



— 30-DAY —

Plant-Based

TRANSFORMATION PROGRAM

■ SUCCESS GUIDE ■



Your Best Life Nutrition & Wellness
www.yourbestlifenutrition.com



DISCLAIMER

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WELCOME TO YOUR — *30-Day Plant-Based* — CHALLENGE

Congratulations! Just by signing up for this program, you've taken an important step toward feeling more vibrant, healthy, and energized!

Adopting a plant-based diet (even if it's just for a few weeks) can be a life-changing experience, as well as an amazing move for your health.

This program has been carefully crafted and is **LOADED** with antioxidants and nutrients that will help your body **THRIVE**.

After just a few days, you'll notice your energy levels improve, your brain fog will begin to disappear, sleep will be more restorative, the list goes on!

You will also start to eliminate excess wastes and toxins, helping to restore balance throughout your body.

Many people around the world have embraced this way of eating ... not only for its health-boosting benefits, but because it's also great for our planet.

It doesn't matter if you're just testing out the waters of a plant-based diet, or if you've been eating this way for years, you are in for an amazing 30 days!

WELCOME TO YOUR 30-DAY PLANT-BASED CHALLENGE

To get a little more specific, studies show that eating a plant-based diet can have incredible effects, including helping to:

- Reduce your risk of developing heart disease and type 2 diabetes – and maybe even reverse them!
- Lower high blood pressure
- Improve your cholesterol levels
- Make it easier to maintain or lose weight
- Reduce your need for some medications
- Prevent some chronic illnesses and diseases.

Pretty amazing, right?

But knowing exactly how to eat a plant-based diet and still cover all your nutritional bases can seem overwhelming.

It's not as simple as just "cutting out" meat and other animal products. You also have to pay attention to your body and what it needs.

Let's face it! Potato chips and corn chips are considered plant-based foods ... and so is pasta ... but those are not always your healthiest choices.

This is where your 30-Day Plant-Based Transformation Program comes in!



WELCOME TO YOUR 30-DAY PLANT-BASED TRANSFORMATION



We have carefully designed this program to deliver the maximum amount of benefits for your body, while keeping in line with our “simple and easy” recipe philosophy.

This program is loaded with delicious, nutritious, and gluten-free recipes that we can't wait for you to try.

We will take out all the guesswork ... and you'll learn what to eat (and what to avoid) to have a successful and transformational experience.

Throughout this program, we'll also focus on being intentional with our thoughts and actions, and also on being mindful and present.

This is much more than just a 30-day plant-based challenge, this program is designed to help you become the best version of yourself ... inside and out.

VEGAN *or* VEGETARIAN?



There are a few key differences between vegetarian and vegan diets.

First, vegetarians often eat dairy products as well as eggs.

Vegans don't eat any animal products at all.

In fact, for many the term “vegan” is more all-encompassing, which means not only avoiding eating animal products, but also using them in any form (including wearing clothing derived from animals).

“Vegan” can be a term referring to an entire lifestyle.

This challenge does include honey (which is made by bees), and it doesn't include avoiding animal products in other parts of your life ... so this program is technically “vegetarian” and not vegan.

That being said ...

If you want to eat a completely vegan diet over the next 30 days, all you have to do is substitute the honey in the recipes with either grade B maple syrup or coconut sugar. It's as simple as that!



Vegetarian food leaves
a deep impression on
our nature. If the whole
world adopts
vegetarianism, it can
change the destiny
of humankind.

ALBERT EINSTEIN



The

PROTEIN PREDICAMENT

Brace yourself: Now that you've decided to forgo meat, dairy and fish in your diet, you might find yourself asking the question:

“But where do I get my protein?”

It's a common misconception that vegetarians don't get enough protein. They actually do ... as long as they follow a healthy, intentional diet.

Protein isn't found only in animal products – it's also found abundantly in plants.

In fact, you'll even find MANY examples of professional athletes (that have higher-than-average protein requirements) who have successfully adopted a plant-based lifestyle. Many even say that eating a plant-based diet has given them a competitive advantage in their sport!

THE PROTEIN PREDICAMENT



Quinoa

Quinoa is not only a superfood loaded with iron and every amino acid your body needs, it has 8 grams of protein per serving.



