



We've spent a lot of time cultivating the knowledge to be able to assemble this course. It's taken years of effort and work, and would love for you to get something out of it. Don't try and be perfect, but give it a go. Every bit helps when it comes to improving your health!

Introduction

We'll walk you through what you've got to change and some basics of who you might want helping you along the way. Get stuck in!

Module 1 - Introductory week

- 1 The Food
- 2 Sustainable Change
- 3 Why would you live a plant-based lifestyle?
- 4 Should I do the programme?
- 5 B-12?
- 6 Will I be missing out on anything
- 7 What do people say about the plant-based diet?

Module 2 - Week 2

- 8 How to begin
- 9 Plant-Based vs Vegan
- 10 Talking to your doctor
- 11 Cleaning out your kitchen
- 12 Hidden animal products
- 13 Meal Planning
- 14 What to do with leftover food

Eat

Changing what you're eating doesn't mean you can't have enjoyable foods. Here we'll reintroduce you to eating at a friend's house, dining out, and cheese.

Module 1 - Getting started

- 1 Welcome!
- 2 Changing Tastes
- 3 Food Substitutes
- 4 Kitchen Overhaul
- 5 Carbohydrates

- 6 Typical breakfasts, lunches, and dinners
- 7 Cooking Equipment
- 8 Storing Vegetables
- 9 Packaged Foods
- 10 Advanced Cooking Techniques

Module 2 - Culinary adventures

- 11 Vegan cheese
- 12 Adventurous Once Per Week
- 13 Cooking When Traveling
- 14 Vegan Junk Food
- 15 Salt and Sugar

Module 3 - Fine tuning

- 16 Supplements
- 17 Gas and Diarrhea
- 18 Extra: Simple Food

Module 4 - Extra for experts

- 19 Extra: Plating and Garnishing
- 20 Extra: Organic Food
- 21 Wrap Up

Move

This is where we'll outline our ideas on how useful exercise will be for you. We'll talk you through the basics of exercise; what, when, why and how. We'll walk you through the gym, with something to suit everyone from beginner to advanced. After you've had your introduction to the gym, it's time to start thinking about long term success, and we'll help you shape your plan of attack.

Module 1 - To move or not to move?

- 1 Welcome
- 2 Can I Be An Athlete on a Plant-Based Diet?

Module 2 - Now you're moving!

- 3 Types of Exercise
- 4 Overcoming Barriers
- 5 Flexibility
- 6 Gym vs Non Gym
- 7 Why Would I Do Weight-Bearing Exercise?

Module 3 - Gym exercises

- 8 Personal Trainers
- 9 How to Plan a Workout
- 10 Why do I need to rest between sessions?
- 11 How much of each exercise do I do?
- 12 Types of Weight-Bearing Exercise
- 13 Technique and Form
- 14 Abs and Posture
- 15 Making a Plan

Module 4 - Long-term success

- 16 Motivation Tips

Live

A lifestyle change needs to be positive if you're going to sustain it. Here we give you some ideas to help you along that path. This is where you'll learn about the 'why' behind the diseases you hear so much about, and what the plant-based lifestyle means for you. It's also time to be thinking about some of the wider repercussions of the plant-based lifestyle. Just by living your lifestyle and doing the best you can, you're having a positive impact on so many others, and we'll show you how.

Module 1 - Live your life

- 1 Welcome
- 2 Commitment
- 3 Being happy and healthy
- 4 Plant-Based Kids
- 5 Value for Money

Module 2 - The why section

- 6 Why are people overweight?
- 7 Being overweight is not your fault
- 8 Energy density
- 9 Measurement check-in
- 10 Weight Loss
- 11 Metabolism of sugar vs fat
- 12 Diabetes
- 13 Heart Disease
- 14 Paleo and Atkins Diets
- 15 Fasting

Module 3 - Think broadly now

- 16 Amazing Results
- 17 The Environment
- 18 Blue Zones
- 19 The Ethics of Eating Animals
- 20 Celebrities

Think

Sometimes there's a disconnect between thinking about something vs doing it. Here we'll help you understand some of the ways to make your lifestyle changes easier; the how-to-guide. Once you've got some ideas on how to get started, we want to start thinking about how to maintain and build upon the changes you've made. Towards the end we really get into the nitty-gritty. This is to get to the bottom of what techniques you can use to effectively communicate whilst avoiding unnecessary conflict, and generally enjoying yourself. It's hard work at times, but it's all knowledge that would have made our lives a lot easier had we known it before! Learn it once and learn it the right way.

Module 1 - Thinking vs doing

- 1 Welcome
- 2 Making Changes
- 3 Problem-Solving
- 4 Support
- 5 Dealing with Negativity
- 6 Goal-Setting
- 7 Decision-Making
- 8 Spectrums vs Lists
- 9 Stress

Module 2 - Long-term thinking

- 10 Sustainability
- 11 Eating with friends
- 12 An Ounce of Prevention
- 13 Don't Aim for Perfection
- 14 Dealing with Downers

Module 3 - Advanced techniques

- 15 Consistency
- 16 The Role of Habit
- 17 Stopping a Negative Behaviour
- 18 Getting others on board
- 19 How to Say No

20 Advanced Strategies
21 Revisiting your Goals

Certificate

At the end of the course, you will get your certificate (PDF) emailed to you! If you're one of those that make it this far, you deserve it.



We hope this outline was useful,

The Plant Based Videos Team

p.s. if you haven't tried the free week yet – give it a go!