of them. Have fun and enjoy putting together your **organized healthy life!** The more often you do them, the sooner it will become second nature and a **wonderful healthy habit,**

-**Write these down** on your **Transformative To Do List** and make an intention for **when and how** you would like to put these into place!

If applicable, **set any reminders** that will be helpful for you. This may be an alarm on your phone, note on a calendar or whatever is most beneficial to you.



## REMINDER:

Don't forget to keep up with your Mind Align practice. **Mindfulness and gratitude** are two of the most important components of Mind Align:

A 2012 UCLA study, published in the Journal *Frontiers in Human Neuroscience* found that mindfulness **improves your ability** to focus and make decisions. This is particularly important for **processing decisions** around eating, as it is easy for emotional responses and pre-programmed desires to take over. Processing the decision enables us to make choices that **benefit our long term desires** rather than our immediate ones

such as cravings for processed foods or dairy,  
both of which are highly addictive.

Scientists from the US National Library of  
Medicine have been studying **gratitude**,  
They have found that one act of gratitude  
can **increase immediate happiness** and  
decrease depressive symptoms when  
**practiced daily**,

Happiness is an important part of health  
and can **make healthy choices easier**,

It may help for you to set an alarm to  
remind you, or to dedicate specific time such  
as before or after breakfast.

**The more you do this practice, the  
more benefit you will receive from it!!**



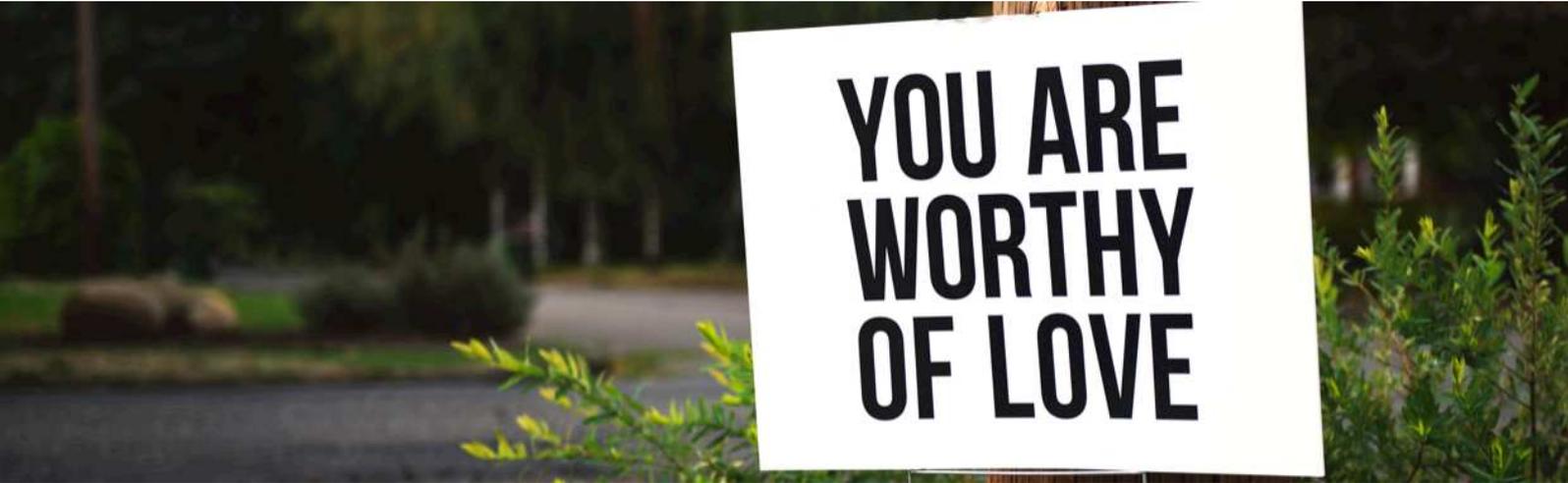
# YOUR HEALTHY INDULGENCE

The reason this program is avoiding set meal plans and recipes and instead encouraging self-discovery with guidance, is to **empower you** with the ability to **continue learning** and to **stay inspired**, without the need to constantly pay to be coached. Meal plans work short-term for people, but empowering the ability to make **conscious decisions** for yourself works for the **long term!**

I am delighted to be able to say that being Vegan and being healthy does not mean being boring in your food choices by any means! Thanks to the **abundance of fresh food** and **diverse ingredients** readily available in most countries, you can make choices that **delight your body** as well as satisfy your immediate desires. Make meal times a practice of consciousness, allowing **self-love** in your choices to care for your body, as well as

allowing pleasure without guilt, while you **fill up your body with nourishment**,

This means choosing foods that are nourishing as well as tasty and satisfying.



**YOU ARE  
WORTHY  
OF LOVE**

Making these choices will get **easier over time** as you build up a collection of meals & snacks, learn your best sources of inspiration and your healthy choices develop to **become automatic** over time. It may be hard at first adjusting to new cooking methods, trying new foods and experimenting. However, it will all be worth it as healthy eating becomes second nature and your **body and mind** thank you for it!

**Continual discovery and inspiration** is an integral part of staying inspired and satisfied long-term. This is why it is important to learn do your own research and naturally you'll begin to **love the process** as it begins to **fill your life with abundance!**



Here are some of the top ways to discover your personal love for healthy eating and stay inspired:

- **Adapt your old favourites!**

Whether your favourite was mac 'n' cheese, a Sunday roast or even a really indulgent chocolate cake! Eating healthy and vegan doesn't mean never ever eating

these again. Instead you can adapt the recipes to vegan alternatives and healthier ingredients. Try giving a quick search on Google, Pinterest or other recipe sites! A great search term would be  
“Vegan Wholefoods .....

or

“Healthy Vegan .....

For instance if your old favourite is Mac ‘n’ Cheese, your search would be  
“Healthy Vegan Mac ‘n’ Cheese Recipe”  
You might be surprised at what can be created.

- **Stay satiated:**

While eating healthier you may find you’re eating a lot less calorie dense foods. Make sure to add into your meals many foods that will keep you satisfied. Higher protein foods will have this effect such as nuts & seeds, beans & pulses, wholegrains etc. Healthy fats such as avocado, coconut milk, nuts and seeds will also aid in minimising cravings.

- **Try different alternatives:**

Switching to alternatives also applies for simpler things such as swapping dairy milk for your favourite non-dairy alternative etc. One way to keep things exciting and inspiring is to try different types. There are numerous brands of dairy alternatives, vegan snacks, healthy chocolates etc. It can be easy to settle for one and miss out on variety! Give something new a try!

- **Include friends!**

People inspire & motivate each other, whether you have friends who are already interested in healthy food or veganism. You may be surprised who would be interested in joining you! You could suggest vegan potlucks (everyone brings a dish), cake baking sessions or new snack testing. These are all fun ways to be social, learn from each other and try new things.

- **New Recipes:**

There is a diverse and abundant array of healthy plant-based recipe books and

websites. Simple search terms such as 'healthy vegan recipes', 'wholefood vegan recipes' and 'healthy plant-based meals' will bring up a vast number of results. These can be tailored to your specific desires such as 'one pot vegan dishes', 'healthy Mexican vegan recipes' etc.

- **Using Social Media!**

Though using social media can be unproductive and uninspiring, it can be used to your advantage if you use it consciously. Pinterest & Instagram are chock-a-block with great recipes, hacks & ideas. Just don't get caught up in fad diets, false ideas of perfection or comparing yourself to unrealistic expectations.

- **Mind-Set!!**

Don't limit your own life through your mind-set. If you are stuck feeling like there is nothing appealing or you can now only eat bland meals, you're stifling yourself through that belief. With a little creativity, research and effort you'll be

filling your plates with rainbows and abundance . Allow your mind -set to be prosperity, creativity and excitement for the new, greater you that you are developing into.

- **Grocery Lists:**

Generating healthy, vegan grocery lists will keep you organized and stocked up for success. Think about what breakfasts & meals you'd like to create (check what needs using up from the fridge), you'll also want snacks! Think about both sweet and savoury, make sure you have grab & go options in as well as fresh foods & staples for cooking. Set your home up for success and the rest will come easier.

The discovery of your personal healthy indulgence can be continual and **forever evolving**. There is no reason to be bored or monotonous in healthy eating. In the modern world we have a huge array of information and

tools available at our fingertips. There is a whole world waiting for you full of delights you haven't even imagined yet. Food that will satisfy your taste buds, delight your eyes and do wonders for your body.