Superfood Nuts & Seeds

Almonds, walnuts, chia and hemp are more than just salad toppings – they're powerful protein sources packed with essential nutrients like magnesium. They can be eaten raw or roasted, made into milks or butters, tossed into stir-fry dishes or smoothies.



Vegan Protein Powder

We recommend grabbing a tasty plant-based protein powder, one that's free of dairy, soy, gluten and GMO-ingredients. There are dozens of options available, many at your local grocery store.



Legumes

Say hello to the fiber-rich, vitamin B-packed legume family! Beans will keep you feeling full and satisfied. Don't fret about the gas. You may experience it at first, but your body will get used to the beans and adjust.



Non-GMO Tofu

What's great about tofu is that it takes on the flavor of the ingredients it's cooked with. It's tasty and also a viable option when dining out, particularly at Asian restaurants.

Personalizing YOUR PLAN



To get the BEST results from this challenge, here's a simple guide to adjust your meal plan according to your body's needs.

Men and women are different: not only do our energy requirements differ, but there are also differences in how we metabolize foods.

Below is a breakdown of how you can tweak this program to serve your needs ... and if you need help with this, please ask!

Protein Serving Sizes

Women: keep plan as-is

Men: add 10-15g of protein daily (about 200-250 calories) (see Swap Guide for suggestions.)

Starchy Carbohydrates

Women: keep plan as-is

Men: ADD ½ cup of starch TWO times per day when it calls for it in the meal plan at each serving (this includes items like sweet potato, quinoa, etc. (see Swap Guide for the complete list.)

Healthy Fats

Women: keep plan as-is

Men: ADD about 3 Tbsp. or ¼ cup PER DAY to the plan

MORE WAYS TO *Personalize* YOUR PLAN

- Exchange a protein for a protein
- Carbohydrate for a carbohydrate
- Healthy fat for a fat
- Fruit for a fruit
- Vegetable for a vegetable

Non-Starchy Veggies (NSVs)

Artichoke	Celery	Onions
Artichoke hearts	Cucumber	Peppers
Asparagus	Eggplant	Radishes
Beets	Greens (no iceberg)	Sprouts
Brussels sprouts	Hearts of palm	Squash (summer)
Broccoli	Jicama	Swiss chard
Cabbage	Leeks	Tomato
Carrots	Mushrooms	Turnips
Cauliflower	Okra	Zucchini
Celery		

Common Starchy Veggies

Acorn Squash	Pumpkin	Sweet Potatoes
Butternut Squash	Quinoa	Winter Squash
Parsnip	Spaghetti Squash	Yams

ADDITIONAL SWAP OPTIONS

Lower-Med Sugar Fruits

Apple
Apricots
Berries (any kind)
Cantaloupe
Grapefruit
Honeydew
Peaches
Pear
Nectarine

