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**PLANTS OVER
ANIMALS**



Hello Friends!

With Memorial Day rapidly approaching, I'd like to use this newsletter to provide you with some practical tips for the holiday and all the summer gatherings to follow! Therefore, the format for this month will be altered to meet that goal....read on.

PERSPECTIVE

Frame of mind, way of thinking. This abstract quality could be the barrier between success and failure when trying to adopt a healthy lifestyle with whole food plant-based (WFPB) eating. If a WFPB diet is perceived as punishment or deprivation, the chance of success is virtually nil. However, if eating whole plant foods is viewed as the key to weight loss, feeling great, relief from the burdens of chronic disease, then the path is no longer arduous.

If this second perspective resonates with you, applying a few simple parameters will help you continue your journey toward optimal health.

1. Avoid animal products, both the flesh and the products of the reproductive system. These products include dairy based cheeses, yogurts, ice creams, etc. as well as eggs.
2. Avoid highly processed foods. If it leave grease on your fingers, it will leave grease in your arteries and provide the building blocks for muffin tops and love handles.
3. Fill your plate with fruit, veggies, grains and legumes (the **Power Plate**). At a cookout, look for foods like the ones shown below, or better yet, bring some to share with your friends.



If the first perspective resonates with you (feeling deprived or punished by trying to eat a WFPB diet), continue your education about the power of nutrient-dense plant foods for optimal health. Dip your toes in the water, and celebrate the small wins. When you are ready for a trial, use the [21-day Vegan Kickstart](#) or a similar program to help keep you on track. When you start to feel the benefits and decide to continue, you will reap tremendous rewards!

With hopes of good health, compassion, and responsibility,
Brooke at [Plants Over Animals](#)

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