

free guide

HOW TO START A PLANT-BASED DIET

EASY STEPS FOR HEALTHIER CHOICES



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INTRODUCTION

Let's get this out of the way: I'm not a doctor, dietitian, or anything that ends in "-ist" except maybe "plant-based enthusiast." I can't prescribe meds, but I can suggest a stellar lentil soup. So, take this book as a friend's advice—not a medical mandate. If you have already made the decision to go plant-based based on expert advice, then I am your gal!

Going plant-based does not mean surviving on carrot sticks and quinoa sadness. This isn't rabbit food — it's real food. Delicious food. Food that makes you feel like your insides are high-fiving you.

This short guide is designed to help you dip a toe into the plant-based pool without belly-flopping into confusion. I'll walk you through what to eat, what to buy, and how to dodge that "but where do you get your protein?" question like a pro.

You'll also get links to easy recipes, helpful resources, and maybe a few kitchen dance party ideas. (Not required, but highly recommended.)

Let's turn your fridge into a plant-powered wonderland. No judgment. No pressure. Just good vibes, good food, and maybe some lentils. Ready?



CHAPTER 1

Kale Yeah! Why This Diet Rocks

Choosing a plant-based lifestyle is one of the simplest ways to boost your energy, support your long-term health, and reduce your impact on the planet.

Plants are full of fiber, antioxidants, and nutrients that support your body's natural systems. Many people report clearer skin, better digestion, and more stable energy levels within just a few weeks.

As an advocate of this diet and a healthy lifestyle, I have experienced its many benefits. I have reversed pre-diabetes, cleared my skin, improved my vision, and conceived despite having PCOS.

A plant-based diet is a powerful way to align your eating habits with your values – whether they're health-focused, ethical, or environmental.

👉 Want to try your first recipe?

Make my **Mushroom Basil Risotto**

CHAPTER 2

Plant-Based ≠ Eating Grass (Promise)

Plant-based doesn't mean you have to go 100% vegan overnight — it's about making plants the main event on your plate taking baby steps towards living more ethically as well.

It includes vegetables, fruits, grains, legumes, nuts, seeds, and plant-based proteins like tofu and tempeh. (Don't worry, you don't need to know what all of these are just yet.)

Your intention to center plants and gradually reduce meat, dairy, and processed foods will gradually pay off and you will soon reap the benefits of this diet.

This guide will help you ease in, without stress.

👉 Curious about plant-based meal ideas? Follow me on Instagram: [@my_plantbased_passion](https://www.instagram.com/my_plantbased_passion)

CHAPTER 3

Stock It Like It's Hot

Stocking a plant-based pantry is easier than you think! Here are some basics to keep on hand:

- Grains: quinoa, brown rice, oats, whole grain pasta, protein pasta
- Legumes: canned or dried beans, lentils, chickpeas, mung beans
- Mushrooms: button, cremini, king oyster mushrooms
- Nuts & Seeds: almonds, chia, flax, sunflower seeds, nut butters
- Plant Milks: oat, almond, soy (unsweetened if possible)
- Spices: garlic and onion powder, cumin, smoked paprika, turmeric, nutritional yeast, veggie stock cubes
- Extras: tofu, tempeh, canned tomatoes, vegetable broth, frozen veggies

👉 Need help with pantry-friendly recipes? Try **this AI tool**. If you type in what you have in your fridge and tell it you want it vegan, it will generate a recipe for you!



CHAPTER 4

Build-a-Bowl the Plant-Based Way

It's easy to get started when you know what to aim for:

1. Protein – lentils, beans, tofu, tempeh, quinoa
2. Healthy Fats – avocado, nuts, seeds, tahini
3. Fiber & Carbs – sweet potato, brown rice, whole grains
4. Veggies – raw, roasted, steamed, blended – they're the star!
5. Flavour – fresh herbs, spices, dressings, fermented foods

You don't have to be perfect – just aim for variety and colour.

☞ Check out this great [Youtube channel](#) for tips on how to eat the rainbow!



CHAPTER 5

Swap it like it's hot

Small changes = big impact. Here are a few go-to swaps:

- Cow's milk → oat, soy, almond, rice, or cashew beverage - usually found refrigerated, the brand Silk is common.
- Ground beef → lentils, mushrooms, walnuts, crumbled tofu, or a mix!
- Cheese → cashew cream or store-bought vegan cheese - there's a whole section at every grocery store! My favourite is Violife or Daiya.
- Eggs in baking → flax egg (1 tbsp flax + 3 tbsp water) *Pro-tip*: start with a vegan baked good recipe.
- Butter → olive oil, avocado oil, plant butter, margarine, or vegan butter.

Try one or two swaps each week and go from there. You'll build confidence quickly!

☞ Check out [this guide](#) from **Forks Over Knives**!



CHAPTER 6

Surviving Social Events Without Eating Sad Salad



Going plant-based doesn't mean skipping the fun. Here's how to navigate meals with ease:

- Plan ahead: Check menus online — many restaurants have plant-based options now.
- Customize: Ask for no cheese, or swap meat for extra veggies or beans.
- Bring a dish: Potluck? Bring your fav recipe and wow your friends.
- Stay flexible: If it's not perfect, don't stress — progress matters more than perfection.

Plant-based eating is a lifestyle, not a rulebook. Do what feels good and sustainable for you.

👉 Need easy party-friendly dishes? Check out [this page](#) with 40 ideas!



CHAPTER 7

Your Treasure Map to Delicious

You're not doing this alone – I've got your back with tons of helpful content. Here's where to go next:

- 🌿 Recipes: <https://myplantbasedpassion.com/recipes>
- 📱 Follow Me on Instagram
[@my_plantbased_passion](https://www.instagram.com/my_plantbased_passion)
- 📖 My Favourite Cookbooks:
“Eat to Live Cookbook”
“How Not to Die Cookbook”
“Oh She Glows”
“Fiber Fueled Cookbook”
- 🏃 Want to lose weight?
Plant Fit Meg or Broccoli Mum on Youtube
- 💪 Need to gain muscle?
Simnett Nutrition on Youtube

Bookmark these so you always have inspiration close by!

CHAPTER 8

Supplements: Because Tofu Can't Do Everything

A well-planned plant-based diet can be incredibly nourishing, but there are a few key nutrients you'll want to keep an eye on—think of them as backup dancers to your superstar veggies.

- Vitamin B12 is non-negotiable; it's essential for nerve and brain health and isn't reliably found in plants, so a supplement or fortified foods are a must.
- Vitamin D, especially if you live somewhere that sees more clouds than sun, may need a boost as well. Omega-3 fatty acids (like EPA and DHA) are found in algae oil supplements, perfect for keeping your brain and heart humming.
- Iron, iodine, zinc, and calcium are also worth watching—most people get enough through legumes, whole grains, and leafy greens.

Remember, supplementation isn't a weakness—it's smart, science-backed support for your thriving plant-based journey. For an individualized list of supplements your unique body needs, see a naturopathic doctor.

THANKS FOR READING THIS FREE RESOURCE!

I hope this guide gave you a fresh start (with a side of hummus). The plant-based world is full of flavour, fun, and fiber — and you're officially invited to the party. 🎉 Since I was a DJ in another life, I can provide you with some music that you can cook your first plant-based meals to.



P.S. This is called a “smoothie bowl” and there are TONNES of recipes online. You got this!

If this guide helped you at all, feel free to share it with a friend or post about it online (and tag me so I can send you a virtual high five 🙌).

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