Higher-Sugar Fruits

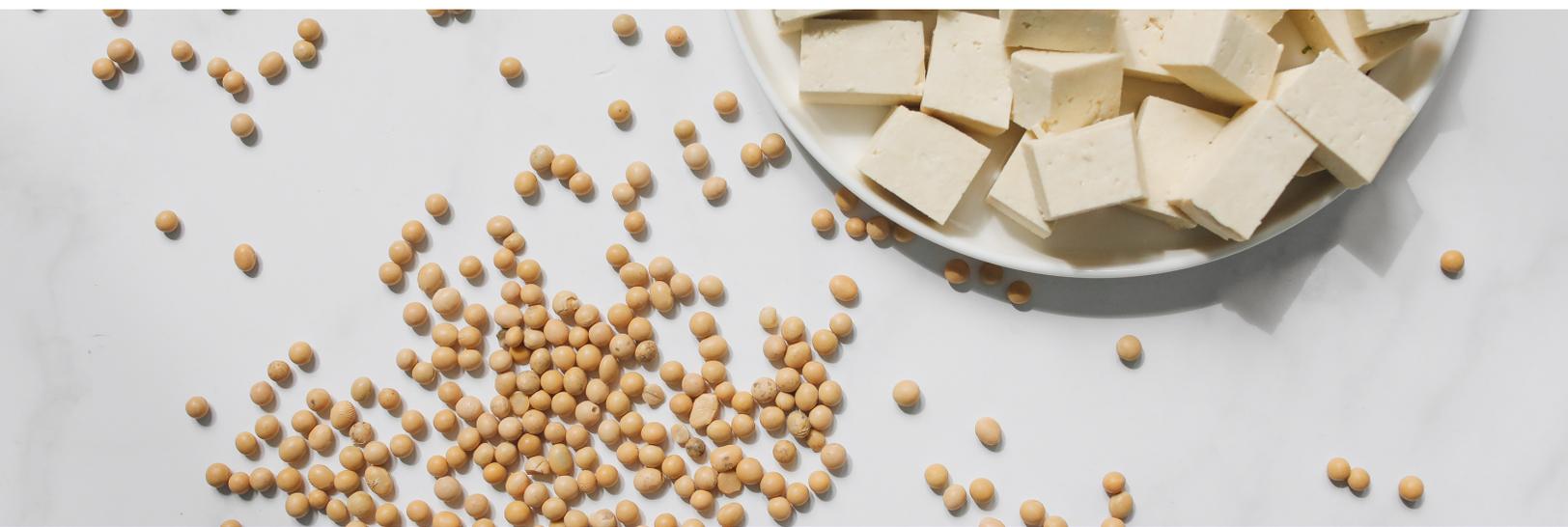
Banana
Cherries
Grapes
Mango
Plums
Oranges
Kiwi
Pineapple
Tangerine

Fat Swaps

Extra Virgin Olive Oil, 1 tsp.
Coconut Oil, 1 tsp.
Salad Dressing, 1 tsp.
Avocado (1/4 avocado)
Nut Butters, 1 ½ tsp.

Protein Swaps & Ideas

Vegan Protein Bars
Smoothie with Vegan Protein
Roasted Garbanzo Beans / Soy Beans
Tofu Jerky
Vegan Yogurt with Protein Powder
Hummus / Bean Spread
Vegan Meat Substitutes





WHAT TO EXPECT *during* THIS PROGRAM

Whether you're brand-new to a plant-based lifestyle or you're interested in taking your plant-based game to the next level, you'll love the results from this program.

First, we will help get you prepped and ready with everything you need to be successful. Then, we'll kick off your program with a few "RESET" days, and then we'll settle in with amazing recipes that will leave you brimming with energy!

Let's go through a quick overview of the five phases, and then we'll dive deeper into each phase.

“ When you become more mindful of what you put in your body every day, that mindfulness will seep into everything you do. ”

RUSSELL SIMMONS

WHAT TO EXPECT DURING THIS PROGRAM

Phase 1

GET PREPPED

- Time to set yourself up for success for the next 30 days!
- First, you'll prep your environment by eliminating/donating food and other items that you won't need during your plant-based transformation program.
- Then, you'll restock your kitchen with healthy, whole foods that will nourish and replenish your body.

Phase 2

BE INTENTIONAL

- This “mental leap” phase can actually be done at the same time as Phase 1 ... but it's so important that it gets its own category.
- Understanding the “WHY” behind a plant-based diet will go a long way toward helping you stay on-track. Your “why” might be different than someone else's ... is it for your health? the environment? spiritual reasons?
- When you take some time to explore what drew you to the challenge, you'll have a much deeper (and longer-lasting & successful) experience.

Phase 3

RESET & ENERGIZE (Days 1–3)

- The challenge kicks off with a mild whole-foods “detox” to reset your system.
- Depending on your current diet, you might feel a little discomfort (headaches and/or fatigue) during this phase because there's no caffeine or alcohol.
- Be sure you drink at least half your bodyweight (in ounces) of water each day. Example: if you weigh 140 pounds, you'll drink at LEAST 70 ounces of water to help stave off side effects.
- Once you complete this Phase 3, you'll be set up for even greater success for the rest of the program!

