

Evaluate Your Starting Point

for Plant-Based Diet

Read over Stage 1, 2, 3 and evaluate where you land

Stage 1 — The “SAD” Diet (Standard American Diet)

<p>Current Nourishment</p>	<ul style="list-style-type: none"> * Vegetables, fruit, meat, dairy, wheat, processed foods, refined sweeteners, and standard whole foods. * May use alcohol, caffeine, marijuana or nicotine on daily basis. * Most food from outside your ecosystem, mega farms. * GMO's, petrochemicals which create internal pollution and cellular confusion. * Large carbon footprint per nutrient value.
<p>Current mental pattern</p>	<ul style="list-style-type: none"> * Craving foods and beverages that aren't good for us. * Eating and drinking that which we know isn't good for us. * It's easy to overeat because eat bite has a lot of calories. * We may regularly experience regret that we ate something we didn't want to. * We might not care about our diet or think about where our food comes from.
<p>Next Step on Horizon</p>	<ul style="list-style-type: none"> * We may think our diet is “pretty healthy” but have health issues we're interested in alleviating. * Eating more leafy greens, roots and fruits before other foods at each meal. * Planning meals ahead of time that have more vegetables. * Doing a detox to have a big shift in what becomes our “new normal”.
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> * Moving from an inflammatory diet to a alkalizing diet will slow bodily degeneration and may prevent degenerative disease. * Allow your body to detox. * Finding appropriate weight for your body type and activity level. * Makes all the other habits easier to integrate. * Allow more consciousness in your body and in your relationships.

Stage 2 — Whole Foods Diet

<p>Current Nourishment</p>	<ul style="list-style-type: none"> * You eat less and less processed food over time. You're steering away from canned, packaged and frozen foods — and choosing fresh more often. * You know how to prepare food that is simple and nourishing. * You are curious about adding different plants to your diet. * You eat fruits and vegetables daily. * You may garden or sprout to get fresher nutrients. * You may be involved in a CSA, food co-op or farmer's market.
<p>Current mental pattern</p>	<ul style="list-style-type: none"> * You know which foods are good for you. * You may eat foods that aren't good for you — because they are around and you crave them. * You may struggle with “eating what everyone else is eating.” * You get that there is another level of clean or higher vibrational eating. * You may have experience detoxing or changing your diet significantly. * You're open to experimenting with how different diets make your body feel.
<p>Next Steps on Horizon</p>	<ul style="list-style-type: none"> * Get more involved with where you source your food. * You sprout, indoor and outdoor garden in a time-efficient way that meets your lifestyle. * Reduce stimulants and excitotoxins (caffeine, chocolate, sugars) at your growing edge. * Reduce grains and legumes, increase vegetables. * Reduce leftovers — increase fresh foods. * Keep a food journal to notice the specific effects various foods and beverages have on your body. * Remove MSG, GMO foods and other synthetic additives from your diet.
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> * Experience greater connection and deeper nourishment in your body. * Connect more deeply with your ecosystem, and become an advocate for your ecosystem. * Learn more about preventing the diseases of your ancestors from taking root in your body.

Stage 3 — Plant-based Diet

<p>Current Nourishment</p>	<ul style="list-style-type: none"> * You may eat mostly green vegetables, root vegetables, fruits, seeds. You may eat some grains, legumes, nuts, and animals — but in less quantity over time. * You prepare most of the food you eat — and intuitively know what your body wants and needs. * You get food at farmer's markets, or a CSA. You know what plants thrive in your ecosystem and extend their immune system to you. You know where your food comes from. * You eat what makes your body feel good regardless of the social situation. * You find you don't need as much food as you get older. * You leave room for space while eating and between meals. * You like to sprout your sprouts, culture your veggies, and grow edible plants in or in and around your home. * You enjoy learning from people who are playing their edge with diet.
<p>Current mental pattern</p>	<ul style="list-style-type: none"> * You feel nourished. * You are connected to your ecosystem and therefore grounded. * It's easier to eat light because eat bite has lots of nutrients — but not a lot of calories. * You understand that if you help plants thrive you help yourself and your community thrive. * You're curious about learning more about your inner and outer ecosystem.
<p>Next Step on Horizon</p>	<ul style="list-style-type: none"> * You continue to diversify your diet — adding species each year. * You help educate others that are interested in experiencing better health about the simple habits you have taken up. * You continue to learn, explore and refine in your inner and outer ecosystem.
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> * You are confirmed in the track that you are on. You gain insight from one aspect of the teaching or another. * You get more nutrients. * You become part of the global and local solution. * Who knows? Email yogahealer to report.