

# Plant Based Diet starter guide



Making the switch to a plant based diet is not only healthier & easier on your kidneys, its alot more effortless than you think.



**1** First, think of three plant based meals you already enjoy. Common ones are vegetable stew/soup or pasta primavera.

**2** Second, think of three recipies that you prepare regluarly that can be easily be adapted to plant based style. For example, a favorite chilli recipe can be made with all the same ingredients; just replace the meat for more beans. Enjoy black bean fajitias instead of chicken or beef. How about grilled balsamic marinated portabella mushroom burgers instead of hamburger. Many soups, stews & cassaroles also can be made into plant based dishes with a few simple changes.

**3** Third, check out some vegetarian websites or pick up a vegetarian cookbook or magazine, experiment with the recipes for a week or so until you find 3 three new recipes that are delicious and easy to make. And just like that you will have at least nine plant based meals to make.



Just do a internet search for "Easy Vegetarian Recipes" and countless websites links are available to use.