### YOUR INDULGENCE CHALLENGE:

Pick **TWO** of these points to explore over the duration of this section. Dedicate 10-20 minutes on each to delve deeper into how these tips can work for you.

-Put each of the tips **into action** and think about how this may **enhance your future**, how it may evolve your sense of satisfaction and how you can make it work best for YOU. Just a small amount of time will start to bring in **new ideas and inspiration** to your meals.

-Once again, it may be helpful to add onto your Transformative To Do List, set reminders or anything else you know will assist you in achieving this challenge.



# QUANTITY & QUALITY

The following information may or may not apply to you. However, we felt it is crucial to include in this guide as it is an occurrence we see with many people who are transitioning to a healthy vegan diet.

## UNDER-EATING

**WARNING!** It is common to under-eat when transitioning to a whole-food, plant-based diet!

Some of the symptoms of under-eating may include: Fatigue, headaches, nausea, feeling constantly hungry and constant or uncontrollable cravings.

For a plant-based lifestyle to benefit you long-term, even for healthy weight-loss, it is important to consume adequate calories and nutrients in order for your body to work at its best and for you to be able to keep your weight in a healthy range. To stress- That includes if

**your aim is weight=loss!** Eating enough, on a whole-food plant-based diet will enable **sustained weight loss** that benefits your whole being, not just your aesthetics.

Some common causes of under-eating are:

### **Different calorie contents-**

Whole plant-foods are generally lower in calories and higher in volume. This can take some adjustment and you may need to eat larger portions than you think!

### **Diet mindset-**

Commonly, when people think of dieting they believe they need to eat extremely small portions, in effect starve themselves, in order to loose weight. This mindset is dangerous and ultimately counteractive to sustaining a healthy bodyweight! Restrictive diets cause hormone imbalances which in turn cause insatiable cravings. This is where we see the cycle of dieting, loosing weight and then re-gaining the weight (and often more than before).

These are our suggested solutions to combat under-eating:

### **Increase your portion size-**

If you're not eating to the point of feeling full and satisfied, you can simply increase your portion size.

Focus on the quality of your foods and then eat until fully satisfied.

### **Eat meals more frequently during the day-**

If increasing portion size is difficult to you, one thing you can try is to eat more frequently. This may include having more frequent meals or simply adding in more healthy snacks.

### **Calorie dense plant foods-**

If you are really struggling to increase your intake, you can try incorporating more calorie dense foods such as dates, nuts & seeds, avocado, potatoes, pumpkin, squash, dried fruits. This will allow you to get more calories in without such a big volume of food.



## OVER-EATING

It is far less common, but not unheard of, to **over-eat on a vegan diet**. Signs associated with this include feeling heavy or sluggish through-out the day and gaining weight. Over-eating is more frequently due to the **types of foods** that are being eaten and can be easily combated with some gradual changes.

Some common causes of over-eating are:

**Relying heavily on processed foods-**

Just because a food is vegan, does not mean it is a health food! Packaged foods such as crisps, biscuits, cakes etc should be kept to a minimum. This also involves foods such as packaged vegan cheeses and fake meats. While they are a brilliant transition tool, they should be reduced and whole-food choices made abundant as the main focus. We will delve into some good alternatives in next weeks section.

### Using lots of oils-

Oils are extremely high in fats as well as calories. They are extremely easy to over eat on due to this.

### Over-eating on high fat foods such as nuts, coconut and avocado

High-fat foods are high-calorie foods. While these are all wonderful, nutritious and important foods to include, they should be eaten in small amounts. Refer back to the [food pyramid](#) for a reminder if you need to.

### Over-eating on processed grains

**(white rice, white flour etc)**

Processed grains cause surges in blood sugar, then causing bigger cravings later in the day. Not only this but processed grains themselves can be quite addictive! Both aspects can lead to over-eating.

Here are some solutions to over-eating:

### **Increase whole-grain intake-**

Fibre-rich whole-grains release energy slowly, assist to maintain healthy blood sugar levels and unlike their processed counterpart, contain some healthy plant-proteins to keep you fuller for longer.

### **Increase fruit and vegetable intake-**

These foods high in fibre, a powerhouse of nutrients and low in calories. They will fill up your plate without over-loading your energy supplies.

### **Reduce oil use as much as possible-**

Oil is a refined fat and is extremely calorie dense, these should be used as little as possible. Try to use alternative cooking methods (as mentioned in

Wholefood *Simplicity*) and use sparingly if you do choose to use it.

### Slowly cut out processed items-

Though you may find it helpful, at first, to include some vegan alternatives such as fake meats and vegan cheeses etc. It is important to not rely on these as a long-term solution. It is OK if you are not at this point yet! However, it should be the eventual aim to reduce these processed items and replace with whole-food choices.



## QUANTITY

So what should we be eating?

It is recommended for women age 19 to 30 who do not exercise, that calorie intake should be around **2000 calories**, with active women increasing to **2400**. Calorie intake **does not need to be exactly the same each day** and should change depending on your activity levels and needs. We have included an **average recommended amount** to assist you in ensuring you are not drastically under or over eating.

If you suspect you may be under or over eating or are struggling with any of the symptoms we mentioned. A really great way to **get insight** into where you may be miscalculating is by tracking your food intake, for **just a few days**, on an app such as **cronometer** or **myfitnesspal**. These are free apps that allow you to input your food and drink intake to measure your nutrient and calorie intake.

We recommend doing this for no more than a few days to prevent any obsessive behaviour patterns around tracking nutrient and calorie intake. Also to encourage **listening to your body** rather than relying on a computer. We absolutely encourage **intuitive eating**, establishing a relationship with your body and **understanding its signals**. If you would prefer one on one assistance with this please get in touch.

Try not to think in calories too much and instead enjoy **abundance of healthy, nutritious foods**, eat till your satiated, keep oils as minimal as you can and don't go crazy on high-fat foods like nuts and seeds. Refer back to the **Food pyramid** if you need a reminder!



GET HELP: If you feel you may be struggling with an eating disorder or are feeling triggered by talk around calories, you are not alone. You can get confidential support on free Eating Disorder Hotlines. Click [HERE](#) to find the list.



BE KIND TO EVERYONE  
INCLUDING YOURSELF

# SECTION 3

**Self Assessment-** See how you are developing and what areas need more attention (20-30mins)

**Simple Healthy Swaps-** Find out what basic switches you can make to boost nutrition and feel more alive through your diet (15mins)

**Your Healthy Swaps Challenge-** Create your new healthy choices using your fresh knowledge and ideas. (20-30mins)

**Media Mindfulness-** Discover the importance of mindful media consumption (10-15mins)

**Media Mindfulness Practice-** Develop your personal awareness and take on tasks to make media benefit your mental and physical health. (15-20mins)

# SELF-ASSESSMENT

Well done on taking the time and energy to put in so much positivity and blessing to your life.

The time has come again to reflect on the previous session's content, your triumphs and areas for improvement. Remember that you do not need to be perfect!! What matters is that more consistently you do actions towards your goals than not. What you do most of the time is what will dictate your results. This will become more consistent over time as your routines and hacks become good habits, so don't give up!

"HAVE NO FEAR OF  
PERFECTION; YOU'LL NEVER  
REACH IT"

-SALVADOR DALI

Take some time away from distractions to reflect on your answers, write down your thoughts if this helps. You may be surprised at what you realize has been working for you and what has not!

- What has inspired me?
- What new things are benefiting me?
- What would I like to experience more of?
- How can I achieve this?
- Have I managed consistent steps towards my goals?

- If not, what could help me to achieve more consistency?
- What healthy foods have I enjoyed?
- How can I incorporate more of those into my life?
- What new practice(s) would I like to implement into my life in the future?
- How can I make this happen for myself?



# SIMPLE HEALTHY SWAPS

One of the best things we can do is to pay attention to the simple swaps we can make to add in **better nutrition** to our current diet. It is important to recognize what choices we are making and which more optimal choices we could make to **work towards our goals**.



