

1 Month Vegan Challenge



TIPS & TRICKS ON HOW TO STAY VEGAN

**SOCIAL
CHALLENGES**

COMPLETE VEGAN SYSTEM

Meal Plan, Macronutrients, Tips for sticking to a vegan diet, Supplements, Worksheets & more



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Dealing With Social Challenges

Becoming a vegan and leading a vegan lifestyle may be one of the healthiest choices you can make, both for yourself and the planet. From time to time, however, you will come face-to-face with friends, family members and colleagues who either disagree with your choice, treat it less seriously than you do or, unfortunately, argue with you and try to convince you that they are 'right' and you are 'wrong'.



This social pressure can be smothering at times and might seem incessant, especially if you've recently made the decision to go vegan, so learning to deal with it is important in order to keep your sanity. In this guide, we'll show you several different techniques you can use to deal with the social pressure that inevitably comes from being a vegan. We'll also give you some great tips on eating out, like where to go and how to find restaurants that cater to the vegan lifestyle.

You May Not Eat Animals but You're Still a Social Animal

Here's the thing; we humans are social animals who thrive on being together, learning from one another and, in many cases, being the same so as not to 'stick out' and call too much attention to ourselves. This desire to be social has an effect on every aspect of our lives and, if we go against what the rest of our peers are doing, those peers can and do oftentimes object.

Just because the TV said it doesn't make it right

The problem, and it's a big one, is that today it's more acceptable to eat unhealthy, animal-based food than ever before. In fact, it's literally everywhere, from the advertisements we see on TV and magazines to the road signs we see wherever we travel. Burger and chicken joints are practically on every corner, while commercial blast incessantly about how delicious and wonderful they are.

Trying to explain why you're vegan without offending anyone

All of this pressure can be daunting, no doubt, and all because you, as a human, feel a deep desire to be accepted by other humans, even if your life goals and values go completely against theirs. The fact is however that you don't have to follow the crowd or do what everyone else is doing, especially when what they're doing is unhealthy. It's your body, and your health, which makes your choice the most important.



Dealing with pressures from family members

Pressure from your family about your vegan choice can be the most frustrating since, in most cases, these are the people who care about you most deeply and want to see you make what they think are 'good choices'. Your mom and dad can sometimes be the biggest offenders as, obviously, they love you and, as part of an older generation, they were taught that meat and animal-based foods were 'good for you'. To deal with this pressure, try these strategies on the next page.



Make a delicious vegan meal for the family



As a vegan you know there are plenty of delicious, nutritious ways to eat without using animal products, so why not show your family what you know by cooking them a fantastic meal. In fact, if you still live at home, you should cook vegan meals on a regular basis.

You might not change anyone's mind but you'll put to rest the notion that eating vegan isn't just as yummy, satisfying and healthy as not and, who knows, you might just convince some of your family to make the switch to veganism.

One caveat, however, is that you need to be prepared for the possibility that they still disagree with your decision, and be prepared to live with that in peace.

Don't argue your point(s) aggressively



Yes, you want to convince your family that becoming a vegan is a good, healthy choice, but keep in mind that many of them have been eating meat for their entire lives and feel that there's absolutely nothing wrong with it. If you're suddenly all up in their grills about how eating meat is cruel, how the animal food industry is evil (and it is) and how eating meat is unhealthy, you're going to get some serious blowback.



Why? Because nobody likes to hear that what they're doing, or what they believe, is false, hurtful or negative. The truth is, most intelligent people realize that eating meat involves at least some animal suffering and cruelty, and don't want to admit they are a part of that cruelty. Also, many people really do enjoy animal-based food products, so asking them to stop (or demanding they do) is like a slap in the face.



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It's better to stand your ground peacefully and stick to your guns, as it were, and simply be an example of how good veganism can be by being you, leading by example and not by sheer brute force.

Focus on why you became a vegan in the first place

Remember, you don't have to 'prove yourself' to anyone but yourself. If family members are making you uncomfortable because of your choice to be a vegan, focus on the many positives that veganism brings to both you and the planet, including;

- 🌿 Better overall health, especially for your heart, liver, kidneys and GI tract
- 🌿 A lower carbon footprint
- 🌿 Less animal suffering
- 🌿 More energy, vitality and stamina
- 🌿 A lowered risk of heart disease and cancer
- 🌿 Lower risk of many chronic diseases

Dealing with the stress of eating at a family or friend's house where animalbased foods are being served

As a vegan, you'll inevitably find yourself in a situation where you're at the home of someone you know, like a friend, family member or maybe even a new lover, and you're invited to join them in a meal that's made from animalbased food. Maybe you arrive to find that there's a huge spread already out on the dining room table, filled with foods that you don't eat, lovingly prepared by the host who, of course, expects you to not only eat but be very happy with what they've cooked.

