

(Revised 1-12-19)

Chapter 13

The Plan B Transition Approach

He gives strength to those who are tired and more power to those who are weak. Even children become tired and need to rest, and young people trip and fall. But the people who trust the Lord will become strong again. They will rise up as an eagle in the sky; they will run and not need rest; they will walk and not become tired. (Isaiah 40:29–31, NCV)

The Plan B Transition Approach is a 5-week suggested guide for those of you who prefer to make gradual changes to your diet. Certain animal products are temporarily allowed to remain in the diet, but this is only recommended for those who currently enjoy excellent health, and only for a short time. The number of benefits you reap from a healthy diet depends on the number of changes you're willing to make, and so I encourage you once again to truly consider "Plan A" before opting for Plan B. You're much more likely to succeed by going all in because your taste buds change more quickly, your cravings subside sooner, and the slippery slopes of habit and temptation are better eliminated.

However, if you're just not ready to consider "Plan A" at this time, I get that too. It can seem overwhelming, with many unknowns at the start. All change is a step in the right direction, so I encourage you to stay the course throughout the transition period until you're comfortable adopting *The "Plan A" Diet* completely. Of course, you may opt for a shorter transition time than five weeks, but anything longer than that might indicate there's an issue holding you back. Refer to "The 12 Barriers to Change" chapter to see if you need to address something.

Prior to beginning your transition, it's important that you read the "Foods for the Plan" and "The 7-day Meal Plan" chapters. These chapters contain information, success tips, and recipe ideas needed to phase out the wrong foods in both your kitchen and your life. Each week you'll minimize health-damaging foods and replace them with whole food, plant-based options. The Plan B Transition Approach is a carbon copy of "Plan A" with two exceptions:

- 1) The allowance of animal foods is *temporarily* permitted during the transition period within these guidelines: small-sized portions of wild-caught fish or organic animal foods (beef, chicken, turkey, pork, eggs) are allowed several times per week (with a decreasing amount each week). An example for the first week would be one small piece of wild-caught salmon, a few small strips of organic chicken in a stir fry, and two organic eggs as the *total* animal foods allowed in one week.

(ALL processed meats shall be eliminated right from the start.)

- 2) Dairy products, extracted oils, refined flours, and sugary drinks will be phased out during the 5-week transition period.

As with any endeavor, the key to success with the Transition Approach is to have a plan. After reading through the transition plan, establish a start date, choose your new recipes ahead of time, and continually monitor your progress—or you may drift back to the wrong foods altogether. Additional guidelines include:

- Lunches during the week will consist of leftovers.
- Snacks will be from the “Snacks & Cooler Foods” or “Easy Meal” sections of the 7-day Meal Plan chapter.
- For the big green salads, generously add any and all vegetables/fruits you wish. Salad dressings will consist of lemon/lime juice, balsamic vinegar, or fat-free dressings that you make or purchase. You might even try 3-2-1 Dressing (3 parts any vinegar, 2 parts any mustard, 1 part sweetener).

I suggest you grab a pen and paper, and as you’re reading the guide below, make a written plan of how you’ll make this work in your daily routine.

Week 1

Homework: Begin to purge the items in your pantry, refrigerator, and cabinets. Read the labels carefully, especially the ingredient lists. Foods that do not meet the label reading requirements outlined in the “Deceptive Foods” chapter should be set aside or pitched. Any unopened items can be donated to a food bank or given to a neighbor. Whichever way you get rid of the unhealthy foods, resolve that these products will *not* be repurchased; if a family member still buys junk food, ask them to store it elsewhere out of sight. Prepare or purchase healthy snacks to have on hand; refer to the Snack list in “The 7-Day Meal Plan” chapter.

Foods to Avoid: All processed meat (bacon, hot dogs, sausages, lunchmeat, salami, ham, jerky, anything cured or smoked).

Foods to Include: A plant-based breakfast every morning, two fruits per day, and at least three plant-based dinners this week (choose from the 7-day meal plan or from a website listed in the Resources section). Drink your daily need of water (refer to the FAQ chapter for how much).

Optional but Allowed: Small-sized portions of organic animal foods or wild-caught fish, 3–4 total portions (*not* 3–4 servings each. See Item #1 above for an example).

Week 2

Homework: Continue working on your pantry project from Week 1. Purchase and sample unsweetened plant milks (avoid those that contain added oils). Experiment with dairy substitute recipes from this book or online, such as fruit-based ice cream (the Yonana machine is great), a chocolate-caramel shake, baked “cheese” sandwiches, or a fat-free cheese sauce (enjoyed as healthy nachos or as a cheesy broccoli potato).

Foods to Avoid: In addition to all processed meats, *dairy products* are now off the menu (milk, cheese, butter, yogurt, cream, ice cream, sour cream).

Foods to Include: Continue with Week 1 breakfasts and daily fruits of your choice. Increase the plant-based dinners to four, and include at least two big green salads. Drink your daily need of water.

Optional but Allowed: Small-sized portions of organic animal foods or wild-caught fish, up to 3 total servings (not 3 servings each).

Week 3

Homework: Learn to sauté and stir fry without oil (see the “Foods for the Plan” chapter). Replace oil with applesauce in your baked goods. Consider purchasing Silpats (silicone mats) for your cookie sheets or use parchment paper instead of spray oil. You may also want to invest in silicone cake and muffin pans—they’re inexpensive and never need to be oiled.

