

Changing Your Plate Part I: Getting Started

We just finished a fantastic series featuring new mom Jane Catherine Sherman and how her baby daughter motivated her to shift what she feeds the whole family. Learning that dairy products were the cause of little Savanna's croup inspired Jane Catherine to research the benefits of a plant based diet and what it would take to embrace a new way of eating and living as a family. She and her husband Jason agreed that what wasn't good for their daughter probably wasn't good for them and began making changes just weeks ago.



In my practice I have clients who are brand new to the idea of plant based eating taking baby steps forward and families who have now embraced the changes for years. They all have

inspiring stories to tell! Over the course of the next month I will highlight some of their experiences as I break down plant based eating one meal at a time.

- Part II: We will take a look at the all fruit breakfast, why it is important, and how to make it happen.
- Part III: We break down plant based lunch options, whether you are packing for a child or yourself or eating at home.
- Part IV: Is all about the evening meal, starting with a raw veggie salad and ending with a plate that is 80% plant based.
- Part V: Will contain a list of staples every plant based kitchen needs on hand and tips to keep you going.

You will also want to keep your eye on Lauren's Kitchen during this month as I plan to feature some favorite plant based recipes from these clients.

While you are waiting for next week's installment here are a few supporting articles to get you thinking and possibly even taking action.

Want to learn a bit more about the plant based eating movement? A great documentary to start with is Forks over Knives.

Need some concrete reasons outside of your own motivation to join the plant based movement? Here are 10 from ultra-marathoner Rich Roll & Here are 7 from U.S. News & World Reports Health.

Finally, what motivates individuals to change is a fascinating study and one that psychotherapists have studied for years and the tech companies of today cash in on. If you are interested in a good book on the subject you may like to read "Change for Good".

In the mean time, consider this as you restock your fridge and

pantry...

"If it came from a plant eat it. If it was made from a plant don't."

~Michael Pollan

