

Inner Healing Academy

Courses & Coaching

Newsletter: December 2022: #16



Plant-based Festive Meals



Holiday Meals

There are so many great festive options available when you are following a plant-based diet. There's something to suit every occasion, whether it be Thanksgiving, Christmas, New Years, Easter, a birthday or your own special religious ceremony.

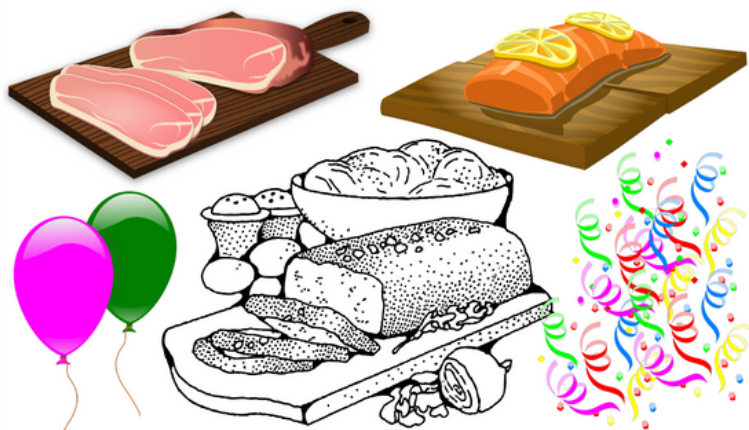
Dishes to Share

If you've been invited to a festive gathering, consider taking a delicious plant-based dish to share. There are many great recipes online. You can have fun and pull out all the stops to create a gourmet dish, nicely decorated, to make it look really appealing.



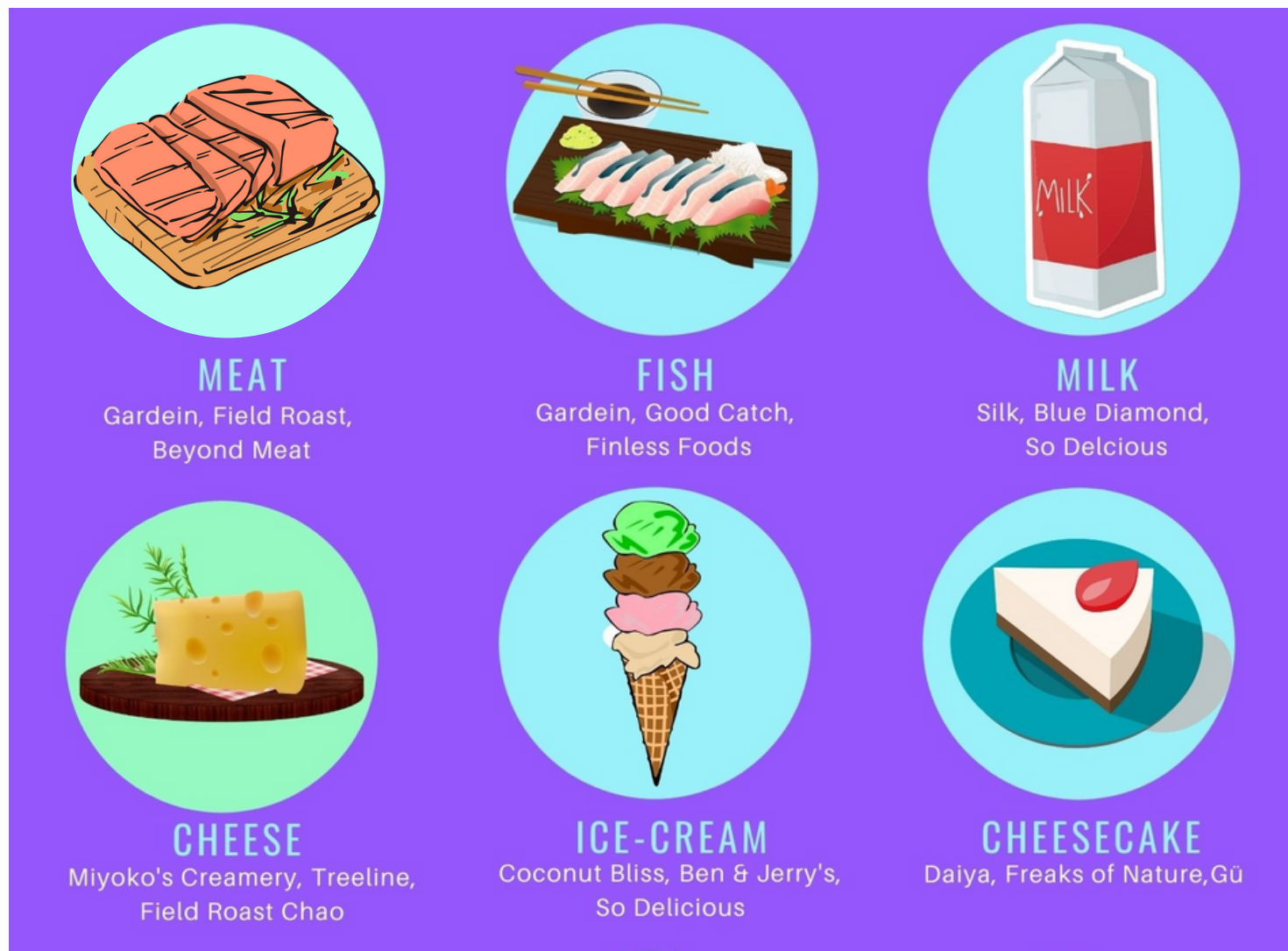
Festive Options

If you are hosting the meal yourself, you might like to check out the many options available for plant-based festive alternatives for turkey, ham, fish, etc. There's something for every occasion. These alternatives provide an excellent centre point for the meal and a great talking point too.



Plant-based Brands

You can, of course, cook your own meal from scratch but for those with limited time or inclination, I've listed here the best brands, in my opinion, for plant-based alternatives for meat, fish, milk, cheese, ice-cream and cheesecake. When shopping for something special for a festive meal, try some of the offerings available from these brands and you are sure to have a special plant-based delight that will leave you wanting more!



Wishing you and yours a very Happy Christmas and a great tasting plant-based festive meal!

NEW BOOK

Go Vegan Successfully contents:

- 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.

[CLICK HERE](#)

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Go Vegan Successfully
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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.

[CLICK HERE to learn more](#)



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!

[CLICK HERE to learn more](#)