The last thing you want to do (unless you're a militant vegan, which we don't recommend) is offend someone or hurt their feelings, especially after they've spent the better part of the day hunched over the stove in the kitchen. In this case, there are a few strategies you can use to avoid confrontations or awkward situations.

- 🌿 Find something that's vegan and eat that. A salad, baked potato, veggie, fruit or nuts will do. (And make sure to compliment the chef on whatever you do end up eating.)
- 🌿 Tell the host ahead of time that you're vegan and ask if they can prepare something for you
- 🌿 Bring something of your own to share that's vegan
- 🌿 Be humble and appreciative.
- 🌿 Talk about how cruel the SAD* diet is to animals (*Standard American Diet)

Dealing with colleagues and coworkers who disagree with your choice

The thing about people you work with is that they don't have to agree with you, applaud you or even remember that you're a vegan, and you have no choice but to deal with that.

In some cases, you'll be confronted with a coworker who simply wants to share, say, the donuts and danish they brought in for everyone. Some will confront you and call you out on your veganism, arguing that it's not 'scientifically proven' or that eating meat is natural for humans.



Just like with your family and friends, you feel the desire to 'fit in' at work, especially since you spend a lot of hours of your life there, but here's a fact; if you decide to be a vegan, you're going to get pushback from these people, and might even be the subject of scorn, gossip, and derision. Here's what to do if and when that happens;

- 🌿 Suck it up. These people don't own you, so don't let them take your power
- 🌿 Lead by example. In time, some might even come to you for advice
- 🌿 Bring in some vegan food you've made and share it with everyone
- 🌿 Stick to your guns. If you give in, even for a single bite, you'll never hear the end of it

Tips For Finding Vegan Restaurants and Eating Out

OK, so we've given you some great tips on dealing with social pressure after making the decisions to become a vegan (or after being vegan for months or years).

Now comes the best part of this book, Tips on how to find great locations to eat out as a vegan, and enjoy the delicious, nutritious and vitality-loaded benefits leading a vegan lifestyle can bring.

Ask other vegans where they go to eat.

You may not know others in your direct social circle, but with today's social media finding out where the best vegan food joints are located in your town is only a Facebook post away.

Search the web for vegan hotspots

The internet is a handy tool, no doubt, and can easily lead you to restaurants, cafes and food joints where they serve vegan food, either exclusively or as a side service.

Think Outside The American Food Box

There are a lot more choices in the typical city or town than American food, including Asian, Ethiopian, Indian, Caribbean and Ital (Rastafarian) food, all of which prepare all or most of their dishes vegan. Yes, some of them might have animal products, so you need to ask, but many will be 100% vegan, making your choices more varied and easier.



Want Meal Plans & Tips? Try this book
Tap/Scan the QR code or [CLICK here](#) to download the book

Look for Restaurants That Have True Vegan Options

Taking a regular salad from their menu and removing the meat, cheese and eggs doesn't make that salad a vegan choice, just a lame choice. If you're going to give a restaurant your hard-earned money make sure they have true vegan options on their menu. In fact, try to find eateries that go above-andbeyond, to deliver vegan dishes that tantalize your tastebuds with creativity and panache. A big plus goes to restaurants that make their own, in-house vegan substitutes.

Conclusion

Congratulations! You've made the switch to a healthier lifestyle and you should feel good about that decision. Hopefully, we've given you plenty of 'ammunition' to defend your choice and stay on the vegan path.

Keep in mind however that you don't need to prove anything to anyone except yourself. You're the boss of you and your decision to eat what you want is yours alone. If you can do that with dignity, grace and respect for the choices others make, the social pressure from being vegan will slowly and surely fade.



The good news?

Every day more and more people are making the choice to become vegan and, soon enough, there will be more vegans than carnivores. You're now a part of that movement, so be proud that you're a vegan because it's the best choice for you, our animal brothers and sisters and our lovely planet.