



# **The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight**

*Lani Muelrath*

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It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan—until now.

If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. *The Plant-Based Journey* provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience!

Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition:

**Step 1: Awakening:** Discover your “why” for eating plant-based

**Step 2: Scout:** Assemble what you need for plant-based eating basics

**Step 3: Rookie:** Increase the presence of plant foods on your plate with specific strategies and systems

**Step 4: Rockstar:** Take your newfound plant-based eating success on the road and to social and family situations

**Step 5: Champion:** Sharpen your skills for long-term plant-based living success

In addition, in *The Plant-Based Journey*, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease.

Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, *The Plant-Based Journey* is your essential, definitive guide—for a healthier, trimmer you.

## **The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight Details**

Date : Published September 15th 2015 by BenBella Books

ISBN : 9781941631362

Author : Lani Muelrath

Format : Paperback 304 pages

Genre : Health, Food and Drink, Vegan, Nonfiction, Cookbooks, Nutrition, Food, Cooking

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## **From Reader Review The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight for online ebook**

### **Lori says**

This is an ok book for those just beginning a plant-based diet, but you may find this book severely lacking in sustenance. It gives the basics, but it doesn't tell you how to organize your pantry or enough recipes to get you started. For the price, I would have preferred more information. I won't discourage anyone from getting this because it is helpful, but if you are looking for data, help with your pantry or a lot of recipes, this is not the right book.

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### **Carly says**

This is a must have book for anyone transitioning or thinking about transitioning to a plant-based diet! It has everything you need to know and makes you motivated and ready to start the transition.

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### **Susan says**

This is the best book I have read about beginning a plant-based diet. It is very detailed and easy to understand including recipes, shopping lists and FAQ.

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### **Barbara says**

It can be overwhelming thinking about changing your diet to plant-based. There is a lot of scientific based evidence in this book. I see how it can be doable for anyone that is committed to changing their health, vitality, energy, and life. I loved the format of this book. It had a section that includes templates to convert all your favorite meat-type meals to plant-based, with variations and choices. There were many examples of several individuals' stories about how they changed their diets. Menu-plans and a section of wonderful recipes are also included.

This book is a real gem. The author did a lot of research and gave such valuable information that you rarely find in other vegan books.

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### **Online Eccentric Librarian says**

*More reviews (and no fluff) on the blog <http://surrealalvi.wordpress.com/>*

The Plant-Based Journey is intelligently written: friendly but with modern, busy schedule aesthetics that make its flexible plans easy to adopt and follow. The book eschews all animal-based products (eggs, milk, cheese, meats, etc.) as well as all oils. They are replaced with a core set of recipes that are open to replacements/substitutions/personalizing. Ideas for advance preparation make the transition a bit smoother - as do testimonials and tips from those who have adopted a plant-based diet of their own or with their families.

The book breaks down into 6 key sections: Awakening (making a plant based connection, my plant based journey), Scout (the plant-based plate, the good news guide to hunger satisfaction, getting your kitchen and pantry ready), Rookie making the switch: transition timelines, plant yourself!, creating systems for success), Rock Star (plant based on the road, family, friends, and food pushers), Champion the ten-day plant-based makeover), The Key Supporting Players (fit for the cause, mastering strength and mind, crowd=pleasers and can't missses, dressings, sauces, and toppers, dessert). Appendices including resources, shopping lists, plant-based FAQs, plant-based replacements for dairy milk, eggs, and oil, and metric conversion charts.

There are only 30 recipes or so and they are intended as a starting point - from which readers can add in/remove ingredients that they prefer or don't like. Included are muffins, waffles, pancakes, pies, chili, corn bread, pesto, lasagna, pot roast, tacos, burritos, sauces, creams, vinaigrette ice cream, baked apples, apple crisp, and berry fruit tarts.

The book will challenge the way you cook - from little things like not using oil to make vegetable stir fry (use broth instead) or to get the feel of meat without actually having it in tacos, burritos, and a pot roast. No matter which recipes are chosen, I do feel there is a learning curve that can't be under emphasized. Certainly, following the ideals of a plant-based diet means a lot more beans and legumes than most Americans typically encounter in their meals.

The author is encouraging and makes a point to be very flexible. Most of the introduction is about understanding why the change is important (motivation) but extra external resources from various organizations are listed as well. This isn't meant to be a specific "follow it or else" type of diet; rather, it does fall into the category of expansive and extensive lifestyle change for the entire family. Indeed, great tips are given from several people on how they transitioned husbands/wives/kids into eating better.

I am rating this 5 stars because I think the author has struck a great balances: the right amount of information, flexibility, encouragement, motivation, recipes that are interesting, and potential for lifelong health changes. This is especially a great starter book to get into a diet program since it isn't overly wordy, technical, nor does it use scare tactics/statistics, etc. It's fairly easy to adopt and requires minimal equipment investment.

In all, definitely one of the better books on the market for long-term health and diet change. Reviewed from an advance reader copy provided by the publisher.

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### Stella says

Great hands on approach addressing all the how tos i could think of. And simple, straightforward recipes and tips. I will read this again.

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### **Polly Krize says**

I received an ARC of this book in exchange for an honest review.

The key word in this title is Transitioning. A plant-based diet does not need to be traumatic or self-depriving, and the value of plants in our diet is enormous. This choice can help on the journey to better health, weight loss and self image. Gentle suggestions are provided in this well-written book.

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### **Sarah Jubinville says**

An ideal book for anyone interested in a plant-based diet.

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### **Dr. Sharada says**

Clearly written, informative, and inspiring. I wish I could convince everyone I know and love to read this book! It is the perfect companion to documentaries like \*Forks Over Knives\* and books like \*The China Study\*. It provides the "how to" to their "why eat plant-based."