Below is listed some basic common unhealthy foods and the alternatives that can easily replace these foods for better health and

support you to **feel more alive and satisfied.**

#### **WHITE BREAD OR WHITE FLOUR CRACKERS-**

*Refined white flours are bleached and processed, low in fibre and essential minerals. Eating these can cause more cravings due to blood sugar spikes. Some wholefoods alternatives are:*

- Rice cakes (Made from brown rice)
- Corn cakes
- Rye crackers
- Wholegrain breads
- Multi-grain breads

#### **WHITE RICE OR PASTA-**

*A few of many wholegrain alternatives include:*

- Wholegrain Pasta
- Gluten free Pastas (edamame, black bean, quinoa, corn etc)
- Brown rice
- Buckwheat

- Quinoa
- Spelt
- Barley

**CRISPS-** *This tempting snack is high in saturated fat and table salt. Similar replacements could be:*

- Homemade baked crisps
- Kale Chips
- Baked Alternatives
- Popcorn

**FIZZY DRINKS-** *Commonly high in sugar or artificial sweeteners that can lead to addiction and malnourishment. Some refreshing but satisfying alternatives are:*

- Sparkling Water
- Fruit infused Water
- Fresh Juices
- Smoothies
- Water! (the more you drink the more you will start to love it)

**ALCOHOL-** *This addictive substance causes a huge reduction in anti-oxidants, depletes the body of electrolytes such as potassium and magnesium and can contribute to depression and anxiety. If you enjoy the taste but desire to reduce negative impacts give these a go:*

- Alcohol-free beer or wine
- Mulled grape juice
- Cucumber & lime tonic water

**MILK CHOCOLATE-** *Commonly full of processed sugar and cows milk, chocolate can be highly addictive. The good news is you don't need to give it up! Simply give some healthier alternatives a try:*

- Dark chocolates (the higher % cacao, the less sugar)
- Raw Chocolates
- Cacao nibs
- Cacao powder
- Carob

**EGGS (cooking):** *Eggs are high in cholesterol and carcinogenic animal proteins. For cooking try out:*

- Tofu (texture of egg)
- Black salt (tastes like egg)
- Chickpea flour! Yes, there are many recipes for vegan egg alternatives with a chickpea flour base!

**EGGS (baking)-** *Eggs are easy to replace when baking. Different recipes can be adapted using any of these in place of eggs:*

- Banana
- Chia seeds
- Flax seeds
- Vegetable Oil
- Egg Replacer (available at wholefood shops & some supermarkets)
- Aquafaba (chickpea water!)
- Applesauce

**BUTTER AND MARGARINE-** *Ditch dairy's hormones and addictive qualities with some wholesome, nutrient dense alternatives:*

- Avocado
- Hummus
- Nut butters
- Healthy oils (uncooked & minimal)- Hemp, flax, olive etc

**SWEETENERS AND SUGARS-** *Processed sugar causes blood sugar spikes and in turn can bring about huge swings in mood and cravings. Try these low GI sugar alternatives for a more balanced, nutritious sweetener:*

- Monk Fruit Sweetener
- Agave nectar
- Dates
- Stevia
- Maple syrup

**Table Salt-** *Table salt is highly processed and depleted of minerals, stick to minimal amounts of unprocessed salts:*

- Sea Salt
- Himalayan Crystal Salt
- Rock Salt

*SWEETS- Candies are high in processed sugar and other undesirable additives such as colourings and preservatives. Some sources of natural sugars to satisfy a sweet tooth include:*

- Dried Fruit
- Dates
- Fresh Fruit
- Energy balls
- Wholefoods snack bars

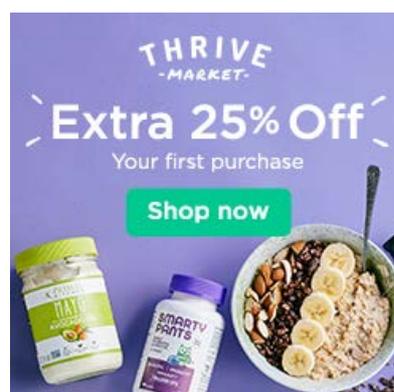
*CHEESE- Dairy cheese contains high amounts of unhealthy fats as well as addictive hormones. Some of these wholefood alternatives can be used in various dishes:*

- Cashew nuts
- Pine nuts
- Nutritional Yeast
- Fermented cashew cheese (see online for recipes)
- Packaged vegan cheeses are an alternative that should be used sparingly, these are not always optimal ingredients, though are a lovely treat!

DAIRY MILK- *Cow's milk has been linked to increase in particular cancers and increase risk of osteoporosis and other chronic disease such as acne, eczema and digestive disorders. Try different plant-based milks to discover your preference. Preferably opt for unsweetened brands. A few to try include:*

- Almond Milk
- Soya Milk
- Hemp Milk
- Coconut Milk
- Cashew Milk
- Rice Milk
- Oat Milk

Many of the less common items in this this can be found online in amazing vegan and organic grocery stores such as Greenbay (UK) and Thrive Market (USA)



MEAT- *Animal proteins have been linked to cancers and heart problems. Cravings for meat can be easily overcome by including more nutrient-dense plant protein sources such as:*

- Tofu
- Beans and pulses
- Jackfruit- {can be substituted for fish or pulled pork depending on the cooking method)
- Tempeh
- Coconut bacon
- Bean burgers
- Nut roasts
- Vegan meat alternatives (please be advised these are not *always* a healthy choice, read the labels and look for wholefood choices)

The list above is just an idea of some of the most common and important foods for people to switch up for better health. **You are not limited** to the alternatives listed and more alternatives and ideas can be found through **recipes and experimentation,**



## YOUR HEALTHY SWITCHES CHALLENGE

This challenge is to get you applying the idea of simple switches to your healthy regimes. Depending on what stage of your journey you are at, you may be able to think of only a couple of switches or you may be able to think of many!

-Try to think of the **3 top switches** you would like to make and focus your time on getting those down.

You can come back to this at another time and make further changes if you have many that you would like to try. However, it is

important to **go steady** and not overwhelm yourself.

-Take some time to think about your **dietary choices and desires** using the questions below:

- What are 3 foods that I eat, or crave to eat, that are not necessarily optimal choices? I.e: White flour, biscuits, fried foods, table salt etc.
- Is there a healthier alternative I can simply switch to?
- Is there a wholefoods recipe for an alternative I can home-make?
- How might making this switch benefit me?
- What do I need in order to make this switch? (Ingredients? Time to make?)

-Schedule in some time during the duration of this section to *apply this practically* to 3 switches. This may require a little research for recipes if necessary. Enjoy the beauty of taking your nutrition into your own hands and giving your body the best!



# MEDIA MINDFULNESS

Getting into **the right mind set**, and finding ways to return to it, is paramount for the success of **new healthy habits**. This is why completing the daily **Mind Align Practice** can help to **train your brain**. The idea is for you not only to **be reminded** of what is important to you and what you desire for your self, but also to **train your brain** into allowing more **gratitude, self-love and conscious decision-making**.

This process can be challenging to some people at first however it does become easier with time! No matter where you are at in your journey, **sticking with it** will slowly **condition your brain**, much like training a muscle to be stronger.



There are other day-to-day elements of life in which you can make **simple changes** to optimize your **positive processes &** health journey.

The average person spends around **27 hours per week** watching television, adding up to a shocking average of **10 years of life** spent watching TV! Social media statistics also have high averages of **14 hours per week**, equating to around **5 years** spent on social media.

You may be above or possibly way below this average. Whatever the case, being conscious of your inputs and intentionally keeping inspired with food and health will greatly benefit your eating habits and general mindset.

Social media can be deceiving & uninspiring; there are many illusions of 'perfect' lives and **constant streams of adverts**. On both social media and TV, we are plagued by adverts which benefit from **making us feel we are missing something**, or not good enough, in order to **sell us something** that we don't really need. We might not even realize we are being exposed to some adverts such as product placement in films and social media.



Note: Even superheros need a little inspiration.

We can make simple changes to enable us to enjoy **benefits of relaxing**. We can utilize this time for our

benefit by allowing our minds to be stimulated with **something positive**,

Take care of what you are **choosing to expose yourself to**, Bring awareness to what is not serving you and **remove negative influences**. You may choose to reduce your time spent watching TV or using the internet, this can help you to be **more productive** and **focus your mind** on healthier activities. If you choose to still use Internet or television, try to **utilize that time** to watch something positive. This can be an **inspiring** documentary, healthy vegan recipe videos, an audio meditation or any **other good influences** that will **enhance your health journey** through better knowledge, a calmer mind or fresh inspiration.