WHAT TO EXPECT DURING THIS PROGRAM

Phase 4

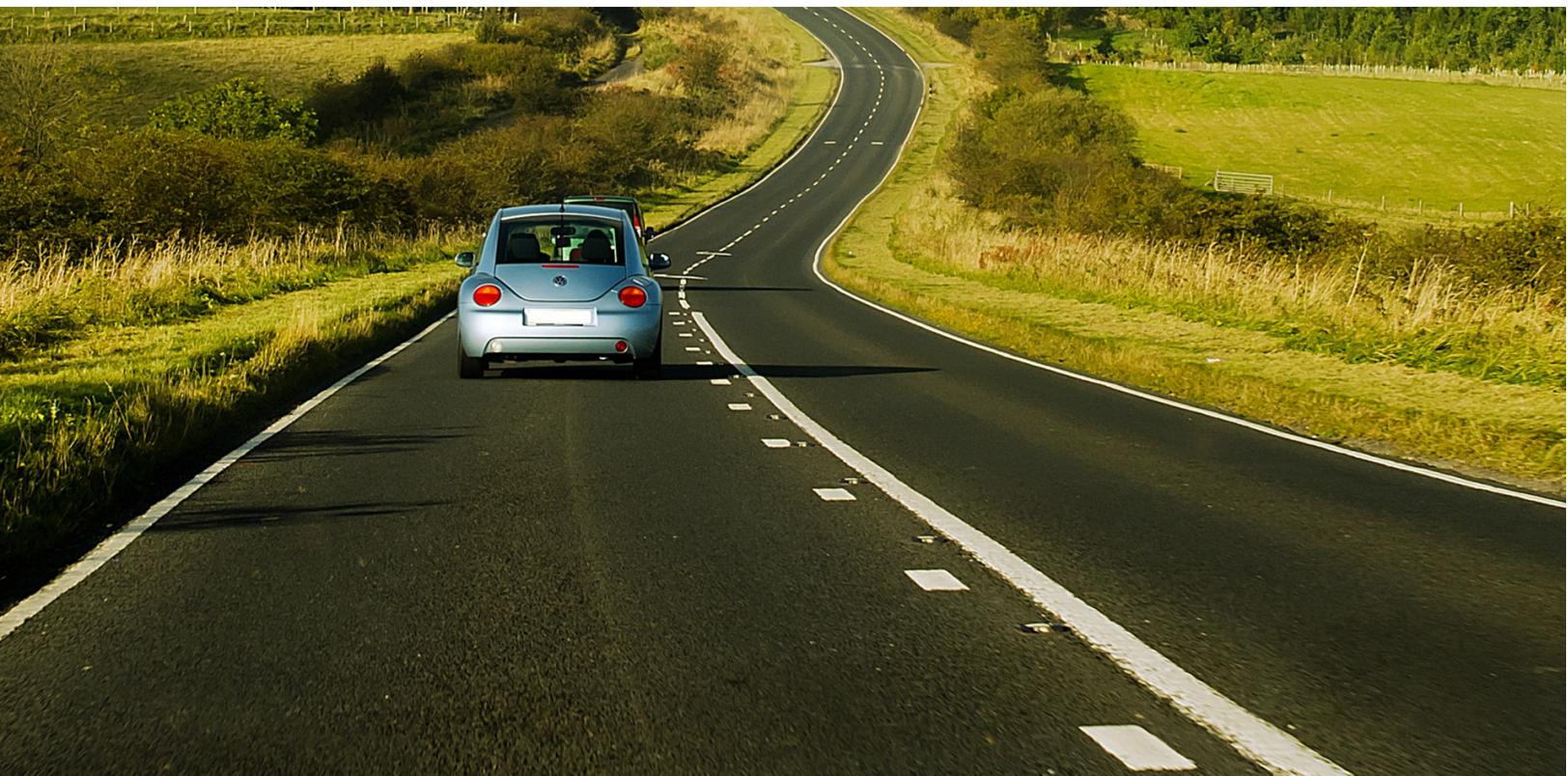
TEST DRIVE & CRUISE CONTROL (Days 4-30)

- This is when you'll test-drive and hit cruise control with your plant-based lifestyle.
- It couldn't be any easier! Just grab your weekly dietitian-approved meal guide for your plant-based recipes and meal ideas.
- Then, print out your weekly shopping list and hit the grocery store to stock up on everything you need.

Phase 5

THE EXTRA MILE

- These are “BONUS” tips to help you adjust more easily to a plant-based lifestyle ... whether you're eating out at a restaurant or shopping for new shoes.
- If you decide to continue your plant-based journey, these tips will help to make your life a lot easier.



