



THE
ULTIMATE
VEGANUARY
GUIDE

*By Erin
Katherine*



INTRODUCTION

Hello and happy 2021! I am so excited that you're here and that you want to give Veganuary a try!

If you don't already know me, I am Erin Katherine, you can call me either one or both! I am a holistic health and wellness coach. As a personal trainer, nutrition advisor and food loving vegan for almost 6 years now I am so excited to be able to help you through this month of a Vegan lifestyle!

Whether it's for health, animals, the environment or just to try something new. I know you're

going to love it! Keep an open mind (and palate). I am going to go step by step but keep it as simple and digestible as possible since it's only 30 days after all! In this guide I am going to go over what to eat, some do's and don'ts, how to stay healthy and lastly an example on what a day might look like in this new vegan lifestyle. If you have any more questions or want to help me improve this guide or just want to chat you can find me on instagram (and everywhere else) as @erinkatherinefit or at www.erinslingerland.com. Let's not waste any time and dive right in!

CONTENTS

01

STEPS TO VEGANUARY &
WHAT TO EAT

02

MISTAKES TO AVOID
(THE DO'S & DON'TS)

03

EATING OUT & STAYING
HEALTHY

First I'd like to remind you:
YOU ARE NOT ALONE.

Veganuary is a massive movement and it's growing like crazy every year! To keep yourself accountable go ahead and commit!

Sign up and make a pledge [here](#) The Veganuray team supports you along your journey! I'll be posting helpful daily tips too.

Disclaimer: This information is intended to guide healthy individuals only. Please consult your doctor before starting any new eating program or exercise regime. This ebook serves as a guide and makes no medical claims to diagnose, treat or cure any illnesses or diseases.

C H A P T E R

01

What the heck do I eat?

This is maybe the number one question I get asked: Okay I want to go vegan but what on earth do I eat? It seems as though everything I eat has meat, dairy or eggs in it! Not to mention it's hidden in an obscene amount of packaged goods. This might be the second most common issue I see with new vegans.



So let's break it down. For the month of January you're committing to eating ANYTHING made from exclusively plants. This includes

- Vegetables
- Fruits
- Grains
- Nuts
- Seeds
- Beans & Legumes

It's more than you think. When I first went vegan I thought, "now I eat lettuce all day and snack on fruit." This couldn't be further from the truth. Let me show you how you can eat EVERYTHING you know and love with less cruelty and impact on the animals, the world and your body. Here's the steps:

The Steps to Veganuary:

Step 1: Shift your focus.

Don't look at everything you CAN'T eat. Start getting excited about everything you can and all the new things you can try.

Step 2: Make a list.

Make a list of all the foods and dishes you really enjoy, even the ones with meat, dairy and eggs in them.

Step 3: Veganize.

Now take that list and see what you can easily make vegan. You'll find there's a way to enjoy ALL your favourite dishes vegan! If not - message me, I'll recipe test and veganize it for you by dinner with love! By doing this you're not changing everything you eat which can be uncomfortable and scary, you're rather just making a few tweaks.

Step 4: Open your mind and palette.

Fun Fact: Almond milk doesn't taste like dairy, because it doesn't come from cows.



It sounds silly to point this out but almost EVERY time I give someone something vegan to try that's their response. Try a vegan patty and the comment is "it doesn't taste like meat" - well it is made from mushrooms and black beans so no wonder right!? Don't try new things looking for the same taste. Rather open your mind and say:

"This is a version of a dish I love - DOES IT TASTE GOOD?" Questions are powerful. Ask the right ones. See whether or not you like this version of a dish. If not, that's okay!

If you really want that dish, message me and I'll find a way to make it without the elements you didn't enjoy.

The Steps to Veganuary:

Step 5: Follow some foodies for inspiration:

This is also an opportunity for some fun and creativity. I post weekly recipes on instagram and have tons more on my blog. You can draw a lot of ideas from following and seeing what other vegans enjoy!