Foods to Avoid: In addition to processed meats and dairy products, all *extracted oils* (olive, coconut, canola, vegetable, corn, fish, etc.) are now to be eliminated. Watch your labels for added oils. Most restaurant food either contains oil or is cooked in oil. Refer to the “Foods for the Plan” chapter for tips on eating out.

Foods to Include: Continue with Week 1 breakfasts and several daily fruits of your choice. Increase the plant-based dinners to five, and include at least two big green salads. Drink your daily need of water and begin to wean off soda pop and other sugary beverages by replacing them with herbal teas, herbal coffees, or seltzer water with a bit of cranberry juice for flavor.

Optional but Allowed: Small-sized portions of organic animal foods or wild-caught fish, 1–2 total portions (not 1–2 servings each).

Week 4

Homework: Research the healthiest breads, crackers, and cereals in your local stores. Look for 100% whole grain products (not enriched flours)—and watch out for hidden dairy and

oils. The “Foods for the Plan” chapter has some recommendations, but you’ll need to read the ingredient lists to know for sure.

Foods to Avoid: In addition to processed meats, dairy products, and oils, *all refined flours* should now be eliminated. You should have already cleared most of these products out of your pantry during Week 1, but if you still have some unrefined, processed foods lurking around, it’s time to let them go.

Foods to Include: Continue with plant-based breakfasts and several daily fruits of your choice. Increase the plant-based dinners to six, and include at least two big green salads. Drink your daily need of water. Continue to wean off soda pop and other sugary drinks, replacing them with the beverages shown in Week 3.

Optional but Allowed: Small-sized portion of organic animal foods or wild-caught fish, only one total portion (not one portion each).

Week 5

Homework: You’re in the home stretch! This week we’ll focus on our beverage intake. In addition to water and herbal/green teas, coffee substitutes such as Pero or Cafix are a nice treat and can be served hot or cold. Teeccino brand herbal coffee teabags come in a variety of flavors too. Experiment with some new products this week.

Foods to Avoid: In addition to processed meats, dairy products, oils, and refined products, *sugary beverages* such as soda pop, fruit drinks, sports drinks, energy drinks, and sweetened teas are now to be totally eliminated. If you’re following the plan, you’ve been weaning off these drinks for a couple of weeks. Such drinks are loaded with calories and added sugars, adding greatly to our weight and health problems.

Foods to Include: Continue with plant-based breakfasts and as several daily fruits of your choice. Continue with at least six plant-based dinners, plus at least two big green salads. Drink your daily need of water.

Optional but Allowed: Small-sized portion of organic animal food or wild-caught fish, only one total portion (not one portion of each).

Week 6

Congratulations—you did it! You’ve graduated to a completely whole food, plant-based, no-added-oil diet! Every meal, snack, and beverage from this week forward will be compliant with your new way of eating. If you’ve stayed true to the transition process for five weeks, I

would bet the barn you've already seen some noticeable results. Results that will motivate you to stay the course and allow your health to improve further. Results that will soon give you the freedom in life that comes from good health and the ability to function.

Continue with the other recommendations in this book, my friend; learn, read books, and watch informational videos listed in the Resources section. Find a support group, either locally or online, to help keep you accountable and share the journey. Experiment with recipes, form a potluck group, be an encouragement to family and friends who are struggling with health issues, and perhaps begin a new ministry at your church. If you feel yourself growing weary of the commitment, or sense that your resolve is weakening, remember the promises shown above in Isaiah 40:29–31. God gives *strength and power* to those who are tired and weak. Those who trust Him will rise up like eagles, they will run and not need rest, they will walk and not get tired. Memorize those verses as you place your trust in the lover of your soul.

~Father, thank You for the incredible assurance that Your strength and power will bolster us as we trust You. We ask for Your guidance during this transition to healthy eating, and we pray for the commitment needed to successfully complete each week. May we be diligent planners who carry through with our plans. Help us to keep a positive attitude, knowing that this short-term period of recalibrating our routines and taste buds will result in the lifestyle and health You desire for us. May we embrace the changes with an open mind and heart, and may we remember to trust You fully when we feel weak or have doubts. May we celebrate each victory for Your glory and praise You throughout the journey. We pray in the precious name of Jesus. Amen~

Discussion Questions

1. Rather than total conversion to *The “Plan A” Diet*, is the Plan B Transition Approach a better fit for you at this time? Explain why or why not.
2. After reading through the chapter, are you ready to write out your plan? What are your initial thoughts on how you will proceed?
3. Which organic animal foods or fish will you likely keep in your diet temporarily?
4. Week #1 asks you to begin creating or purchasing healthy snacks. After reading the “Foods for the Plan” chapter, do you have any snack ideas in mind? Would any of your current snacks be compliant with *The “Plan A” Diet*?
5. Do you currently use plant milks (almond milk, soy milk, rice milk)? Which dairy substitute recipe do you think you'll make first—cheese, cheese sauce, ice cream, or something else?

6. Which plant-based breakfasts will you enjoy most often (oatmeal, cereals, pancakes, muffins, fruit, toast, a combo, or something else)?
7. Do you drink sweetened teas, soda pop, or other sweetened beverages? You'll begin to wean off those in week #3. Would you be willing to start sooner?
8. How much water do you currently drink? If you're not drinking enough, what strategy will you adopt to ensure you drink enough?
9. If you're a coffee drinker, are you willing to give one of the alternatives listed in Week #5 a try?