On the next page you will find a practice to **bring awareness** to your personal media consumption.

Take the time to answer the questions. You may wish to print out the form or write down your answers- Print page 114-117. These questions can be used to **re=assess** your media use after you have finished the guide, this acts as a **check=in to remind yourself** of these important aspects of **mental and physical well=being**.

SURROUND YOURSELF WITH  
MORE OF WHAT LIFTS YOU  
UP. WHAT YOU FOCUS ON,  
YOU BECOME.



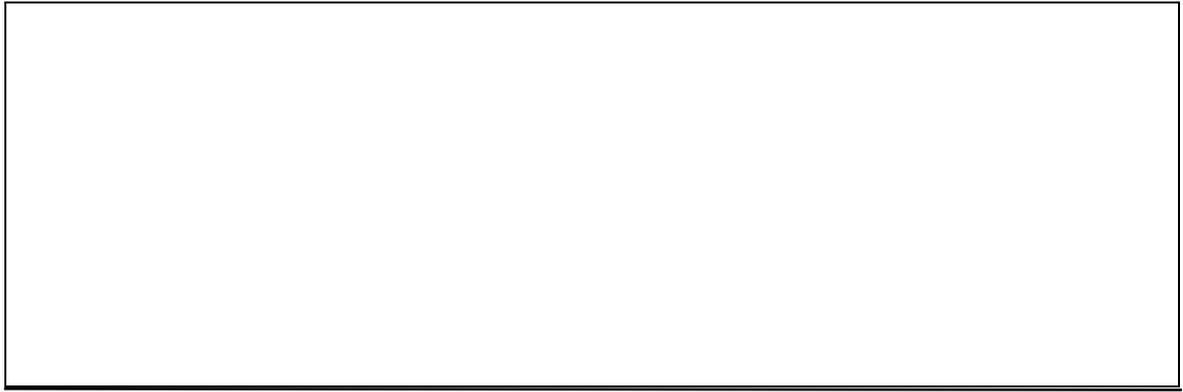
## MEDIA MINDFULNESS & SELF-AWARENESS

Get ready to delve into media mindfulness. You may wish to read through these questions and then complete this at the end of a usual day of media usage. This will enable you to think about the questions as you go through your usual processes. Some or all of these may apply to you, answer what you can and is right for your current situation.

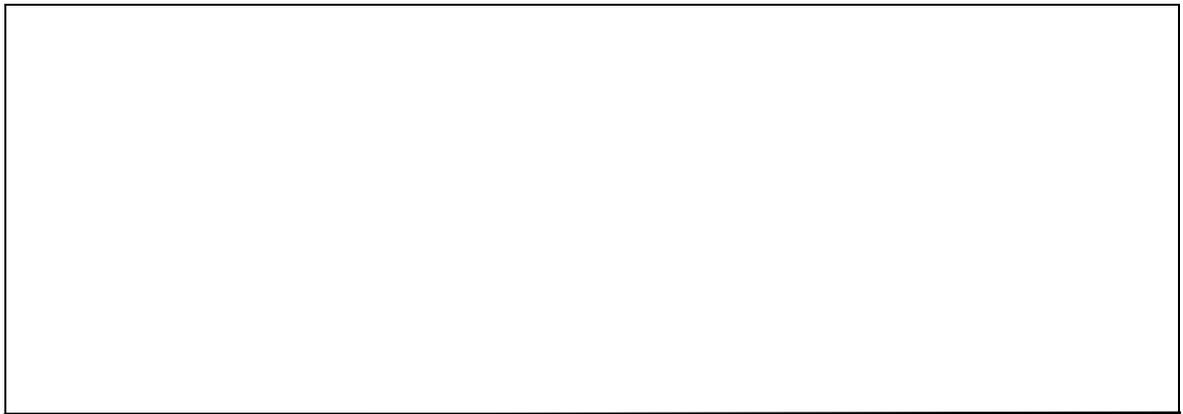
FREQUENCY: How often do you watch television or online programmes?

\_\_\_\_\_

FEELINGS: Do you ever feel stressed, restless, down etc. while watching TV or just after?  
Please elaborate:



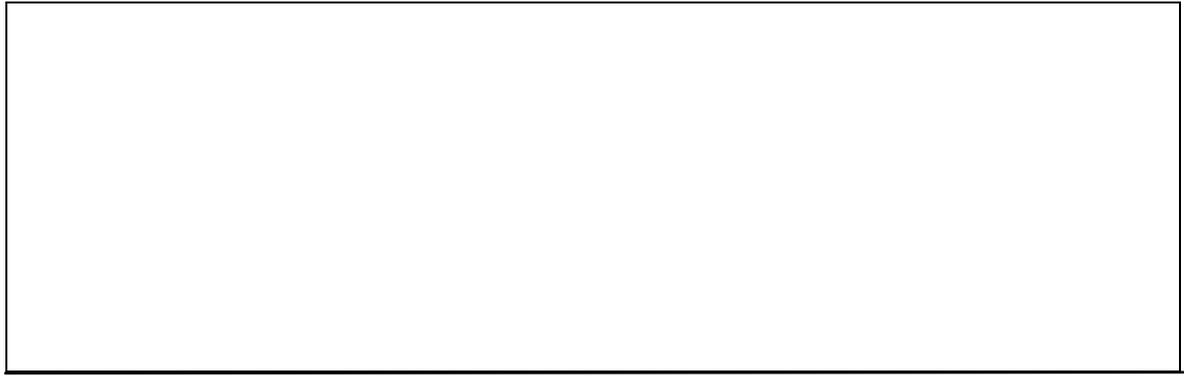
OTHER INSPIRATION AND PRODUCTIVITY: Do you feel like there are other activities you would like to do more of?



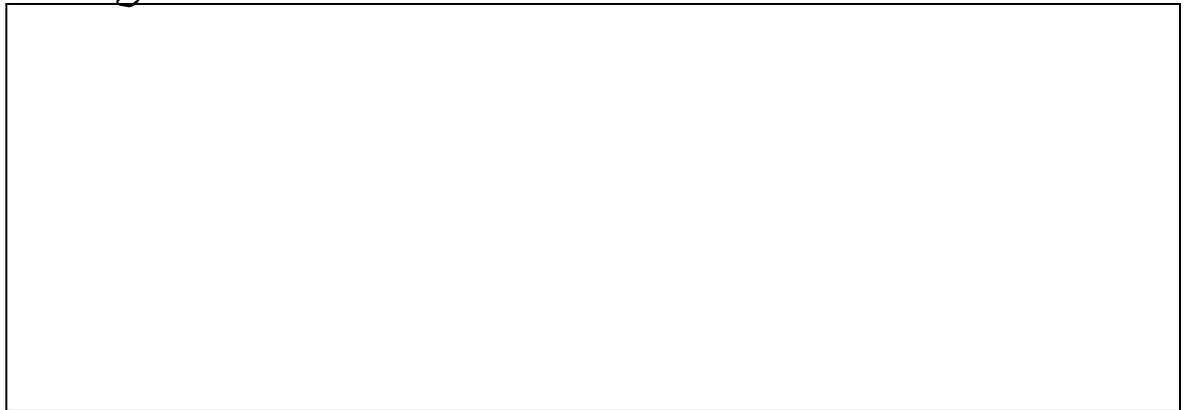
GOING FORWARD: With your answers in mind, how can you use your time wisely to choose to consciously watch or not watch television?



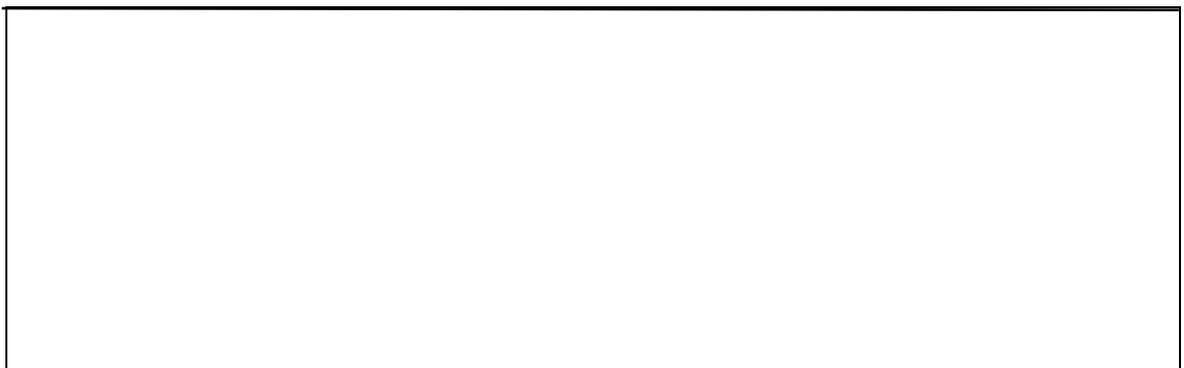
FREQUENCY: How often do you use social media?



