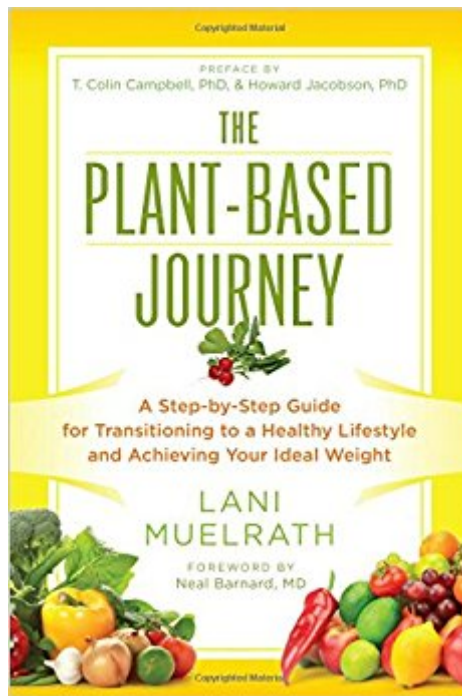


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# The Plant-Based Journey: A Step-by-Step Guide For Transitioning To A Healthy Lifestyle And Achieving Your Ideal Weight



## Synopsis

It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan; until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition:

**Step 1: Awakening:** Discover your 'why' for eating plant-based

**Step 2: Scout:** Assemble what you need for plant-based eating basics

**Step 3: Rookie:** Increase the presence of plant foods on your plate with specific strategies and systems

**Step 4: Rockstar:** Take your newfound plant-based eating success on the road and to social and family situations

**Step 5: Champion:** Sharpen your skills for long-term plant-based living success

In addition, in *The Plant-Based Journey*, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, *The Plant-Based Journey* is your essential, definitive guide for a healthier, trimmer you.

## Book Information

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## Customer Reviews

Whether you're veg-curious and interested in going plantbased or a veteran vegan just wanting to take healthy eating and compassionate living to a new level *The Plant-Based Journey* is just the ticket. It's a fun-to-read, accessible guide that takes all the guesswork out of making the shift to a plantbased lifestyle, addressing everything from stocking your pantry and preparing simple, go-to meals; to overcoming common pitfalls and making it work outside the home; to the importance of implementing behavioral changes and physical activity to ensure long-term success. There's even a section on transitioning families, which is a subject near and dear to my heart these days! I just wish this guidebook had been around when I transitioned to a whole-food plantbased diet 4 years ago. Today, though, as more and more people are waking up to the fact that a diet centered around unprocessed veggies and fruit, whole grains and legumes, and nuts and seed is optimal, not only for our own health, but for that of our planet and ALL its inhabitants, *The Plantbased Journey's* time has truly come. So go out and grab yourself a copy, and get a few extras for friends and family. You'll be uplifted and inspired to make positive changes in your life, and in the lives of others.

September 19 - I'm back to give an update to my review! I've had a chance to test out some of the recipes in the back of the book, and I must say, I'm impressed with how easy, delicious, and family-friendly they are! While I'm fully on the plantbased wagon, so to speak, my family still needs a bit of coaxing to hop on, and stay on, which is where these yummy recipes come in handy!

What I particularly like about this book is that it takes the reader on a journey that is easy to follow in order to help a person adopt a whole foods, plant-based diet. As Ms. Muelrath writes at the beginning of the book in her dedication, "To everyone on, beginning or thinking about the journey -- I wrote this book for you." The journey starts in Section One of the book with what is referred to as "The Awakening." It's when a person makes the plant-based connection and decides to begin a WFPB lifestyle. And it really is a lifestyle as opposed to a diet. The first two chapters comprise the Awakening, and they give all the good reasons for going plant-based. Then as a person proceeds on their plant-based journey, they become a Scout, which is Section 2. As a Scout, a person will learn about what a WFPB plate will look like. Satisfying hunger is talked about. And finally, the Scout learns how to get her kitchen and pantry ready for a whole foods, plant-based lifestyle. I love the expression "Plantify Your Pantry" that is used in the book. And she not only tells you how to do it

and what foods to have and not have in your pantry, but she also includes a shopping list in the book's appendix that will aid in restocking the pantry as items begin to dwindle down. As should be obvious by now, this is a very practical "how to" book that walks a person through the beginning and ongoing phases of a WFPB lifestyle. These stages really begin to show up in the subsequent sections as a person transitions from being a Rookie (Section 3) to a Rock Star (Section 4) and finally to a Champion (Section 5). I like this approach a lot because it takes the person through the phases of this lifestyle in a logical way and in a way that makes sense to most people.

I began my plant-based journey four years ago, and I feel as though my experiences (good and bad) have been plenty. If only I could turn back time to four years ago (actually, to when I was born would be nice, lol), and have this book planted in my lap (Ha~I made a funny). WOW!!! In the book, Lani mentions that she has been on this journey for over four decades. Say WHAT?? Four decades? Now that is someone I want to learn from. That is someone I want to hang onto every word regarding this lifestyle, and soak up all of her knowledge I possibly can. THAT is someone who can help ME along in my journey. Lani gathered over 1,200 responses to surveys about personal experiences on the plant-based journey. She asked specific questions regarding what readers found helped them successfully advance along this path, and what worked for them. I do not know about you, but I am always inspired, and motivated by others that are living this lifestyle successfully. She shares many stories, and readers tips from those just like you and I. A favorite section in this book was Chapter 8: Creating Systems for Success. She includes easy plant-based meal planners, go-to meals, and numerous recipe templates. Most of the time, all I need is a great template to start with, so I can create healthy, delicious, plant-based meals. These templates will definitely be used frequently. She has included templates for breakfast, salads, burgers, sauces, spreads, bowls, soups, etc. | The opportunity for delicious, plant-based meals are definitely there if you choose to give it a whirl. The entire book is filled with inspiration, motivation, along with the "why's", the "how to's". Lani gives us readers every opportunity to jump in, and give this amazing lifestyle a try.

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