



Brit Hazon: Transition to Plant-Rich Diets

These are actions you can take to transition to a plant-rich diet that are effective both because a) they really matter in terms of environmental impact and b) because you really can stick to them.

- Action 1 – One Meal a Day**
Commit to having one meal a day, every day, that's free of animal products. It's up to you if you want to make it the same meal, say breakfast, for all six weeks or switch it up.
- Action 2 – Swap It**
Swap out one animal-based product that's a regular in your diet and replace it with a plant-based alternative for six weeks. Experiment with beef or poultry substitutes, or explore replacements for eggs or dairy products like milk, mayonnaise, butter, or ice cream.
- Action 3 – Cut It In Half**
Pick three of your favorite high-rotation meat-based meals/recipes and learn how to cut the meat in half through reduction and substitution. For example, if your chili or lasagna usually calls for 1 lb of ground beef, use 0.5 lb of meat and replace the rest with a plant-based meat, beans, or veggies.
- Action 4 – Meatless Monday**
Or, Tuesday or Wednesday... Pick one day a week on which you will eat no animal products. We recommend selecting one day and sticking with that same day for all six weeks, but you may switch up the day if that works better for you.
- Action 5 – In or Out**
Choose to eat no animal products in your home for six weeks. Or, the reverse, choose to eat no animal products when you're outside the home. Or do one for three weeks and then the other. Each option provides its own unique challenges and opportunities.
- Action 6 – Regenerate**
Swap out one (or more) conventional industrial animal product you regularly buy for animal products that were created using regenerative agriculture, a system of farming practices that increases biodiversity, enriches soils, improves watersheds, and captures carbon in the soil.

RESOURCES

Check out these organizations for an abundance of tips and tools to help you transition to a plant-rich diet:

[Go Dairy Free](#)

[Happy Cow](#) to explore vegan restaurants in your area and [Cadry's Kitchen](#) on how to eat vegan everywhere else.

[Humane Society's Guide to Plant-Based Meals](#)

[Jewish Initiative for Animals](#), in particular their [Jewish Leadership Circle Resource Guide](#)

[Jewish Veg](#)

[Meatless Monday](#)

[Menus of Change's protein flip guide](#)

[One Meal a Day For the Planet](#)

[Physicians Committee for Responsible Medicine](#)

[Reducetarian Foundation](#)

[Shamayim](#)