



The Vegetarian Edge

Session Guide and Review Notes

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: The Vegetarian Edge

- **Why Vegetarian?** Health, religious convictions, animal welfare, antibiotic and hormones in meat, or ecological.
- **Vegetarian Diets are linked to:** Weight loss, lower levels of blood sugar, A1C, & cholesterol, and greater insulin sensitivity.
- **Vegan Diets:** Show significant improvements in blood sugar, gut health, & cancer risk.
- **Start Enjoying Vegetarian Meals:**
 1. **Use the plan of addition:** Add more garden foods and foods from the produce area.
 2. **Eat more fruits and vegetables:** Aim for at least 2-3 cups of both fruits and vegetables each day. Eat vegetable soups and bean dishes.
 3. **Choose whole grains:** Enjoy whole grain bread & pasta, high fiber cereals like steel cut oats, brown rice, and quinoa. Look for cereals with at least 3 grams of fiber or more per serving.
 4. **Increase beans & legumes:** Beans are a great source of protein, antioxidants, and fiber. Add to soups, salads, and pasta dishes. Beans help reduce weight, fill you up and keep you fuller longer, balance blood sugar, and lower cholesterol, triglycerides and blood pressure.
 5. **Enjoy healthy fats:** Enjoy nuts, seeds & avocados. Nuts help to lower inflammation, control appetite, and improve brain health. Just one handful a day has been shown to cut heart attack risk in half.
 6. **Try vegetarian entrees:** Enjoy ethnic vegetarian meals. Include tasty tofu and veggie burgers.
 7. **Eat smart:** Cut down on processed foods, sweets, soft drinks, and fried foods.
- Your body is a temple of the Holy Spirit which is in you, which you have from God...1 Corinthians 6:19-20

10 min Discussion Time 1: What are your thoughts?

- ✓ What are your reasons for wanting to choose vegetarian or vegan?
- ✓ Discuss ways to make healthy vegetarian choices at restaurants.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Consistent, healthy habits stabilize mood and health.
- **Recalculate:** Little changes and modifications make a big difference.
- **Reframe:** Healthy eating is about abundance, not deprivation!
- **Remember:** You have a choice. Don't be swayed by advertising.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

Create a Lifestyle: Watch for opportunities to make better choices.

- Drink at least 8 glasses of water daily instead of caffeine and soda.
- Eat a healthy breakfast: whole grains, fresh fruit, and nuts.
- Connect with a walking/exercise buddy and start a daily plan.

Create an Environment: Fill your kitchen with healthful choices. Become curious about making vegetarian choices at restaurants.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting peace in your life?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.”
Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: The Vegetarian Edge