Step 6: Try New Things

ANOTHER Fun Fact: 90% of my favourite ingredients and dishes that I eat on a daily and weekly basis were foods I had NEVER tried as a meat eater. Once I started getting comfortable in the kitchen and wanted to try and make my dishes healthier - I discovered a whole new world of ingredients, most of them being in the fresh produce isle and spice rack! There will be foreign flavours and ingredients you've never tried but open your mind and give it a go. The worst that could happen is you don't like it! I still don't like eggplant in most forms so I DON'T EAT IT. But I also found dishes and cuisines I'm now obsessed with because I tried it with an open mind.



Sometimes more than once to make up my mind.

Step 7: Have a buddy or accountability partner

Everything is more fun when we do it together. Do this with a friend or S.O. You can cook together, eat out together and try new things together. If no one wants to do it with you, message me and I'll be your daily buddy to turn to!

Step 8: Try alternatives

If you want to keep your meals very similar then try meat and dairy alternatives! Fry's, Denny, Quorn, Beyond, Impossible, Woolworths, Checkers

The Steps to Veganuary:

and virtually any grocery shop stock brands of alternatives to try. Just like you probably don't love every cut and origin of meat you might not love every alternative! No biggie. Pass it onto your other veganuary friends to try and give another one a go. My favorite brands are definitely Fry's and the Simple Truth range from Checkers.

Step 9: Google or Call me.

Don't get flustered and overwhelmed! If you can't figure something out - like an egg alternative in baking (1 TBSP ground flax & 2 TBSP water per egg btw) then hit up Doctor Google or message me. I've made enough mistakes in the past 6 years trust me, anything you're wondering I've wondered too.

Step 10: Know what you can eat.

Get a little more familiar with what you can eat by reading a few labels at the shop or googling it. GET CURIOUS! Most people are surprised to know many simple things are vegan.



Here's a list of vegan staples that I am often asked about:

- Bread & Pizza Bases
- Wraps, Rotis, Parathas
- All Grains
- Cookies & Rusks (Oreos, Checkers Lemon Creams, Finger Biscuits & Ouma Muesli)
- Almost all basic cereals (read the labels).
- Rice cakes, checkers crackers.
- Peanut butter, (any nut butter), many butters and margarine (sunflower, d'lite, stork, flora vegan, jams, hummus.
- Instant coffee & tea bags (but woolworths has vegan hot chocolate and most stores now have a nestle vegan cappuccino).
- Many packet sauces & soups.

C H A P T E R

02

There is no vegan police!

This is not an excuse to not follow through on your commitment but rather realising you're going to make mistakes. Don't feel guilty about it or give up. Laugh, learn and move on.

After 6 years I'm STILL making mistakes. Every mistake I make is another chance for me to laugh at myself, be humbled and help someone else!

Common Mistakes: The Do's and Don'ts

Do:

- **Eat plenty of whole foods.** While alternatives are a nice additive they're not a whole food. Aim for the whole food in its most natural form for added fibre and nutrients. (for example the whole fruit instead of fruit juice; oatmeal instead of cereal).
- **Cook!** This is such a fun opportunity to cook your own meals! A sure way to eat more whole foods is to prepare your own meals from the whole foods themselves.
- **EAT ENOUGH.** I cannot stress this enough. Whole foods are lower in Calorie Density. That means you need to eat MORE to get to the same calories and even then depending on what you're eating the added fibre might require you eat even more!
- **Make a menu:** Avoid bad decisions when you're hungry and tired by planning, making a menu and shopping for the week in advance.

Don't:

- **Try eat less to lose weight.** A wonderful side effect of this healthful lifestyle of eating whole foods is weight loss. But eating less or even the same volume as you're used to will leave you hungry, tired and more likely to binge, have cravings and fall off the wagon.
- **Give up after a week.** The first week is the hardest and it's not enough time to start feeling the benefits of all those added nutrients and fibre from the whole foods!
- **Be scared of volume.** When eating whole foods I had to buy bigger plates and smaller pants. It's a weird concept to think you have to eat more I know, but if it's whole foods you're choosing you NEED those extra calories.
- **Change your entire diet.** Change is admittedly scary. So using alternatives and veganizing your meals keeps some of the same flavours and routine to help you enjoy the journey even more.

