

31-Day Food Revolution

We live in a society where our increasingly unhealthy food culture has led to epidemic rates of obesity, heart disease, cancer, type 2 diabetes, and other life-threatening illnesses that can be prevented with lifestyle changes. Ocean Robbins wrote this book to teach us ways to effectively heal our bodies and change the world for the better. There are four key elements to a Food Revolution:

Part 1—Detoxify!

Emphasize the elimination of toxins from your diet, along with processed foods and animal products. Set yourself up with a healthy and safe environment at home, by doing things such as replacing BPA-filled plastic food storage containers with glass ones, and replacing nonstick cookware with cast iron or stainless steel cookware.

Part 2—Nourish!

Learn how to affordably and deliciously enjoy foods that are good for you and will help you to live a long, disease-free life. It is important to remember the benefits of eating a plant-based diet filled with lots of whole-foods and avoiding processed and refined foods.

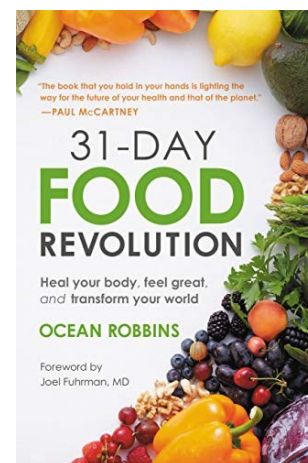
Part 3—Gather!

We need to strengthen the social aspects of healthy living and healthy eating, and navigate the social and family dynamic and build a network of support that will help you along your journey. Some examples of this are finding an ally to accompany you along your wellness journey, bringing healthy snacks to parties, and finding simple and healthy recipes to cook with your kids.

Part 4—Transform!

You have the power to make decisions to change the world for the better. More specifically, you can eat in a way that will not only improve our health, but will improve the health of our planet to, such as avoiding supporting the animal industry by eating a plant-based diet, and buying organic produce when we can.

Consider what positive changes you can make in the next 31 days!



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.