

PLANT BASED ROADMAP

Answer these key planning and organization questions so you can focus your plan and turn it into action.

Print out this questionnaire, highlight your answers, and post it in the front of your "Food & Recipe Binder" to keep you focused on your plan.

Question 1: What Do I Want To Accomplish? Thinking about the Plant Based "Levels" we discussed on the home page, where do you see yourself and or your family? All-In Plant Based, Reducetarian, Flexitarian, or just want to look around a bit?

- Switch to All-In Plant Based Life
- Switch to a "Mostly" Plant Based Life
- Add More Plants into My Life

Question 2: Great News...There is no right or wrong to a Plant Based lifestyle today! Going plant based gives YOU the opportunity to decide what is most important to you and your family. Long gone are the days where you had to follow a strict plan to fit in the "exclusive club." Now ask yourself what is most important to you on the vegan/plant based spectrum?

"I want to..."

- Follow Strict Plant Based Only Ingredients on Labels and only certified Vegan
- Choose a pretty strict Plant Based only ingredients, but ok if not certified Vegan
- Choose a pretty strict Plant Based but the few small ingredients that are in a grey area like "enzymes or monoglycerides" are ok to choose
- Choose items that only list plant based ingredients but it is ok to say "may contain" a non-plant based ingredient
- Choose items that only list plant based ingredients but it is ok if something is "produced in a facility that also makes non-plant based items" (possible cross contamination)
- Choose a more middle of the plant based spectrum so I would like the majority of the ingredients to be plant based, but it is ok if a couple of small ingredients at the end are not plant based

Question 3: On the "Health Scale" where would you like to fall? This will give you a sense of the types of foods you will be eating in the different food groups.

"I want to switch to this lifestyle in order to..."

- Improve my health, so I will limit items like "mock meats" and stick with more whole food options (like grains, legumes, and vegetables)
- Enjoy the healthy benefits of more plants but it is ok to be indulgent some less healthy plant based choices
- Just make a lifestyle switch for now and move to more healthy choices as I go

Question 4: There are a few more things to think about in the process of making these lifestyle choices.

"Do I..."

- Want to make a "cold turkey" switch and toss or donate non-plant based items I already have
- Want to use up the items already in fridge and pantry and make a gradual shift to plant based
- Need to accommodate other eating styles in my household
- Want to switch now to "mostly or more" organic items