



Vegan Soul Work University

5 Common Vegan Myths Vs Truths

Myth #1: *Going Vegan is Expensive!*

Truth: You'll actually save money now and later! During the learning process, you may find yourself making a small investment as you buy & try new things. I actually saw my grocery bills nosedive; but that varies: on what ingredients and equipment you already have sitting in your kitchen, cost of food in general and personal income.



Once you've settled into the lifestyle, you'll discover that eating a plant-based diet is cheaper than forking over money for cheese, beef, and other meaty products. Many vegan staples- like grains, beans, and pasta are:

- Easy on the wallet
- Have long shelf lives
- So there's little risk of food spoilage or waste.
- Given your new healthy eating habits: You are very likely to save a bundle on medical bills! Take that to the bank!



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Myth #2: *I live in the burbs, where those fancy organic stores don't dare venture. I'll never be able to buy the food I need!*

Truth: Where there is a will there's a way! I grew up in a small town with only an H.E.B. Store & Walmart for all our grocery needs! So trust me when I say I get it! Being plant based you don't have to worry! All grocery stores stock fruits, vegetables, beans, grains, and tons of other vegan friendly stuff! And if all else fails? Turn towards the purveyor of absolutely everything, the Internet, to order whatever food or supplies needed. Some Great online Options:

- **Amazon.com**
- **Bob's Red Mill.com offers flours, cereals, grains, beans & seeds**

Myth #3: *I'm so lame. I tried eating vegan but caved when I tried. That's a smudge on my Vegan record. I can't go back.*

**Truth: So what you are saying is...you're human? Always be patient, kind & forgiving to yourself *daily & in all things*. Truth is we must equip ourselves with knowledge, identify our motivation/why to sustain any change. That is the same ingredients for anything in life (a new job, new hobby, new person you must learn professionally or romantically)--
Transitioning to a Plant Based Lifestyle is no different. You got**

this!



Myth #4: Vegans are weird.

Truth: There are weird carnivores, pescatarians, vegetarians and people in general. Considering the term weird is relative to the individual and how/what we define as “weird.” The stereotype that Vegans are militant, or clad hippies who parade around in bamboo socks and sport a “Meat is Murder” bumper sticker is not necessarily true & definitely not every Vegan. Take me for example & check out some Vegans you may have heard of below.

(You decide whether they’re weird or not)

- Alec Baldwin**
- Anthony Kiedis**
- Bill Clinton**
- Brad Pitt**
- Lizzo**
- Meg Thee Stallion**
- Ava Duvernay**
- Colin Capernick**
- Cam Newton**
- Carrie Underwood**
- Natalie Portman**
- Ellen DeGeneres**
- Venus Williams**
- Jermain Dupri**
- Son of Coretta Scott King & Dr. Martin Luther King Jr-
Dexter Scott**



Myth #5: I'm into my health & helping save our planet, but deprivation isn't my bag. I can't do a restrictive diet!

Truth: What I love most about the Vegan Lifestyle (no, it's not a diet) is that I eat! And eat. And eat. I eat all of my favorite and familiar foods (lasagna, pizza, nachos, burgers) 100% whole foods & plant based. I eat whatever I want, whenever I want.

When you consume healthy Vegan foods, you don't have to measure portions or count calories and micro/macro anything!

Now that is liberating!

- A word of caution:*** It is possible to be Vegan and unhealthy. Since Vegan means ingredients with no animal products- Hitting potato chips, overdosing on “vegan” cupcakes or living on “vegan” chocolate and peanut butter can and will pack on the pounds. Eat those in moderation.



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