

HOW TO BE VEGAN IN 2024 10 tips to get you started

<u>alecooks.com</u>

If you are here, you've probably been thinking about adding more vegetables to your diet or maybe to a meal during the day.

Or you may be ready to make the jump and start 2023 with a fully vegan diet. Either way, here are my best tips to embrace and succeed with this diet.

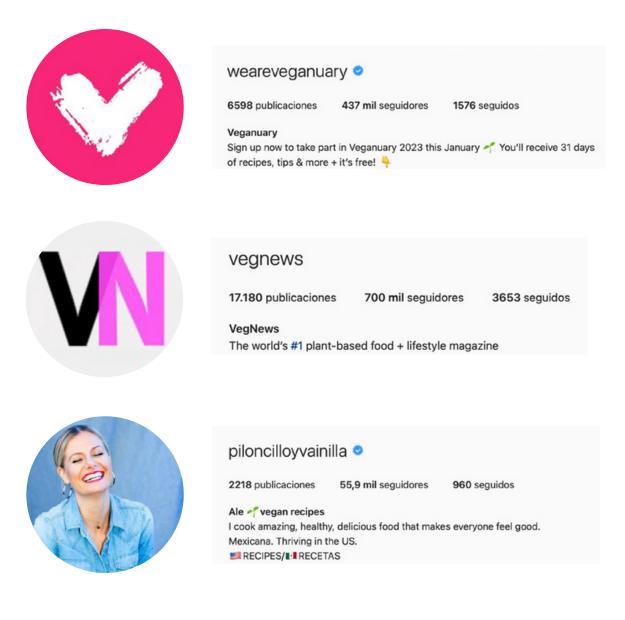
The best way to start a vegan diet is to transition to plant-based foods gradually. This will give your body time to adjust and help prevent any negative side effects, such as digestive issues. Here are a few tips to help you get started:



1. Educate yourself

Learn about the benefits of a vegan diet and the potential challenges you may face. This will help you make informed choices and stay motivated. Follow trustworthy accounts and doctors that can guide you through.

Here are some Instagram accounts that I follow and I'm sure you will enjoy: @weareveganuary, @vegnews, and my account @piloncilloyvainilla



2. Start slowly

Begin by incorporating more plant-based foods into your diet while gradually reducing your consumption of animal products. You can try replacing one meal daily with a vegan option or adding a few vegan meals to your weekly menu. Maybe you can make broccoli soup or delicious pasta with butternut squash sauce pasta.





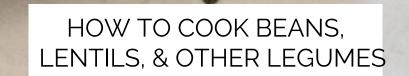
VIEW RECIPE



3. Plan your meals

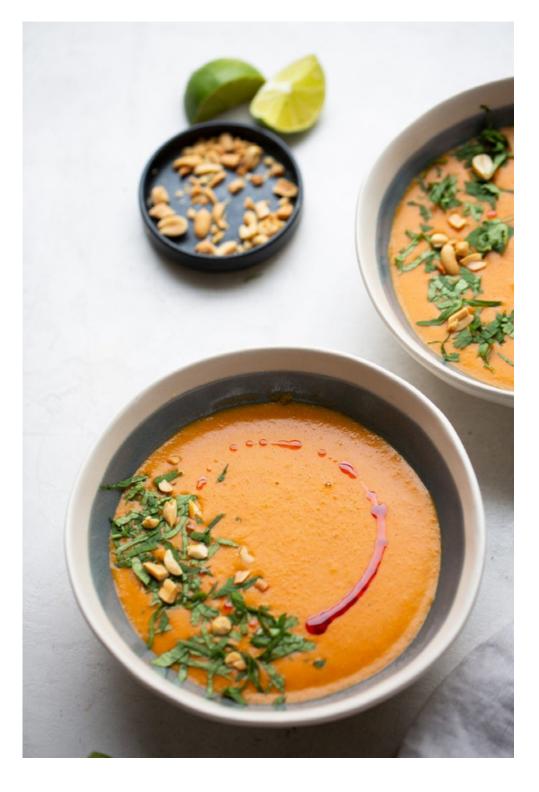
Meal planning can help you stay organized and ensure that you are getting all the nutrients you need. Choose a variety of whole, unprocessed plant-based foods, such as fruits, vegetables, legumes, whole grains, and nuts.





