

WELCOME TO YOUR

Veg Pledge

CLEANSE



Eating veggies is an incredibly powerful way to transform your diet, your energy, and your overall health.



It's so common to rely heavily on meat and dairy in the average diet today, and I know that it can seem hard to squeeze in enough vegetables into your daily routine, or maybe it's even a bit intimidating. After all, who knows what you're supposed to do with kohlrabi? Don't worry! Conquering your cravings and powering up on veggies is easier than you think. Here are some quick and easy tips to help you pack the most powerful veggie punch into your diet.

1 

Try something new! Are you all about meat and dairy? Experiment with plant-based alternatives – try coconut milk in your coffee or tofu in your stir-fry.

2 

Crowd out your cravings. Can't stop thinking about bacon? Try replacing some of your meat meals with healthier vegetarian options like legumes.

3 

Know what your cravings mean. You may feel hungry, but your body might actually be tired. **Getting enough sleep is crucial** to feel energetic and conquer cravings. Who knows, you may be wide awake in the morning to make a spinach omelete.

4 

Bulk up meatless meals with veggies like carrots, mushrooms, or sweet potatoes. You may find that you don't even miss the meat.

5 

Stress can be a huge factor in creating cravings. Notice if you feel hungry when you're overwhelmed, stressed out, or having a difficult day. **Fight the root cause and your craving may melt away.**

6 

Relationships that don't support you or create strain may also lead to overeating and cravings. Don't dial out for pizza! **Make a list of meat-free meals to call upon when your primary foods get unbalanced,** like spaghetti squash with fresh tomato sauce.

7 

Connect more fully to you. Cravings can signal a restless mind. Instead of grabbing a cheeseburger, try taking a walk, writing a few pages in your journal, or finding another way to spend quality time with you.

8 

Make your work a place you love to be. Stock carrots or snap peas and hummus in your office fridge for an afternoon snack.

9 

Schedule weekly exercise sessions, if not daily. **Activate your body and your mind,** and you may even want a green juice afterwards.

Health is a vehicle not a destination.

LISTEN TO YOUR BODY AND CONTINUE TO EXPLORE WHAT FEEDS YOUR BODY AND SOUL.

If you want **my support** for a full **10 Day Veg Pledge Cleanse** and way more tips, exercises, and food for thought, feel free to email me and we'll work through these tips and more to create powerful changes for you.