AWARENESS: Do you feel like the adverts you see enhance or hinder you? Please give your thoughts:



INSIGHTS: Do you see any aspects that are false  
E.g.: Digitally manipulated, inaccurate depictions etc?



BENEFITS: Do you feel there are any aspects of watching television that benefit you?

---

BENEFITS: Do you feel there are any aspects that benefit you?

AWARENESS: Are there any particular aspects you feel affect you negatively?

RE-ASSESSING: From your answers, what would you like to do going forward to utilize your time and your social media use more beneficially?



Thank you for taking the time to dedicate awareness to media mindfulness.

## MEDIA MINDFULNESS CHALLENGE

It is time to set the intention in putting your media mindfulness **into action,**

-This will involve taking at least **just one hour** each week to watch, listen to or read something **educational & benefiting** in place of usual un-productive social media or television time.

-You may choose to also **reduce your other media consumption,** However this is your choice based on your outcomes of your mindfulness and desires going forward.

-If you do not usually use social media or TV, add in the practice of intentional research and inspiration time.

If you are in need of ideas on alternatives that may benefit you, check out the resource section at the end of this guide. Make sure to pay attention to any differences you feel. Are you more **inspired, conscious and present?**

Try to **stay aware of fad diet trends** that may seem tempting. There are many, even within the vegan community, that are **restrictive and nutritionally imbalanced.** Having inspiration is important, but **choose wisely** and keep grounded in your choices.

Put in place your intentions on your Transformative To Do List or a suitable place for you.



## REMINDER:

A wholefoods diet should be **satiating and nutritious**, Here are some things to keep in mind:

**IS IT A BALANCED MEAL?** A balanced meal will provide a **healthy range of nutrients** and food groups. Refer back to the **food pyramid** in section 1 to remind yourself of this.

**IS IT PROCESSED?** Processed foods should be minimized as much as possible or even avoided completely. This includes processed grains such as white flour, sugar and packaged foods

with additives etc. Eating less processed foods means more room for **higher quality foods** and therefore **more nutrition** for the body.

**VARIETY:** Having a **range of foods** is important. Try different types of beans and pulses, grains, vegetables etc. Having a variety will make it easier to get a **balanced and complete range of nutrients**.

**NUTRIENT DENSE FOODS-** Eating foods that are **rich in minerals and vitamins** enables us to get **more nutrition** from less calories. **Whole, plant foods** are commonly nutrient dense. Some of the most nutrient dense foods include leafy greens, fresh herbs and green vegetables.



"TAKE CARE OF YOUR  
BODY. IT'S THE ONLY  
PLACE YOU HAVE TO  
LIVE."

-JIM ROHN



# SECTION 4

(Final chapter- Make the most of it!)

**Self Assessment-** Check in with yourself and reflect on the last session's outcomes.  
(20-30mins)

**Understanding Cravings-** Learn about the science of your cravings and how you can approach dealing with them (15mins)

**Your Cravings Challenge-** Minimise and tackle your own personal cravings (30-45mins)

**Importance of Hydration-** Read about how hydration may affect your body and assist you with your goals (15mins)

**Hydration Challenge-** Time to raise a glass to good health & set new intentions (15mins)

**Common Questions-** Answers to some of the most asked questions on vegan health and nutrition (15mins)

**Going Forward-** Some useful advice and reminders to take on board for life after

completing the Vegan Health & Self  
Empowerment Guide (20mins)

**Resource Guide**- Keep inspired and motivated  
using some of the recommended resources  
(Open Ended!)

## SELF-ASSESSMENT

Activate your awareness and accelerate  
towards your goals by checking in on  
your progress, desires and needs going  
forward.

Once again, take some time away from  
distractions and delve deep to answer  
these questions below with as much thought as  
you can. The further you think about your answers,  
the more you will get out of the practice.

Find below some useful questions to  
think about:



- What aspect of the last section has benefited me most?
- What things have been working well for me during this time?
  - Have there been any areas I have neglected?
    - If so, why?
- What could assist me to handle these areas better in the future?
- What would I like to experience more of?

- How can I achieve this?
- Am I still feeling inspired and dedicated to my goals?
- If not, what goals are inspiring me now?
  - What healthy foods have I enjoyed?
  - How can I incorporate more of those into my life?
- What are my current biggest motivations & inspirations?
- What could help me to continue to do things daily that take me towards my goals?
- What am I most excited by in this journey?



Reflections are a wonderful way to remind you of what you desire and need in life in order to **feel most fulfilled**. They allow you to **re-assess what direction you are heading** and if it's one that you want to go in. Using this kind of tool at selected intervals is **extremely effective** at confirming that you are staying on a **positive and intentional path**.

These self-assessments can be **transferred, going forth**, to longer intervals such as bi-weekly or monthly. **Setting a specific date** or time of month, that you will **remember to reflect** on things, ensures a good routine. This can be done on the first of every month, another memorable date, or even over new

moon or full moon if you keep track of the moons cycles.

Take a few moments to set in place an **intention for a practice** that will be most conducive to **your needs and desires**.

-**THINK OF WHEN AND HOW** you will do the practice. Would you like to write down your thoughts? If so where?

-**SET IN PLACE ANY REMINDERS** you need such as a note on a calendar or a reminder on your phone. What will work best for you?

-**DECIDE ON QUESTIONS** to help you to assess most effectively. You may choose to create your own or to use ones from previous assessments.

If it will be helpful, write these down where you can easily access them or come back to the guide to look at them.

If possible: Do all these steps now before  
moving onto the next segment!



"RE-INVENT YOURSELF  
OVER AND OVER AND  
OVER AND OVER AND  
OVER UNTIL YOU FIND  
HOME.  
THERE IS NO TIMELINE  
FOR THE SOUL."

— MALEBO SEPHODI

# UNDERSTANDING CRAVINGS

Cravings can be caused by a number of different aspects of diet and daily life.

However, *they do not need to have a strong hold on your everyday choices.*

Here you can learn about different causes and possible solutions!



## CAUSES OF CRAVINGS:

- **Addictive foods**

Many processed foods cause intense cravings due to their addictive effect. This includes foods high in fat or sugar, or containing sweeteners, salt and additives. These foods are designed to keep you coming back for more.

They can even affect your flavour palate, meaning that foods more natural in flavour do not seem to taste as good. This does change in time as these foods are cut out.

Dairy is another addictive food. Cows milk contains hormones such as casomorphins. This hormone ensures a baby cow will keep coming back to their mother for more; it aids their rapid growth. In cheese especially, this hormone is present in large amounts due to the production method.

- **Emotional Eating**

Emotional eating is extremely common and makes us more likely to opt for unhealthy, comforting foods that trigger a response in the

reward centres of our brains. This temporarily over-rides our emotional distress, boredom, depression and other difficult feelings, though the effect does not last long at all and creates further difficulties for us in the long run.

- **Gut bacteria**

The bacteria of your gut are fed by what you eat and they grow accordingly. Bad bacteria can be fed by fatty and sugary foods and the thriving bacteria will therefore ask for more of whatever it is used to being fed. Luckily this also works in reverse. If you eat more healthy and fresh food, you will start to crave more of it as it feeds good bacteria.

- **Lacking nutrients**

If you are eating a diet that is low in nutrients or simply not eating enough, your body may be undernourished or potentially malnourished.

This can even apply to people who are over-eating and over-weight. If the body is receiving

calories but not obtaining adequate nutrients, it is in effect being starved despite the calorific surplus. This is why hunger can continue to occur after eating processed foods, even though there has been a surplus of calories.

