
3 SIMPLE STRATEGIES

Hello There!

If you want to get started eating plant-based meals these 3 simple strategies will help you. Make healthy food choices and feel better quick. Connect the dots between what you do and how you feel.

At least one of these strategies will work for you!

First strategy: Think of meals you already eat, and then make a plant-based version of them. Common foods such as hamburgers, pizza, burritos, chili, and salads can easily be made into vegetarian meals. Think of it as swapping.

Second strategy: Think of vegetarian meals that you already prepare and enjoy. Start eating those more frequently.

Third strategy: Begin with eating meatless meals at breakfast. Then add meatless meals at lunch. Finally, start eating meatless meals at dinner too. Learn some new recipes.

You can use all three of these strategies or just pick one and you'll be on your way to eating healthy plant-based nutrition.

Best Regards,

Coach Cat

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