Common Mistakes: The Do's and Don'ts

Do:

- **Try things more than once.** Living in Korea has taught me that your palette does evolve and change over time. And most importantly I need to try things with an open mind in different ways at least 3 times before making a final verdict.
- **Watch & Read.** There are tons of great documentaries out there supporting this incredible movement. What the Health & Game Changers are two of the newest ones that don't focus on animal cruelty. Earthlings, Dominican & Cowspiracy are great for those wanting to shed some light on the reality of animal agriculture. I highly recommend "How Not To Die" if you want to dive deep on the evidence on the nutrition behind a vegan lifestyle.
- **Share your experience.** Every bite, snack, meal, day or month vegan makes a difference and has an impact on our planet and other beings. So even sharing a snack with a non-vegan friend is helping the planet thrive.

Don't:

- **Avoid Social Interaction.** The next section includes tips for eating out so I've got you sorted here! But this should be an exciting time to share with your friends not one to avoid eating and socialising with small groups (as per COVID-19 regulations) because of your new challenge/lifestyle.
- **Go overboard on supplements.** The next section will cover what you need to stay healthy, especially during these trying times of COVID-19.
- **Overspend:** It's a common myth that being vegan is more expensive. This is incorrect. The most expensive items we usually consume are meat, dairy and animal byproducts. Don't go overboard on less healthy alternatives. Stick to basics with whole foods like grains, fruits, veggies, nuts, seeds, beans and legumes. You can save money on fresh produce by choosing frozen produce which is equally as healthy.

C H A P T E R

03

Eating out is a MASSIVE reason many choose NOT to stay vegan for a month or for life.

This is completely unnecessary!

And no you don't need to only eat salad when you go out (unless you want to like I sometimes do!)

Here are some tips for to make eating out and social situations a little easier.

Tips for Eating out:

Tip #1: Confidence.

Hey you. You're doing something incredible. I am so frikken proud of you and you should be too. Be confident when going to a restaurant or social situation. You're allowed to make your own food choices free from judgement and ridicule from others! Stand up for your wonderful effort and go in with a smile, patience and curiosity.

Tip #2: Read inbetween the menu.

In 6 years and all my travels I've not eaten at a single restaurant that didn't serve me food that looked and tasted as good if not better than everyone else's This includes steak houses and fish restaurants. Many don't have an explicitly vegan/vegetarian menu but have tons of things they'd be able to make vegan with exclusion of some ingredients and be improved with the inclusion of some. Look for dish descriptions that include many vegan friendly options with the exception of a few ingredients and politely explain your situation to a waitron.



Tip #3: Make a Sides Menu Meal.

At a steak house there might not be a main course option with mostly vegan ingredients. No problemo. I'm a starter and sides menu QUEEN. The sides menu is usually full of delicious options! Choose a few of your favorites and make a main dish from that! Roast veggies, a baked potato, grilled corn and spicy beans? Yes please! Cheeseless pizza with additional toppings - why not? Hashbrowns, grilled mushrooms, baked beans and grilled tomato? My kinda meal

Tip #4: Search in advance.

If you're shy and want to be prepared search for the menu online and pick before you go!

Tips for Eating out:

Tip #5: Call in advance

You're the paying customer, the waitron, manager & chef is there to please and accommodate you. If you're shy to ask at the restaurant. Call in advance to ask them about their options or ask them to prepare something for you when you arrive.

Tip #6: Pick/Suggest the restaurant.

Do a google search or download the app that finds vegan/vegetarian food in your area (Happy Cow) and look for restaurants you can suggest when deciding where to go for dinner.

Tip #7: Choose inclusive cuisines.

Some cuisines always have vegan and vegetarian options. To accommodate everyone's preferences and include some variety choose a cuisine like Indian, Mediterranean, Mexican, Chinese, Italian, African or Greek. This is also wonderful inspiration for your cooking!



Tip #8 Take care of your nutrition at home (BONUS).

We are all well aware that eating out or take out is not always the healthiest or cheapest option. So we choose to eat out on a special occasion or at least less frequently than we're cooking. I personally like to have my nutrition sorted before I go out so I can choose what I'm really craving on the given occasion instead of only choosing based on what is the healthiest option. If I know I'm going out for dinner I'll have a big, all-inclusive salad for lunch so that I'm not starving by dinner and pig out; and so that if I want to eat something fried or less healthy with my dinner I can do so knowing I ate a hearty and healthy lunch.