This can also apply if you have become overly hungry. Your cravings can go wild as the body activates survival mode and desires a large amount of calories and as rapidly as possible. This hunger often causes cravings for fatty, dense foods such as pizza, fried foods, cakes etc. and usually results in over eating. An extreme example of this would be binge eating.

- **Dehydration**

The feeling of thirst is surprisingly easy to mistake for hunger. When the body is dehydrated, eating can seem to never quite fully satisfy the body no matter how much is eaten.

- **Lack of Sleep**

Having a lack of sleep causes a surplus in hormones that regulate our appetite. This results in over eating, particularly on sugary food and carbohydrates. The body is lacking energy and is attempting to get energy from another source.



### **SOLUTIONS FOR CRAVINGS:**

Although there are a number of different reasons for cravings, the solutions and preventatives remain less complex since many cover multiple possible reasons for the cravings.



- **Hydrate!**

When a craving strikes, having a drink of water will not only ensure the craving was not simply dehydration but also allow some time for the craving to settle down or pass.

- **Eat something healthy!**

Supplying the body with an array of nutrients and minerals will not only keep your body thriving but also keep your gut bacteria in balance and subdue any junk food cravings. There are some specifics that can narrow down exactly what to eat to bust your cravings:

If craving sweet, sugary foods, try eating some fresh or dried fruit. Salty food cravings are often a desire for minerals, which are plentiful in vegetables, greens and natural sea & rock salt. Cravings for greasy or fried foods can be satisfied with protein rich sources and heavier plant-based foods. Such foods are beans and pulses, sweet potatoes, tofu, nuts & seeds and more! It may be helpful to create a meal similar to that which you're craving such as a vegan burger or pizza, loading it up with the right goodness to bust your cravings!

- **Breathe!**

Cravings do not last forever. Re-centring yourself can bring you out of the moment of urge and back to a more grounded, logical place to make decisions.

This is also a time to pay attention to emotional states, for instance, if you are eating out of boredom or wanting to suppress uncomfortable feelings such as depression, anxiety or stress. A wonderful habit to develop during these times is to instead reward

yourself with a healthy practice that you love doing. This can be anything such as a walk in nature, doing something creative, visiting or calling a close friend or dancing! Try doing anything that feels rewarding and has potential to assist in changing your mood positively.

• **Eat it!**

I know, shocking! To elaborate, happiness is a necessary part of a healthy life. This can mean from time to time choosing, consciously to enjoy a food that is not an optimal choice.

What matters is that you do not feel guilt around this choice or let it affect your overall choices. The importance lies in *most* of your choices being healthy whole-foods that support your vitality. Giggles and cake with some friends will not ruin this if it is simply an occasional, conscious choice made with love.



## PREVENTING CRAVINGS:

- **Stay satisfied**

Ensure that you are eating enough! Low calorie foods take up more room on the plate, eat abundantly and stay satisfied!

Nutrient dense foods such as vegetables, fruits and wholegrains enable the body to thrive.

High protein plant foods such as pulses, nuts, seeds, tofu and potatoes offer a feeling of being fuller for longer.

Health comes from **ABUNDANCE!**

- **Carry healthy snacks**

Having crave-busting snacks to hand will ensure your healthy options are just as convenient as reaching for junk. This will maximise your chances of choosing the healthy option.

- **Stay hydrated**

Staying hydrated can prevent over eating or snacking due to thirst. It is also a wonderful healthy habit to create. Water is the best drink to hydrate the body and can be flavoured using fruits and herbs such as mint for a refreshing taste. Highly caffeinated drinks such as energy drinks and coffee are not as effective for hydrating as they have a diuretic effect, meaning they cause more frequent urination. Hydration will be explained in more depth later in this section.

- **Mindfulness**

Having an awareness of your emotions and its effects on your eating habits enables

you to make choices that promote your mental and physical health over suppressing emotions, potentially using food. Mindfulness will also give you improved mental capacity to deal with strong cravings when they come up, enhancing the ability to make logical choices that will benefit your longer-term desires.

- **Adequate Sleep**

The amount of sleep you need is a personal requirement. For most people this varies between 7 to 9 hours.

Making sure you go to bed at an appropriate time in order to feel well rested will ensure your hormones are well balanced, cravings minimized and your mind functions at its best!



## YOUR CRAVINGS CHALLENGE

Your cravings challenge comes in 2 parts, a **written exercise** to get you thinking and a **practical challenge** to solidify this new information into your healthy habits.



## PART I

Here is a short exercise to get your mind **linking the new information** to your individual situations. You may benefit from writing down your thoughts in order to process the information most effectively:

1. Think of 2 of the most recent **UNWANTED CRAVINGS** that you have experienced and given into.
2. Take a moment to **ASSESS WHAT MAY HAVE CAUSED EACH CRAVING**- it may help to look back through the list of potential causes and to think about your situation, stresses and eating patterns during that time.
3. Keeping in mind the preventive measures for cravings, **HOW DO YOU THINK EACH OF YOUR CRAVINGS COULD HAVE BEEN PREVENTED?**
4. Should this or a similar craving arise **IN THE FUTURE, HOW COULD YOU DEAL WITH THE CRAVING EFFECTIVELY?** Refer back to the list of solutions if necessary.

It is important to think in terms of applying your knowledge to your own, particular cravings. This will help the brain to connect the information to the reality of your individual life.



## YOUR CRAVINGS CHALLENGE PART 2

With your mind connecting this information to your personal life, it is the perfect time to try out some preventative measures as well as solutions.

## Your practical challenge:

1. Focus in on the 2 PREVENTATIVE MEASURES you believe could benefit you the most and apply these to your routines. It may help you to make note of these and put a reminder where you will commonly see it. If you are able to, do this now!
2. Should any cravings arise, you can use this as a perfect chance to TRY OUT ANY OF THE CRAVINGS SOLUTIONS listed above. You can choose to try one of or a combination of solutions. To find the best ones for you, it may help to think about what may have caused your craving. Write down your experiences to cement this into your brain.

Experiencing cravings **does not need to be seen as a bad thing**. They are **temporary** and will always pass; they are a great opportunity to **get to know your body and mind** further. They offer chance

to operate **will power and mindfulness**  
during circumstances that feel challenging.



"WHATEVER WE PLANT IN  
OUR SUBCONSCIOUS MIND  
AND NOURISH WITH  
REPETITION AND EMOTION  
WILL ONE DAY BECOME A  
REALITY."

- EARL NIGHTINGALE

# COMMON QUESTIONS ANSWERED

People have many different concerns when it comes to a plant-based diet. Some concerns are simply myth and some may be valid. The following are some of the most commonly asked questions regarding vegan diets:



**Q.** Will I get enough protein as a vegan?

**A.** In short, *yes*, if you eat a varied and balanced **wholefoods plant-based diet**

you should be consuming a more than adequate amount of protein.

There are **amino acids** (the structures that make up proteins) **in most plant foods**.

Some contain higher amounts such as **legumes, beans, nuts, seeds and dark greens**. Other foods such as **wholegrains, potatoes and bananas** are reasonably high in protein as well!

Getting a **full range of these amino acids** can be as **simple as beans on wholegrain toast**, Literally! This combination provides a full range of amino acids at a high level.

There are many **vegan athletes and bodybuilders**, in which **protein is vital** for recovery. These athletes include **top class sports men and women**, even Olympians and bodybuilders!



Q. Should I take any supplements as a vegan?

A. Many vegans choose to supplement **vitamin B12**. Non-animal sources of B-12 are un-reliable as they are mostly **available in fortified foods and drinks** or in soil. Due to modern farming methods using mono cropping and pesticides, **soil cannot be relied upon** as a source of B-12. **Supplementation is convenient, reliable** and a great alternative to including animal foods that can cause other problems for your health, the earth and the animals involved. A **vegan multi-vitamin** can be beneficial, especially for those transitioning to a vegan diet and do not have all the knowledge and experience yet. A good **multi-vitamin** for vegans should contain **vitamin B12, Iodine and Vitamin D**.



**Q. Are vegans more likely to be anaemic?**

**A. There are two types of anaemia.** Anaemia caused by a **vitamin B12** deficiency, and anaemia caused by low **iron** levels. B12 anaemia, as discussed before can be a problem for vegans. However, **supplementation is effective** and a great alternative to including foods that increase risk of disease!