WHAT TO EXPECT DURING THIS PROGRAM



*Are you ready to get going?
Let's dive right in!*

The next few pages will outline the foundation of the program.

As you go through the next 30-days, I will be here for you every step of the way.

If you ever have any questions or need anything, reach out to me any time.

Your Best Life Nutrition & Wellness
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PHASE 1

Get Prepped

Before we begin, it's important to get your environment up-to-speed to set yourself up for success.

PANTRY PURGE

We're going to start by cleaning out your kitchen cabinets and fridge.

This action is what's called a "forcing function." Many people try to make lasting changes in their lives every day and struggle because of one main reason: they rely strictly on WILLPOWER.

Willpower is great, and you may very well have a lot of it ... but by changing your environment to support your goals, you don't have to tap into your willpower reserve nearly as much.

A forcing function removes the obstacles and temptations from your environment, making it easier for you to reach your goals.

PHASE 1 - GET PREPPED

Let's start by eliminating or donating any animal products in your kitchen. (Or you can freeze them until after your challenge is over.)

Some are obvious, while others may be lurking in your sauces and snacks. Check your labels. These include, but are not limited to:

- Meat
- Dairy – cheese, milk, coffee creamer, ice cream, snacks
- Fish
- Fish sauce (in many Asian sauces and seasonings)
- Butter
- Eggs
- Mayonnaise, cream cheese, sour cream
- Any sauces/dressings with egg (if you're going vegan)
- Jell-O or other gelatin products

You won't miss any of these items! Many of them can be substituted with delicious plant-based counterparts.



PHASE 1 - GET PREPPED

RESTOCKING YOUR KITCHEN

Now that you've purged your kitchen, go ahead and stock up on the must-haves that are listed in WEEK 1 of your grocery shopping list.

This list will give you everything you need for your first week of recipes in the program, but it can ALSO double as a list of items to keep on hand if you decide to continue on with a plant-based lifestyle!

In addition to groceries, you might want to consider adding a good high-speed blender to your kitchen arsenal.

You'll need this for smoothies and soups. The best on the market is the Vitamix. The Ninja series also has great blenders that are a little easier on the wallet. If you already have a blender that you like, no need to switch!

Time to go grocery shopping!





PHASE 2

— *Be Intentional* —

Now that you've eliminated items you don't need and have replaced them with food and tools to boost your success, it's time to get your head in the game!

Doing some mental work to prepare will help you a lot during this program. It's important to keep in mind WHY you decided to join us for these 30 days!

ENVIRONMENTAL IMPACT

Not only are you making a positive change for your health by exploring the benefits of a plant-based diet, but you are also helping the planet!

When you think of the culprits of climate change ... fossil fuels and smog are probably some of the first things that come to mind.

But did you know that studies show raising animals for food is a direct cause of:

- rising carbon dioxide levels,
- ocean dead zones, and
- rainforest and other endangered habitat destruction?

Just by maintaining a plant-based diet for the next 30 days, you are helping the planet. And that's something to feel really good about.

PHASE 2 - BE INTENTIONAL

MINDFULNESS

Making changes in your diet gives you the perfect opportunity to focus on being more “mindful.”

There’s a lot of buzz about mindfulness ... but it basically boils down to a simple concept: it’s all about being PRESENT and AWARE, and not “in your head.”

Instead of listening to your inner narrator 24/7, you’re paying attention and engaging with what’s happening around you at a much deeper level.

We encourage you to use a mindfulness practice throughout this challenge.

One way to do this is to focus on being present while you are eating, and reflect on the fact that you are being kinder to yourself and the world through your choices.

Another way to do this is to wear a bracelet or piece of jewelry during the day. Every time you look at it, remind yourself to come back to the present moment.

Meditation, journaling, prayer, or engaging in a gratitude practice are also amazing ways to practice mindfulness.

If you want even more ideas, there are literally thousands of resources (books, videos, audio downloads, etc.) available.

A great free one is an app called Headspace, which leads you through short guided meditations. It can be a helpful tool, especially if you are experiencing difficulty in the transition.