Always keep in mind that legumes can take a lot of time to cook, with the exception of lentils. So if you want to try a new red lentil soup, make this vegan red lentil soup that is amazing.

VIEW RECIPE



4. Find substitutes for your favorite foods

There are vegan alternatives for almost any food, from dairy and meat to eggs and honey. Experiment with different plant-based ingredients to find the ones you like best.



Switch cauliflower for chicken or lentils for meat; you'll be surprised at how delicious your recipes will be.

ALBONDIGAS IN CHIPOTLE BROTH

VIEW RECIPE

Make your own plant-based milk at home; here is the recipe for almond milk and oat milk; you can easily make it in a highspeed blender like a Vitamix or using an Almond Cow Milk Maker (which I love because there is no need to strain the milk).



5. Stay hydrated

Drinking plenty of water is important for maintaining good health on a vegan diet. Aim for at least eight cups of water daily, and consider adding herbal teas and fresh fruit or vegetable juices to your diet.







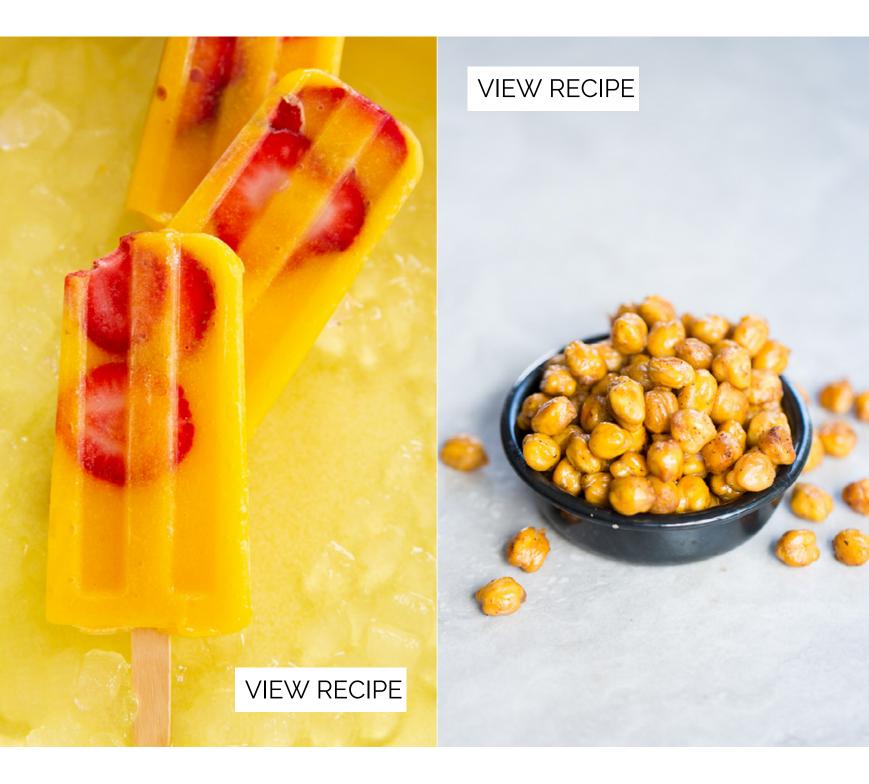
AGUA DE MANGO

TASTY GREEN JUICE



6. Be prepared

Always have snacks on hand, such as nuts, seeds, paletas, and cut-up fruits and vegetables, so you can easily satisfy your hunger between meals.



7. Be patient

Changing your diet can take time, and you may experience some challenges. Be patient, and remember that small changes can impact your health and the environment.

8. Get an accountability partner.

The more, the merrier, yes, it is always easier to try a new diet or a new dish with friends.

9. Reach out

I'm here for you; send me a DM or an email, and I'll be happy to help.

10. Have fun and enjoy cooking and discovering new flavors.

Overall, transitioning to a vegan diet can be a rewarding experience with many health and environmental benefits. You can successfully follow a vegan diet for 21 days or longer with little planning and preparation. After that, decide, keep trying, and adjust. Make this process yours and only do what works for you.







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