Iron based anaemia **is not more common** in vegans due to the combination of non-heme (non-blood) **iron and vitamin C** present in plants, as the vitamin C aids absorption. Some of the most potent vegan sources of iron include **blackstrap molasses, pulses and beans, dark leafy greens and potatoes,**



Q. Where do I get calcium on a plant-based diet?

A. Calcium is available in adequate amounts in many vegan foods. Some foods such as non-dairy milks and even cereals are fortified with calcium. However, it is naturally provided in high amounts in leafy greens, oats, soy products, almonds, sesame seeds and many other wholefoods.



Q. How do I get healthy omegas without consuming fish or eggs?

A. Some of the world's best sources of healthy omegas include flax seed (or oil), chia seeds, walnuts and hemp seeds. In-fact, flaxseed oil has been proven to contain more Omega 3s than fish oil.

Flaxseed oil can be used to dress salads or taken as a supplement if you are concerned about getting adequate omegas.

There are also many vegan Algae based Omega 3 supplements available.



"YESTERDAY I WAS  
CLEVER, SO I  
CHANGED THE  
WORLD. TODAY I AM  
WISE, SO I AM  
CHANGING MYSELF."

—RUMI



# IMPORTANCE OF HYDRATION

Keeping the body **sufficiently hydrated** is a habit that can have an **effect on many different aspects** of health and wellbeing.

Our bodies are made up **primarily of water**; in-fact around 60% of the body is water. From skin to muscles and even bone!

Shockingly, bone is around 30% water!  
**Without water, our bodies fail to function** and can shut down completely!



## SYMPTOMS:

You may or may not already know the **signs of moderate to severe dehydration.**

These symptoms can include any or all of the following:

- Dark coloured urine
  - Headaches
  - Fatigue
- Irritability and brain fog
  - Poor digestion
  - Constipation



## BENEFITS:

Even if you are not experiencing symptoms of dehydration, **your body may benefit from further hydration.**

Drinking adequate amounts of water assists the kidneys to **remove unwanted toxins and waste** from the body. If this water supply is not available the body can hold on to toxins. Therefore, sufficient hydration is important for **healthy, daily detox.**

Being hydrated can also aid **blood flow to the skin, muscles and brain,** assisting each to function optimally, resulting in improved performance and recovery.

As mentioned before, hydration can also aid in **reducing cravings,** especially those for sugar. The body lacks energy when dehydrated and struggles to access stored glucose for energy. This **causes cravings** for high energy, sugary foods when **all the body really needs is more water!**



Note: Playing with hoses does not hydrate the body ...water must be drank. However, fun is vital for health and you just might have heaps of it while playing!

## HOW TO HYDRATE:

The best way to stay hydrated is **to drink clean, fresh water**. However, this can be difficult or unpleasant to some people. The good news is there are many ways to **make water more tasteful** and plenty of **alternative drinks** that assist in hydration. Infusing water with fresh **fruits or herbs** gives some exciting flavours to water without adding high sugar content.

**Herbal and fruit teas** provide a comforting warm way to intake water and **coconut water** provides a sweet, tropical flavour.

Other drinks such as **fruit juices and smoothies** do provide hydration. However, they **should not be relied upon** for adequate intake throughout the day due to their **high sugar and calorie** content. **Caffeinated beverages** such as tea and coffee are best kept **to a minimum** due to the adverse effects of caffeine. **Energy drinks and sodas should be avoided**; they are high in caffeine, sugar, sweeteners and other additives.

Many **fruits and vegetables** are **naturally hydrating** due to their water content. However, this should **not be a replacement** for drinking water!



The amount of water recommended for adults by the NHS (British National Health Service) is around 8 glasses or just over 2 litres per day. This statistic is actually meant to be a vague guideline and can vary greatly depending on your circumstances such as your intake of water rich foods, the climate you are exposed to and your activity levels during the day. This 8 glasses rule also includes the amount of water you're getting from drinks other than pure water.

If this seems confusing, which really it is, the best thing to do is to simply listen to your body! Drink when you are thirsty and if you feel saturated, then don't force yourself to drink more.

Read on for your Hydration Challenge, in which you will find some steps to improve the quality of your hydration and better understand the signals from your body.



## HYDRATION CHALLENGE

Please read through this information and then follow the bullet-point steps to put your hydration to the test.

The first part of this challenge is an **observation task**: This is something you may or may not already pay attention to in your body. However, spending some **intentional time** to examine your body's signals is beneficial and a great practice regardless of if this is new or old knowledge. Intentional observation can re-iterate good habits and assist in **deepening mind=body connections**. This allows for good habits to form, you may be surprised at what you notice!



•SET A DAY to intentionally pay extra attention to observing your body's signals of hydration.

-This means observing the colour of your urine, any symptoms you may be having that relate to potential dehydration as well as paying attention to feelings of thirst.

-Remember to set a reminder on your alarm, calendar or planner, wherever you will definitely be reminded in the morning.



The second part of this challenge is about setting some good hydration habits!

- **DRINK** a glass of water as soon as you get out of bed.

-Over night our bodies lose a lot of water, mostly through sweat. Re-hydrating in the morning will restore your body's water supply & provide more energy for the day!

- **Try 2 NEW WAYS** of drinking water.

-Even if you enjoy drinking plain water, sometimes switching up the taste gives a

refreshing new flavour and more incentive to drink it! Experiment with 2 new possibilities that you have not tried before.

This could be a new herbal or fruit tea, coconut water or try infusing water with fresh fruit!

- There are many options, you can utilise your research skills or check out some of the sites in our resource guide for specific ideas if you need them.

- Have an open mind; trying new things can go either way. You may find your new unexpected, favourite drink, or you may not enjoy it. This doesn't mean you won't enjoy the next new thing!



Note: This guy is almost there.. At least some of the water is going in his mouth. Maybe you can do better.

## TO SUMMARISE:

1. **Intentional Observation-** Optimize mind-body connection
2. **Drink water in the morning**
3. **Experiment!** -Ditch the bad and add in better!!



## REMINDER:

When switching over to a **wholefoods,** **plant-based** way of eating, you will most likely be eating more **water-rich,** **high fibre foods.** These are **highly nutritious**

foods that nourish your body. However, it is **common to under-eat** due to these foods being bulkier **yet less calorie dense**. If you are finding that you are hungry very soon after or craving un-optimal choices it may help to **add in more calorie dense foods** such as avocado, sweet potatoes, nuts & seeds, dates, coconut etc. This will enable you to consume a sufficient amount of food to **sustain your energy and health**. Do not be afraid to **eat big**, eat until you are **fully satisfied!** Enjoy!



NEVER GIVE UP!

FAILURE ONLY MEANS  
THAT YOU HAVE BEEN  
TRYING.  
IT IS PART OF THE ROAD  
TO SUCCESS.  
NEVER LET IT STOP YOU!



# GOING FORWARD

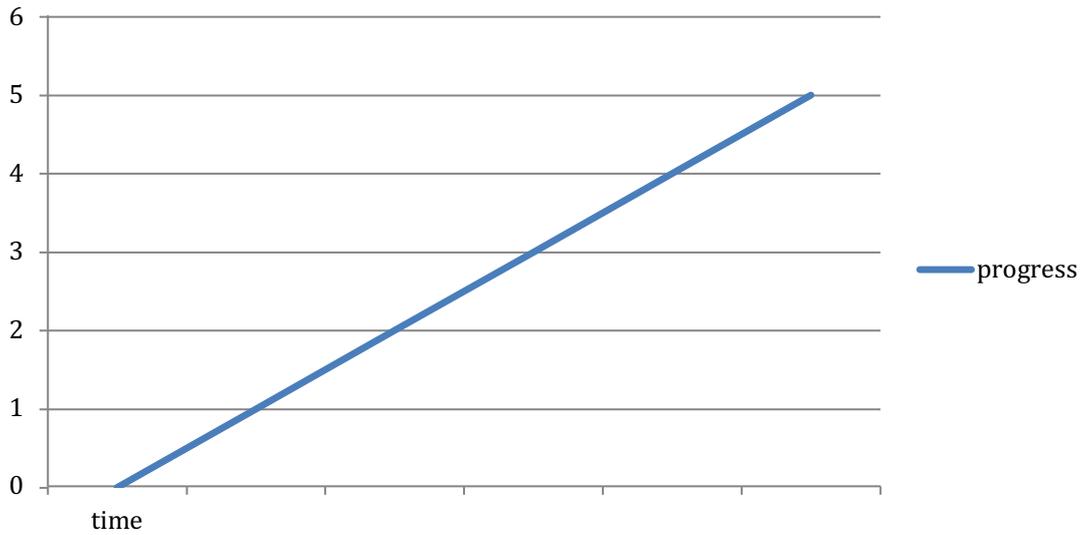
**Congratulations!!!** You have almost completed  
The Vegan Health and Self-empowerment  
guide!

