



Hi there!
I'm Sarah, blogger behind **My Darling Vegan**, a 10 year vegan, and mama of 2 adorable children. Follow me on my journey towards peace and health at:
www.mydarlingvegan.com

6 years ago my plant-based diet relied heavily on gluten and processed foods; I couldn't fathom another way. But after the birth of my first child I was faced with unexpected health issues and was forced to examine my diet. In doing so, I unlocked the secret to vibrancy and youth. Switching to a whole foods, plant-based diet changed my life. And, of course it did! I learned that **the food we put in our bodies affects EVERYTHING within**. Therefore, clean eating can benefit us in countless ways from how we manage stress, to the quality of our sleep to our daily mood. With the power to be so life-giving, why then, is it so hard to eat right?

Clean eating can be intimidating and it's hard to know where to begin but with the right resources and a little bit of planning, changing to a plant-based, whole foods diet might be the **best decision you've made**. This book has 30 whole food, plant-based recipes to help you begin your clean eating journey. Ready to dig in?

Let's go!

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TOP 5 CLEAN EATING TIPS



- 1. STOCK YOUR KITCHEN.** Make sure to keep your fridge FULL of fruits and veggies and your pantry stocked with nuts, seeds, grains, and legumes. When you have lots of options, clean eating won't feel restrictive.
- 2. MAKE A MEAL PLAN.** Take the guesswork out of your next meal! Make a meal plan at the beginning of the week and prepare snacks for quick grab-and-go treats. Take the guesswork out of your next meal.
- 3. CLEAN-EATING COMFORT FOOD.** This is crucial to your clean eating success. Find a healthy comfort food you love and stock up. For me, that's large, juicy, Medjool dates. Yum!
- 4. DRINK LOTS OF WATER.** Always. Always. Always. Water helps clean your system of toxins and makes you glow from the inside-out.
- 5. CARRY SNACKS EVERYWHERE.** Seriously. Do it. Make a batch of 5-ingredient chewy peanut granola bars (see Snacks) and keep them in your bag when you need a quick mid-day pick-me-up.