#Grateful

INTENTION SETTING

In the spirit of mindfulness, another goal for this challenge is setting a daily intention. This can be a surprisingly powerful way to start your day, and it's easy.

Here's all you need to do:

Shortly after waking up, instead of jumping up and rushing into the day and stressing about everything you need to do, take a couple of minutes to sit quietly.

Start by thinking about (or even better, writing down!) a few things you're grateful for. Then, set your intention for the day.

This is NOT a to-do list. It's a simple statement that comes from the heart about how you plan to live your day.

Here are a few examples:

- I'm grateful to be alive and honor my body by nourishing it with healthy, nourishing food.
- I am kind and compassionate to everyone and everything around me.
- I trust myself and am grateful for every step of my journey.
- I am open to new foods and trying new things in my life.

How you START your day will greatly affect how you feel by the end of it.

This journey is all about feeling good inside and out ... so don't forget to take care of your mind and your spirit.

PHASE 3

— Reset & Energize —

(Day 1-3)

Are you READY!? With your mind and kitchen prepped, it's time to dive in and reset and ENERGIZE your body!

No matter how "clean" you eat, EVERYONE can use a mini-detox once in a while. The goal is not to starve yourself, but to flood your body with nutrients and help your body get rid of built-up toxins.

Our liver works hard for us every day. Here's a great analogy I love to use:

Think of your liver as your body's post office. It handles pretty much everything you consume, processing it, or shuttling it off to another part of your body.

When your liver is busy dealing with toxins (from your food, the environment, and what you put on your skin) it can make it harder to do its job properly. By easing the load you're putting on your liver, you can help it to function more efficiently and with less effort!

During days 1-3, we're focused on eating foods that will help support your liver! This means your body can speed up the release of chemicals and toxins, which in turn will help rev up your metabolism to burn fat more efficiently. Win-win!



PHASE 3 - RESET & ENERGIZE

In the beginning, you might feel tired, irritable, or get a light headache (especially if you normally drink caffeine). That's normal, as your body is eliminating the toxins.

NO CAFFEINE is allowed during detox days, and please limit over-the-counter drugs like Advil or Tylenol.

***All prescribed medications should still be taken.**

Remember, depending on your current diet, you might feel a little discomfort (headaches and/or fatigue) during this phase because there's no caffeine or alcohol.

Be sure you drink at least half your bodyweight (in ounces) of water each day.

Here's an example: if you weigh 140 pounds, you'll drink at LEAST 70 ounces of water to help stave off side effects.

Once you complete this phase, you'll be set up for even greater success for the rest of the program!

DURING YOUR FIRST 3 DAYS...

1. In addition to the plan, eat as many raw, non-starchy veggies as you'd like. There is no limit! You can season them, but don't add any oils.
2. Continue to take any prescription medications and supplements.
3. Stay hydrated! (see example above)
4. Go easy on your workouts or take rest days, especially on days 2 and 3.

PHASE 3 - RESET & ENERGIZE

WHAT'S OFF LIMITS?

- Caffeine (herbal tea is allowed)
- Alcohol
- All meat and dairy
- Carbonated drinks



PHASE 3 - RESET & ENERGIZE

PHASE 3 SCHEDULE

1. Wake up. Mindfulness practice + set your intention for the day.
2. Drink 8-16 oz of non-carbonated filtered water.
3. Enjoy your breakfast!
4. Throughout the day, be sure to drink plenty of water. You can add lemon juice and cayenne pepper for additional benefit and to mix up the taste profile.
5. Enjoy your lunch!
6. Munch on your veggies and fruits throughout the day. Continue drinking water.
7. Enjoy your dinner!
8. Wind down + prayer / gratitude practice (optional)

*****Make sure you've blocked off time for your workout if you are doing one! We recommend light workouts during the first three days.**



PHASE 3 - RESET & ENERGIZE



THINGS TO KEEP IN MIND

This mini-detox is meant to “reset” and energize your body with the added bonus of giving your digestive system a rest.

You will likely feel a little hungry at certain points. When a craving or hunger pang strikes, LISTEN to your body. Are you truly hungry? Are you actually thirsty? Are you bored? Are you stressed? Are you just fighting off a craving?

