



**HANNAHFINDSVEGAN.COM**

# VEGANUARY SURVIVAL GUIDE

TEN top tips to follow - survive  
and thrive through Veganuary  
and beyond!

YOU'VE TAKEN THE  
VEGANUARY PLEDGE, NOW  
WHAT?





**1.** Cold turkey or transition slowly? You will most likely know yourself which one is going to work best for you but have a plan - if one doesn't work - try the other!

Get online, there is a wealth of vegan recipes out there! Find a few staple recipes that you like and keep making them!

**2.** Take your B12! I haven't met a vegan who didn't agree with supplementing B12 - I also take vegan D3 in Winter. Do your research and ask your doctor if you are concerned about a deficiency!

Protein seems to be a big worry for non-vegans, but unless you're restricting your calories, it's unlikely that you're not getting enough! Beans, tofu, lentils and seitan are very good high protein sources though!

**3.** Meal out with friends coming up? Prepare by checking out the menu before hand. Maybe they have a vegan option or two? Are there vegan sides? You can also contact the restaurant ahead of time - most will be happy to provide a vegan option!



**6.** Read! There's no getting out of this one - unless you go strictly wholefood, if so - bravo! Everyone else though is going to have to read labels and you're going to make a mistake - everyone does, so don't be too hard on yourself!

Explore! There's so many amazing vegan restaurants opening and new vegan products being released all the time. Try them, this will keep you interested and excited about **7.** veganism !

**8.** Stock up on cupboard staples so that you're never without an option - pasta, tinned tomatoes, beans, lentils and a few staple herbs and spices and some frozen vegetables. This way when you're stuck you can throw together a pasta or veggie stew in no time!

Don't expect everyone around you to understand! Be prepared for the anti-vegan jokes and to hear everyone you know tell you why they could never go **9.** vegan!

**10.** Why? Throughout your journey, keep in mind why you went vegan in the first place. Follow vegan instagram account and vegan blogs to surround yourself with all the positivity that comes with veganism!



# Thank You!

**I hope this helps you on  
your vegan journey**

If you're looking for some vegan recipes for inspiration, make sure to keep an eye on the blog where there is weekly recipes posted - and follow the hannahfindsvegan facebook page and hanjan91 on instagram!



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