- I was repulsed by eating flesh but I don't feel the same way about milk and eggs.
- While I was nursing my own baby, I realised what cows must be going through
- So many people want to get healthy, and that's what a vegan diet offers.
- It doesn't have to be perfect. I'm 99 percent plant based, but once in a while, I eat cheese
- People are only bothered abut your health as soon as you tell them you are vegan
- The movement is really strong, it's forcing fast food companies to do better and provide options.

Initial Phase

Positive

- I went cold turkey and honestly I was fine.
- I was surprised at how easy the transition was.
- My taste buds changed. Earlier meat smelled good to me, but now it just smells putrid.
- I've actually discovered so many more ingredients that I never knew about- like seitan, nutritional yeast, tofu
- I didn't find it hard to be honest. I mean, I was focusing, I would never look at any processed foods, I was focusing on buying fruits and vegetables just to stick with the whole foods

Negative

- I had a lot of meat craving
- Meat was easy to replace, but I miss cheese

Supplements

- I take multivitamin, vitamin c, d, b and zinc and iron. I have a double dose of iron because I had a deficiency even before switching.
- I take B12 and D3
- Mine is vegan multivitamin from Holland and Barret. It covers exactly what vegans are missing in their diet.
- My recipe book tells me my macros
- Only B12, I eat a lot of fruits and vegetables
- I take Vegan Vitality from Amazon
- I eat a multivitamin, and I had myself tested recently. Literally every single vitamin level is where it should be. I don't think that's ever happened to me before.
- I do really struggle with nutrition, but I haven't given it uo because I'm vegan for ethical reasons. I follow a vegan keto diet due to health reasons
- I have a multivitamin. I get tested once a year to make sure its all okay, and it has been so far.
- B 12 and magnesium. I take turmeric anti inflammatory. Vitamin D and black seed oil.
- I do use vegan protein, it has loads of good nutrients in, no sugars, no sweeteners. Genuine proteins I put into my breakfast.
- I take protein powder

How do you eat healthy?

- Tofu- you either hate out or love it
- I struggled with the texture of beans
- I started cooking on a regular basis.
- Tofu is really healthy but you need to dress it up
- I tried to cook different cuisines. Mexican, Thai and Indian food have a lot of choice.
- The thing with plant proteins is that you need to eat a variety of sources to get all the amino acids, so I try to eat different sources.
- I eat alternatives, they have lots of proteins and are fortified with nutrients, especially b12
- I eat a whole food diet, and I don't think you can get nay better
- In the mornings I eat my grains with lots fruits, flax seeds, chia seeds and nuts and cinnamon and I snack on fruits when I feel like it.
- I use a calorie tracker anyway, so that tells me about my nutrients.
- I eat a lot more lentils and veg, but I love junk, and I really need to cut back on that
- I buy a lot of mixed frozen veg and throw it into my recipes. It's a lot cheaper as well.
- Nooch is so good, its cheesy, nutty, healthy and tasty
- I learnt that salads don't have to be boring.
- I buy fortified milks and cereal and other products
- Vegetables are my supplement
- Nutritional yeast is great for nutrients
- Sometimes I think I don't get enough protein
- I started eating more nuts
- I eat nuts and seeds for omega 3
- Quinoa is a great one because it has a variety of amino acids

While shopping

- Even if a product says vegan or vegetarian, I do double check ingredients
- Checking ingredients lists and you always find something stupid like milk powder in a product that could easily be vegan
- Products that are recognised by the vegetarian/vegan society
- Body shop is cruelty free and has some vegan products too, but it is quite expensive
- There is so much variety now, there's an alternative for so much. I don't have problems
- I just buy raw food and tins mostly. I don't buy too much alternate meat
- There is less variety in snacks, but it is getting better
- I do go to the local zero waste store, but I would only go say once a month to buy cereals and muesli that my kids really like. It's inconvenient for weekly shopping
- With Veganuary, a lot more products are released. But its too bad that so many are retracted after January.
- My local Morrisons has an aisle of free from food, and vegan food is included there. It's really good in a sense, but it does exclude other naturally vegan foods that people won't realise are vegan. A lot of bread is vegan, but it's not advertised that way, so you'd not really think about it.
- It does take some effort to find which super market suits you. Tescos and Sainsburys have a lot of options, but my local Co-op has literally no variety.
- I'll be honest, the shopping experience isn't ideal. I have to hop a lot of stores to get everything I need, especially typical vegan foods. If stores had a big enough range, it would really save me some time and effort hunting.
- I hadn't realised before that even washing up liquid or detergent can have animal fats or can be tested on animals, Maybe I was just living under a rock
- Crueltyfreekitty.com is a good website that shows 600 plus cruelty free brands
- Astonish detergents is a vegan, cruelty free brand, but its not available in supermarkets

