



V-LEARNING COMMUNITY

What's in a Plan

When considering a shift to becoming vegan or vegetarian, thinking through a plan can help you stay on track. This checklist can be used for yourself and anyone you share meals with and/or cook for.

Things to Consider	My Scenario
Health	
Should I see my doctor or a nutritionist before making this shift?	
Do I have food allergies or preferences?	
Are there vitamin/supplements I want to consider?	
Are there foods that I may not be allergic to, but I seem to have a sensitivity? For instance, if chocolate upsets my stomach.	
What's driving my decision? If it's for my health, would learning about the benefits to animals and the environment also be helpful? Please see <i>Why Become</i> step in V-Learning Community for ideas.	
Community	
Do I need to consider other people when making this decision? Either because we eat together or this decision will impact them in some way?	
Are there friends and family who will support my journey and maybe want to come along?	
Is there a Facebook, Meet-up, or local group with a vegan/vegetarian theme that I could connect with? Does a local city have an upcoming VegFest?	
Logistics	
Is there a place where I can get the foods I want, and can I get there readily?	
What's the best way to make the shift, slowly or all at once? For example, maybe start with Meatless Mondays.	
What supplies do I need in my kitchen (blender, food processor, Instant Pot, air fryer, etc.)?	
Do I have time to make meals From Scratch or would finding Substitutes for Everyday Foods work best? Please see <i>Fundamentals</i> step in V-Learning Community for ideas.	
Are there systems I can utilize, like cooking a variety of legumes and grains for the week? Please see <i>Develop a System</i> step in V-Learning Community for ideas.	

This is for information purposes only and does not constitute a recommendation, offer, or solicitation of any kind. Please visit www.vlearningcommunity.org for full disclaimer, learning materials, and virtual events.