Staying Healthy:

Supplements, Protein & Calcium

This remains the biggest concern around health conscious people wanting to transition to vegan for veganuary or life. I go in depth with each of these in my courses and on my website and instagram so any resource you need there can be found and downloaded there. But here is the quick of it.

Protein.

Simply: If you eat a primarily whole food vegan diet you do not need to worry about protein. Don't even think twice about it. Every single whole plant food contains protein, fat and carbohydrates in different ratios. Find a list of high protein vegan foods [here](#) or on my instagram/website.

The DRI is only 0.8g per kg of body weight and we can eat up to 1.5g per kg of body weight. This is still lower than most people. A diet too high in protein is unhealthy and also a waste of money since it is excreted.



Should I take a protein supplement.

Protein like all nutrients is best absorbed in whole food form. If you're eating a whole food plant based diet. Then a protein supplement is unnecessary. (Yes, even for athletes). Should you choose to include one like I often do as an athlete on the go choose ones from whole food sources (like pea, brown rice or soy).

Calcium.

Another common concern is calcium. Again if you're eating a whole food plant based diet there is no need to supplement calcium. For plant foods high in calcium check out my website or socials.

What should I supplement?

The only supplement I recommend to healthy individuals with no deficiencies is Vitamin B12. This is for vegans and meat eaters alike.

Vitamin B12 is one of the top nutrient deficiencies in the world since it is found in healthy soil. Since animals are kept in pens and are not fed their natural diet but rather grain fed - factory farmed meat is no longer a reliable or sufficient B12 source.

We wash our fresh produce to prevent eating harmful pesticides making store bought vegetables an unreliable and insufficient source of B12 as well.

This can be combated by growing your own fruits and vegetables, eating fortified foods like nutritional yeast and plant milks or supplementing with B12.

I would still highly recommend either a daily B12 supplement (at least 10 micrograms) or a weekly B12 supplement (at least 2000 micrograms). Research reveals that it might be better to consume vitamin B12 in smaller doses.



But if monthly injections is the only way that works for you than as far as research can currently prove it is sufficient.

B12 supplements are inexpensive and widely available online or at pharmacies.

Eating a whole food plant based diet and eating enough will provide you with a sufficient amount of all the essential nutrients we need to thrive. (This includes vitamins like iron, vitamin a, b vitamins etc.)

Example Day of eating:

This is an example of eating a whole food plant based diet. This was obviously to my preference and energy requirements as a healthy individual. If you like these I often do them on my instagram stories to grab recipes and ideas.

Breakfast: Fresh Fruit, Vega Soy Yoghurt, Homemade Granola, Almond Milk, Nuts & Seeds mix



Lunch: Roast Potatoes, Pumpkin, Green Beans, Lentils, Vegan Gravy, Carrots, Homemade Sprouts.



Snack: Small Salad & Hummus Whole Wheat Wrap with Frys Chicken Strips



Dinner: Vegan Chilli, Chutney & Banana, Broccoli & Avocado on a bed of baby spinach.





FINAL TIPS

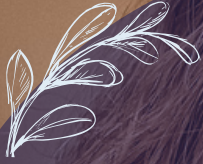
The most important thing before you go!

Okay you're nearly ready to get on out there! While I'd love to tell you having fun and eating anything as long as it's vegan is one way, I care about how you feel and your health.

So I have to tell you the secret to how I thrive on this lifestyle and am the healthiest, happiest and fittest I've ever been. Yes, it's a whole food plant based diet! But it's got 4 more vital steps.

- Move your body.
- Drink at least 3l of water
- Eat the rainbow: Variety. Eat as many different kinds of plants as you can per week (this includes spices).
- Fibre, Fibre, Fibre: Always choose the high fibre option when you can (whole wheat over white, oatmeal over porridge etc).

Okay NOW go have fun! Send me your thoughts, questions, food that needs veganising to [@erinkatherinefit](https://www.instagram.com/erinkatherinefit) on instagram and tag me in your creations and journey so I can follow along!



GOOD LUCK!
YOURS IN
FREEDOM &
COMPASSION AND
WITH ALL MY
LOVE!

*Erin Katherine
Glingerland*