Take this time to connect with your body’s cues. When you pay attention to what’s going on in your body, you’ll likely make a different decision.

If you’re truly hungry, eat!

You can do it! Remember: Day 4 is coming and delicious plant-based meals await you!

PHASE 4

Test Drive & Cruise Control

Give yourself a BIG pat on the back!

You made it through Phase Three. Chances are you feel rejuvenated, energized, and maybe even a little lighter!

Your goal is to keep the momentum going and maintain your energy level all while eating some of the most delicious plant-based foods on the planet.

FOLLOWING THE PLAN...

We've done the math, calculated the calories and verified the protein. All you need to do is make it happen!

To set yourself up for the best success, make sure you block off time each weekend to head to the grocery store and pick up all of the items that you'll need for the upcoming week.

In addition to grocery shopping, I recommend spending a few minutes reviewing your recipes and meal guide. If you're able to make anything ahead of time ... DO IT!

The more you prep and prepare, the easier and more successful your journey will be.

You should be able to find just about everything you need in your local grocery store.

In a nutshell: stick to the plan, and you'll get incredible RESULTS!

PHASE 4 - TEST DRIVE & CRUISE CONTROL

PHASE 4 SCHEDULE

1. Wake up. Mindfulness practice + set your intention for the day.
2. Drink 8-16 oz of non-carbonated filtered water.
3. Enjoy your breakfast! (take probiotic, optional)
4. Throughout the day, be sure to drink plenty of water. You can add lemon juice and cayenne pepper for additional benefit and to mix up the taste profile.
5. Enjoy your lunch!
6. Continue drinking water.
7. Enjoy your dinner!
8. Wind down + prayer / gratitude practice (optional)

***Exercise for 30+ minutes at least 3-4 times per week.





PHASE 5

— *The Extra Mile* —

After these next 30 days, you'll notice some BIG shifts in how you feel physically and mentally! If you decide you want to continue with a plant-based lifestyle, here are a few tips that will help.

DINING OUT

Most restaurants post their menus online. Double check the menu before you head out so you know what you plan to order.

When you go out to eat, you'll usually find that restaurants offer at least 2-3 vegan or vegetarian options. Check with your server about the ingredients to make sure it's truly vegan / vegetarian.

Asian, Mexican and Italian restaurants offer many choices. If you can't find something on the menu, let your server know about your dietary requirements, and see if they can make you something special off the menu.

Another tip: You can order a few sides in lieu of an entrée!

OUT TO A PARTY

If you're at a family gathering, holiday party, or a dinner party at a friend's home, you can run the risk of offending your hosts if you don't eat what they have made for their guests, especially in certain cultures.

Our advice?

Here are a few things you can do:

- If you're comfortable with your host, let them know ahead of time if possible.
- Eat something before you go.
- Bring a dish you can eat. Since many people bring something to a dinner party, just make your item a plant-friendly dish!
- Most side dishes are mainly vegetables. You can load up on sides.
- You don't **HAVE** to be all or nothing. If there are no other options, don't make yourself feel guilty for enjoying a non plant-based meal. Just get back on track as soon as possible.

In most cases, your new diet choices will not be that big of a deal. You'll find that most people are receptive and will probably want to learn more about what you're doing and why you're doing it!



PHASE 5 - THE EXTRA MILE



PRODUCT CHOICES

If you want to take your lifestyle to the next level and eliminate animal products (beyond food), a quick Google search will reveal countless fashionable, animal-free clothing options.

When you're shopping for toiletries and cosmetics, be sure to look for cruelty-free items that haven't been tested on animals.

There are so many more products on the market now ... with new ones every day!

The Environmental Working Group (EWG) is a great resource that lists companies that do not test on animals ... along with numerous other good-for-the-environment guides! Here's a [link](#) to check out.



Your body holds deep
wisdom. Trust in it.
Learn from it.
Nourish it. Watch
your life transform
and be healthy.

BELLA BLEUE



I AM

— *So glad you're here!* —

It is truly an honor to be a part of this journey with you.

I can't wait to see what you learn and how you transform over these next 30 days.

If you need ANYTHING, message or email me any time. I am here every step of the way to support you!

Committed to Your Success,

Shana Tracy

Y

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