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### **Ireene says**

A great book for the beginners of the plant-based eating or for people who just want to eat healthier! Really easy and understandable step by step guide. After reading this no one should have trouble becoming plant-based. Simple recipes, great tips for preparing food etc. And I also liked the real life experiences, stories and interviews from other people. Why 4 stars and not 5? Well I would have preferred little more mentioning of ethics as well. It is great that people eat plant-based for health reasons but it gives you more reason to stay plant-based and even go vegan when you care about animals as well. But I am definitely going to suggest this book to everyone who want to be healthier and all the new vegans as well.

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### **Lanell says**

#### **Library loan but now I want to buy it!**

I have read a few books about going plant-based. This one is the best for keeping it real. Lani gives easy step by step instructions and ideas for getting started. It's not an all or nothing approach. It's about taking it one day at a time and making the transition at your pace so that it's a lasting change. I'm going to read it again. The recipes look good too.

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### **Diane says**

Curious or thinking about going plant-based, this book will be a great source of information that will inspire you to make some positive changes. The layout makes for a fun read with easy to follow directions to help get you started on your journey. This one is keeper!

I received a digital copy of this book from NetGalley.

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### **Andrea Ivins says**

An incredible guide for anyone, anywhere on their own plant-based journey to strategize an easy, doable plan for transitioning or refreshing a whole food plant-based lifestyle. Lani's tips are easy to execute and feasible in any schedule. She helps you plan for not only a successful transition to the plant-based lifestyle, but for more time resources for fitness, responses to the family dynamic adjustment, social situations, and systemized kitchen readiness. Are you tired of vegan junk food? Me too. The recipes provided are within anyone's capabilities and sure to please any divided kitchen or picky, refined palate. A wonderful compliment to your growing nutrition studies library and quite possibly the best book to read on the subject if you are just beginning your very own plant-based journey!

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### **Inder says**

The idea of becoming a full-time (even part-time) vegan can seem pretty daunting to someone "enjoying" the standard American diet! This little book is full of very helpful and pragmatic suggestions for making incremental changes in that direction. I really enjoyed the author's nonjudgmental and helpful tone, and her approach to cooking, with basic "templates" that you can vary in different ways, fits with my general improvisational approach to preparing food (although I have not tried any of her recipes yet, I look forward to doing so).

On a more basic level, this book reminds you that if you want to go plant-based, you're going to need to eat a LOT of starches, whole grains, and legumes. A lot more than you're probably used to. The reason you still feel hungry after a kale salad with veggies is that it's not enough food! Folks used to eating more calorie dense foods need this critical reminder. When I first started trying to go plant-based, I felt hungry a lot. The realization that I needed to eat more legumes as well as increase my portions was critical to feeling good. Once I sorted that out, I started feeling a lot more energetic and satisfied. Portion-control is just different on a totally plant-based diet. This is the kind of practical help you need when you are trying out this approach.

The author recommends a whole-foods plant-based diet that does not include any added oils - that last bit feels a bit extreme to me at this point in time, but of course, it is easy to add oils back into recipes, and learning to cook with \*less\* oil is definitely something I am interested in. I really liked her general approach - instead of focusing on cutting foods out, focus on crowding out the animal products and processed foods with more and more vegetables, legumes and whole grains. I feel like everyone could benefit from this approach, no matter what their dietary goals or ideals. Her tone is very nonjudgmental, making this a good book to read even for someone who is just trying to introduce more plant-based foods into their diet, without

cutting out meat or dairy.

Her approach to going more plant-based is really practical for families as well, and gave me good ideas for cooking for my husband and kids. Overwhelm at my family's picky eating habits had long been one of my favorite excuses for not eating as well as I would like, so this is a big deal. It is simple enough - start with plant-based foods you know that everyone likes, prepare lots of them, and work slowly from there to introduce more healthy foods onto the plate, using the "crowd out" approach. She breaks the process down into baby steps, valuing progress over perfection, in a way that I found very refreshing and relaxed. With her approach, change actually seems possible. (Although we shall see, right?) In any event, change has to start with me.

Since I have been reading so much about going plant-based or vegan lately, I can't help but notice that a lot of the writing on the subject seems impossibly perfectionist and, well, a little uptight or crazy-seeming! Ahem! Of course, this is the reputation that vegans have in mainstream culture, and a lot of it is deserved! It's too bad because of course, even the healthy cultures that were the subject of the studies and science that support a plant based lifestyle eat small amounts of animal products on feast days. There may be many benefits to going completely vegan, but you're still healthier if you eat more plants and less meat - it doesn't have to be all or nothing. Mark Bittman is a good example of this approach.

This book is less like that, despite the no-oil recipes, and feels much more welcoming of real life and imperfections. There was nothing amazing about the writing style, but I came away from this book inspired and feeling capable of making some practical changes to my eating style. Recommended to anyone who would like to eat better but doesn't know where to begin.

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### **Margaret Sullivan says**

This book was really helpful to me in getting on track with my transition to a WFPB (whole food, plant-based) lifestyle. I get home relatively late most nights, so I was used to grabbing takeout or microwaving a frozen dinner, so adjusting to cooking from scratch was difficult. At first I kept trying to make elaborate meals, but then this book helped me realize I had to keep it simple. I do some basic food prep on the weekends, and then have vegetables and whole-grains ready to heat up and combine into a meal. Also there are some good recipes for when you DO have time to cook! And lots of encouragement and good sense about why you're doing this in the first place. If you're a newbie to the WFPB life, check it out.

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