It's time to think about **life after this  
guide.**

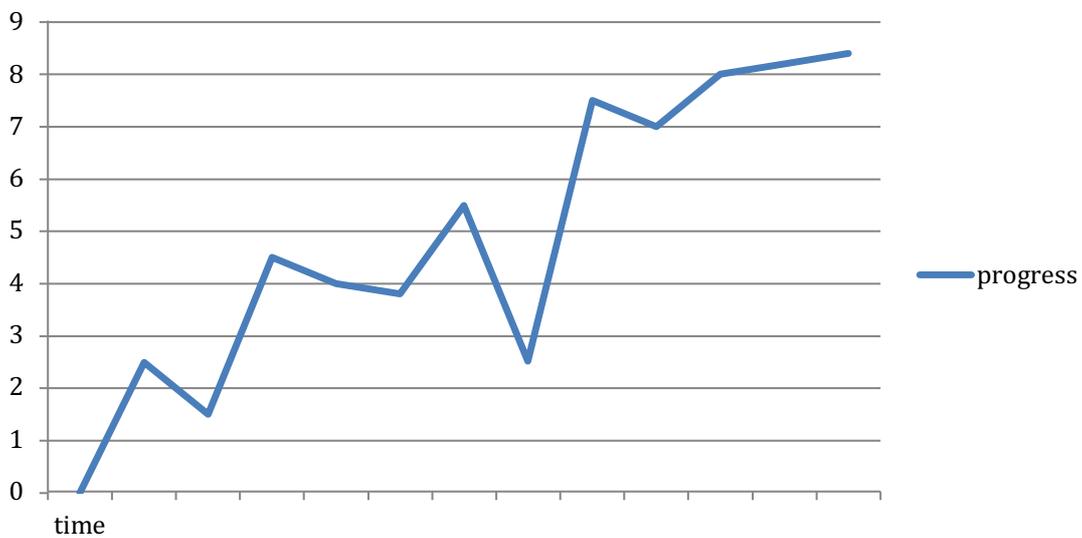
Lets take a moment to recognize the path of  
growth, what we hope and many believe it will  
look like, versus what it more commonly looks  
like..

Progress is a **journey of ups and downs,**  
the most important thing is **getting back on  
track..** The more you experience getting back  
on track, the easier it will become and  
**progress will continue happening**  
regardless of slip-ups, harder times or any  
other set-backs.

## Expectations:



## Reality:



Try to remember this in times of regression of good habits, health, self-care or other healthy, valuable regimes. **Forgive yourself and move on** from it with a **positive mind-set!**

Doing so empowers you to learn from mistakes and come back stronger.



### KEY POINTS TO CONSIDER:

Take care of your body!  
(Wholefoods!!)

The key to healthy, plant-based eating is a varied, well-balanced wholefoods diet!  
You can refer back to Wholefoods Simplicity to check the pyramid to understand what a well-balanced vegan meal should include.

## Take care of your mind

Mindfulness practices, such as the Mind Align method, will serve your mind and body in countless ways! Add in some inspiration, gratitude and positive influences and you're bound to continue growing in positive directions, most likely overflowing into other areas of your life.

## Take care of your soul ♥

Don't try to be perfect! Perfection does not exist. Be patient with yourself and enjoy the journey of learning and experimentation. Let yourself be creative, passionate and joyous! Have fun! Life is meant for living!

## Revisit & re-inspire

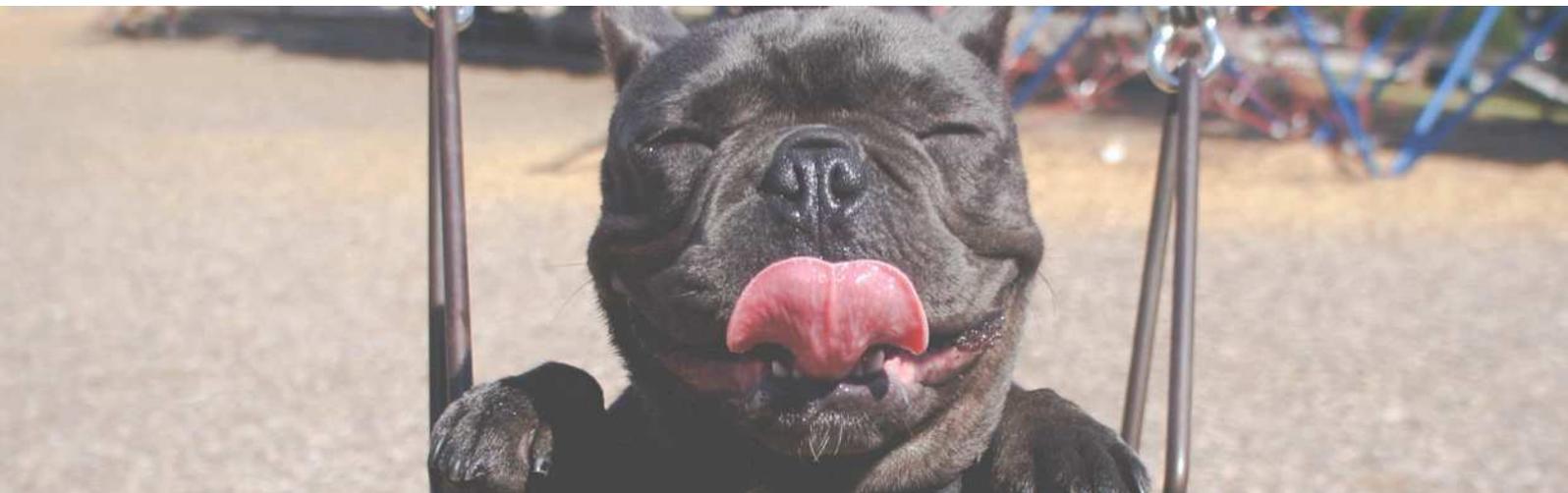
Going forward it's important that you are remaining inspired and motivated. It will benefit you to re-asses your goals and continue to find inspirational inputs to spark your

passion. You may even wish to re-visit sections  
of this guide!

Doing your monthly or bi-weekly self-  
assessment is the perfect way to determine  
any areas that need some focus.



THIS IS YOUR JOURNEY  
AND YOUR LIFE! MAKE IT  
WHAT YOU WANT IT TO  
BE!



# RESOURCE GUIDE

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## VEGAN FILMS & DOCUMENTARIES

Forks over knives (Vegan Health)  
Crazy Sexy Cancer (Vegan Health)

Vegucated (Vegan Health)  
Carnage 2017 (Mockumentary)  
Supersize Me (Unhealth)  
Food Inc (Vegan Ethics)  
What The Health (Vegan Health)

## VEGAN BOOKS

How Not To Die- Dr Michael Greger  
The China Study- Dr T. Collin Campbell  
Reversing Diabetes- Dr Neal Banard

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## RECIPE & ADVICE WEBSITES

PETA (animal rights, free resources)  
The Vegan Society (news, info, health)

## RECIPE & ADVICE VIDEOS

Mic The Vegan (Myth Debunking, health)

[Sweet Potato Soul](#) (recipes, cheap meals)  
[Kris Carr](#) (health, psychology, advice)  
[Naturally Stephanie](#) (vegan fitness, recipes)  
[Nutritionfacts.org](#) (health, nutrition)  
[Plant Based News](#) (Info, interviews)  
[Simnett Nutrition](#) (mens vegan fitness,  
nutritional practitioner)

## MINDFULNESS & MEDITATION RESOURCES

[Headspace](#) (Meditation App)  
[The Perception Trainers](#) (Meditation, personal  
development)  
[Infinite Waters](#) (Personal development, mindset)

# CREDITS

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Credits to [Unsplash](#) for their incredible content from talented photographers, all images used can be found [HERE](#).



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"THE ROOTS OF ALL  
GOODNESS LIE IN THE SOIL  
OF APPRECIATION FOR  
GOODNESS."

—DALAI LAMA

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