



*Physically Unique Diva*

# Transition to Vegetarianism



**PHZUNIUQEDIVA** CHOOSE HEALTHY.  
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# Tips for Becoming a Vegetarian

1. **Good Reasoning:** You cannot go vegetarian just for the heck of it. This will hinder your progress. You will want to have good reasoning on why you want to become vegetarian. Stick to your reasoning and this transition will be less complicated.
2. **Read Information:** Read a couple of books, articles, blogs, and team up with a Health & Wellness Coach. If you have friends that are vegan or vegetarian, ask about their transition. Visit GoVeg.com for more information as well.
3. **Collect Recipes:** Collect as many recipes as you can. Physically Unique Diva offers plant-based recipes both on website at [www.phzuniquediva.com](http://www.phzuniquediva.com) and on [Instagram.com/phzuniqueeats](https://www.instagram.com/phzuniqueeats).
4. **Transition Dishes:** Any dishes you cook on a regular basis, try to swap the protein (or meat source) with a plant-based protein source. Do this one recipe at a time once per week to get use to it. Each week add more plant-based protein sources.
5. **Substitutions:** There are an abundance of plant-based substitutions. There are different cheeses, mylks, plant-based proteins, creamers, pastas, etc. Try them out. They all taste different, so will have to try them until you find one you like. Some popular cheese brands are Daiya, Follow Your Heart, Trader Joe's, etc. Popular "meat" brands are Morning Star, Gardenburger, Gardein, Boca, etc.
6. **Transition:** Gradually transition. Do not cut cold turkey unless you have a strong will power. If the will power is not there, a gradual change is **highly** recommended.
7. **Ethnic Cuisine:** You can find all sorts of vegetarian cuisines all over the world. Anything from Chinese, Moroccan, Mexican, Thai and more. Try some, you will not regret it!
8. **Support Team:** You will have flack for making the change. Do not let this negative energy change your mind about the transition. Have a supportive team?! Keep them near you and let them know about the transition as well as your reason. Good support will help the transition go smoothly.
9. **Dining Out:** Plan ahead before dining out. Not all restaurants offer vegetarian or vegan based dishes. Some do and if it is not a fully vegan/vegetarian restaurant they may offer very little. This is why planning ahead is very important. That way you will know what you can eat or order before making the trip.
10. **Further Sources for transitioning:** *Vegetarian Society*  
<https://www.vegsoc.org/ssl/page.aspx?pid=519>, No Meat Athlete  
<http://www.nomeatathlete.com/relax/>, PETA <http://www.goveg.com>, Happy Cow  
<https://www.happycow.net/>

# Substitution Examples

	
	
	
	

# Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Green Smoothie	Nutritional Shake: VegaOne	Veggie Hash	Breakfast Burrito	Freestyle
<b>Snack</b>	nuts/seeds	Cheese stick w/ carrots	Veggie chips and dip	Mixed raw vegetables	Granola mix
<b>Lunch</b>	Greek Salad	Grilled cheese w/ soup	Cucumber Tomato Salad w/Nutritional Shake: GNC Lean Vegan	Nutritional Shake w/ raw vegetables	Veggie Burger w/ Sweet Potato Fries
<b>Dinner</b>	Veggie Stir-Fry	Falafel w/ salad	Veggie Fajita Soup w/ Brown Rice	Ramen	Stuffed Bell Pepper

**For Custom Plans:** Please contact *Smiley Reed* via email at [smiley@phzuniquediva.com](mailto:smiley@phzuniquediva.com) to go over plans and pricing.

Check out **Physically Unique Diva's** Page at [www.phzuniquediva.com](http://www.phzuniquediva.com), there you will find more recipes, tips and insights.

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