Physical Health

- I have been vegetarian, but my body really didn't adjust well to vegan, so I still have dairy.
- I have become more aware of what I put into my body
- The amount of processed food I ate has decreased because I have limited options, and that really is a blessing in disguise

Disease

- My cholesterol level improved
- I reduced my intake because of my kidney health
- Red meat flared my IBS
- I had bile salt malabsorption and so I can't eat any animal fats.
- It has controlled my diabetes
- I switched to combat acid reflux and so far it has worked.
- I started out with low iron, and vegan diet just made it worse
- My inflammation, heart burns and bloating got better.
- I have medical issues and I struggle to absorb nutrients due to a stomach surgery. My doctor suggested a vegan diet with supplements and I am in the transition process now.
- I had a health scare that forced me to switch and stick to the choice

Energy

- I felt energised and healthy
- When I have been particularly good/ healthy with food I also find my energy and concentration levels improve.
- My concentration has drastically improved, and I am more active
- When I started out, my iron levels really fell and I felt quite weak
- I was less skittish.

Skin

- my skin improved appearing brighter and smoother
- I had bad eczema, but that cleared up once I went vegetarian
- I immediately saw improvement in my acne.
- my nails don't chip off and my skin glows more.
- I have experienced hairball, but I don't know if its because a vegan diet.
- My hair started growing like crazy, and nails, very positive.

Weight

- I lost a fair amount of fat around my waist and stomach.

Hunger

- I was hungry every 2 hours
- I was constantly hungry and didn't feel full.
- In the beginning, I was constantly hungry. I just couldn't feel satisfied.

Digestion

- I was no longer eating processed meats. Vegan food if full of fiber so it gets cleaned out faster, so 2-3 poops a day is normal
- I had non stop diarrhea when I ate meat and dairy, and that changed real quick.
- Eating more plants meant more fibre, so I was going to the toilet more often than before.

Menstrual Health

- My periods are much less painful,
- The flow is lighter and less red
- I have PCOS and processed food is really disastrous. The regularity of my periods has improved
- Oh, definitely. Definitely. The pain and especially before my periods, I was so stressed and nervous, just because I knew what pain you know, is coming. And like since it got resolved. much calmer. I feel like my brain works better, like feeling better.
- I have endometriosis, and the pain is brutal. I has 8 to 10 ibuprofen everyday on my period. But within 3-4 weeks of WFPB, the result was shocking. I was literally in tears because the pain was gone

Mental Health

- I felt like I was always thinking about food
- It gives me lot of satisfaction and adds meaning to my life.
- I actually started it for a detox, and then I stayed because it make me feel amazing
- I'm a perfectionist. I started with a very strong all or nothing approach. I had severe meat cravings and I couldn't contain it. If I would mess up, I just gave up.
- It helps me feel spiritually connected
- it was like going on a crash detox diet, but longer
- I used to diet a lot when I was basically from teenage years to my early 20s. I wasn't I definitely was skinny. That put a lot of pressure on me and the way how I was eating. Now I don't really care like how much I eat because I know I'm first of all, I'm not going to any weight on because I'm eating clean. So many benefits, like losing weight, looking better.
- I started to realise even reducing my consumption will help the planet and my body.

Community

- I have follow pages on instagram with food inspiration
- I spoke to a friend about it and we exchanged recipes.
- Joining communities and groups where there are experienced vegans as well as people transitioning makes me feel less isolated.
- Going plant based is quite gutsy because people do judge you.
- After a few weeks I was ready to give up. Then I joined some recipe groups

Recipes

- There was this point when I suddenly got bored. It was about 8 months in, and I felt like I knew the nutrition, the recipes. there was nothing new and it lost its novelty.
- My daughter had issues with texture. So I made her "vitamin soup" with red lentils, watercress and carrots all blended in.
- I discovered my love for cooking after going vegan. Cooking used be a chore, now its fun because I get to try new recipes
- I'm still learning to sneak in the veg in my food. I try to make soups or blend it into a sauce
- I really didn't enjoy alternate meat, so I started cooking my own meals
- I struggle to find lazy day recipes, or comfort food recipes.
- I've started experimenting with recipes and adding my own touch

Meal Prep

- I realised I would need to cook a lot more, and I don't really have time to cook everyday. Now I cook in batches and meal prep on the weekend
- Sunday and Wednesday are good days to meal prep, but it depends on my work load.
- I meal prep and I take my one meals into work in a thermos flask