

Talking Points for *Vegan Meal Prep* by Robin Asbell



- ◆ How can I make eating a healthful diet easier for myself?
- ◆ How will this book help me to meet my dietary goals?
- ◆ What are the barriers that most people feel keep them from adopting a plant-based diet?
- ◆ Is it really too hard to eat plant-based in the modern world?
- ◆ What is “vegan,” and what does a day of vegan food look like?
- ◆ Is a vegan meal tasty and filling, or will I feel deprived if I eat this way?
- ◆ What is meal prep, and how can I fit it into my life?
- ◆ How does meal prep make my life easier?
- ◆ Do I need lots of skills or equipment to do meal prep?
- ◆ How long have you been involved with cooking with whole foods?
- ◆ What are the benefits of eating more plants?

If you want to adopt a healthful, plant-based diet, you can set yourself up to succeed with this meal prep plan.