

How to Go Vegan:

THE CHECKLIST

- ☐ **Step one:** make your first commitment
Your motivation:
- ☐ **Step two:** discover the vegan lifestyle
- ☐ **Step three:** choose a transition method
Your method:
- ☐ **Step four:** be prepared for the challenges
- ☐ **Step five:** learn about balanced nutrition
- ☐ **Step six:** understand [supplementation](#) - linked is my regularly updated article on supplementing
- ☐ **Step seven:** reach out by email
(sam@goplantbased.me) and let's start a conversation about you and your goals. 