



Five ways to give up Meat

Many people begin their plant-based journey by giving up meat. It is not as difficult as you might think. Here are 5 suggestions to help you do this easily.

Suggestion 1: **Make small changes**



Change one meal a day - making small changes is one of the easiest ways to decrease your meat consumption. If you are a heavy meat eater, remove meat from your plate twice/week; you can eat meat 5 days/week but for 2 whole days you will go meat free. Replace the meat with extra vegetables and legumes such as beans, peas and lentils which are filling and also eat a handful of nuts. If you are currently minimalist with your meat consumption, you could start by avoiding meat every other day, or you might be at the stage where you feel you can refrain from eating meat during week days and eat it only on weekends. On the days you do not consume meat, eat plant-based meat substitutes or replace with extra vegetables, nuts, seeds and legumes. Keep up this regime for a month. Keep a journal and note the days you were successful in keeping meat off your plate. It will be encouraging to review your journal at the end of the month and see your progress.

Try changing one meal each day, eg, have lunches devoid of meat for a whole week and have meat at dinner time. If it fits in better with your lifestyle you could switch that around and have meat-free dinners and eat meat at lunch time. Always try to find the easiest solution for your own particular circumstances. I know for me it was always more difficult when eating with family or friends because I was eating differently, so if you feel this way too, then choose a meal which you normally eat alone or with minimal social interaction.

Suggestion 2: **Change one meal/day**



Suggestion 3:

Cut out your least favorite meats

Beef	Turkey	Goose
Chicken	Venison ✗	Rabbit ✗
Pork ✗	Bison ✗	Pheasant
Lamb ✗	Duck	Partridge ✗

If you find, in these early stages, that you must have meat every day – almost like a craving, then keep in mind the different types of meat available. If you particularly love beef, for example, but find pork less appealing, then cut out the pork first and stick with the beef. Decide which meats are your favourites and stick to those. There's probably some meats on this list that you already do not eat or eat very little, possibly, venison, bison, rabbit and partridge. The aim is to only consume the meats that you feel you cannot manage without and cut out the rest.

After a month or so, cut out one of your favourites and continue in this way, removing a meat source each month until all meat consumption has stopped. It's all about making this transition as easy and as smooth as possible and making the regime fit in with your own particular circumstances thus removing the pain and increasing the joy!

Suggestion 4:

Less meat at each meal

Another idea for those who have meat cravings, is to simply have less meat on your plate. If you would normally have 3 sausages then only have 1 or 2; if you would normally have 2 pork chops then only have 1. You will find after 2 or 3 weeks that you will be managing the reduced amount much more easily and then you can start to cut back even further.



Suggestion 5:

Plant-based meat substitutes

Good for temporary use to help you transition to a vegan diet



You could also try plant-based meat substitutes to help you combat your cravings. There are some great products out there which taste almost the same as the meat they represent. It's true that these are usually processed foods, so it's best to keep their use to a minimum. In the early transitional stage, however, these products can be really helpful. You will find them in the vegan or vegetarian sections of most large grocery and health food stores.

Go Vegan Successfully

Book Chapters:

- 1 - My story
- 2 - How long will it take to go vegan?
- 3 - Giving up meat
- 4 - Fish facts
- 5 - Dairy products
- 6 - Eggs and honey
- 7 - Protein and amino acids
- 8 - Calcium
- 9 - Iron
- 10 - Vitamin B12
- 11 - Family meals
- 12 - Social dining and shopping
- 13 - Festive meals
- 14 - Vegan transition
- 15 - Common concerns and remedies
- 16 - More than a diet
- 17 - Interviews with leaders & visionaries
- 18 - What's next?



There are many vegan recipe books and books depicting the suffering of animals but not many that actually guide you, step-by-step, to go vegan. This book is full of practical tips and, having been written by someone who not only lives the vegan lifestyle but is a recognized plant-based diet specialist and a Dissertation Professor, with a PhD in Natural Medicine, you can be assured of expert guidance.

It's not always easy making the switch to a vegan diet. There's so much to consider: Will I be getting sufficient protein? Will my bones begin to suffer if I don't drink milk? How can I make sure I am getting all my vitamins? What will my family and friends think? How will I cope if I'm the only one in my household going vegan? This book answers all of these questions and much, much more!

The book is easy to read, well laid out, nicely illustrated and contains a wealth of information. There's also some easy recipes for you to try at home and several plant-based guides to assist with shopping and baking.

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ebook

Go Dairy Free & Thrive ebook

A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

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Coaching

Coaching by Dr Kim Benson, a recognized expert in plant-based nutrition. This one-on-one coaching is designed to meet your specific needs. You'll be educated and motivated to achieve the results you deserve and have fun along the way!

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