



PLANT BASED JOURNEY



Fueled with Compassion® & Protein!

Stay Strong. Eating healthy & nutritious meals & snacks has never been more important! Experience the limitless ways that Protein Toppers and Munchy Crunchy Protein can be effortlessly incorporated into all meals and snacking to add a lot of healthy 100% plant protein to everyday life. See a **special discount code on page 2** for you, our subscribed newsletter readers! Help us spread the word & share your experiences with our healthy high protein Snacks & Toppers with family & friends!

Small Steps Lead to Significant Changes

September 2020

Plant vs Animal Protein & Health Outcomes

We are all on many “journeys” in our lives. Perhaps you are starting a new school with a new way of learning, have moved to a new place or entered into a new relationship, are starting a family or a new job, are leaving for a faraway land (probably less likely these days!), or are learning a new craft or skill. Regardless of other personal journeys, *we should all be on a journey to make changes to improve our health!* There is no better journey to begin, and like many journeys you can start with small, simple steps.

It is helpful to acknowledge that *we are all where we are!* We make no apologies for not being in a “better place” right now. We know that if we begin to make a habit out of making good choices we will be headed in the right direction. The time it takes to get there is usually not that important; just start taking simple steps and voila! You are on your journey!

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Ahh, but what steps? “There are so many things I can do . . . so many things I *should* do.” Of course there are! *Just choose one thing today, just for today.* Go for a walk, stop eating one hour earlier at night, listen more/talk less, or swap out *one* meat-based meal with a plant-based meal. *Just start with one thing!* When you are comfortable with that, add another thing. Just small steps! *Practice makes progress, not perfection!*

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POWERHOUSE BREAKFAST? Start your day with burst of long-lasting energy!

Vegetarian Traveler founders Christy and Chuck Krejci share their **simple, go-to powerhouse breakfast** that works at home or anywhere on the road! Even *quality* cold cereal only goes so far, so they add **Protein Toppers** to *super-charge* the protein **to have long lasting energy even past lunch time!**

Start with a quality cereal you like. Christy and Chuck start with cereals that have high protein and fiber counts. Then they add a packet of their favorite Protein Toppers; Christy adds the Garbanzo blend (17g protein) and Chuck favors the Pepita blend (15g protein). Add milk of your choice; Christy and Chuck prefer unsweetened soy milk. Top with bananas, blueberries, raisins, or raspberries! *Delicious and unbelievably nutritious!*

WOW! Christy’s typical cereal meal packs a whopping **36 grams of protein**. Chuck’s recipe (pictured) offers 28 grams of protein, and both provide lots of healthy whole-grain fiber. *Think how far that will take you on your day’s journey!*

Quote to Note

Small steps in a better direction can, indeed, trigger a mighty sea change.

~Christy & Chuck

Top Almost Anything with Healthy Plant Protein!

We mean it literally when we say that with Protein Toppers, you can *add 15 to 17 grams of crunchy plant protein to any meal, anytime & anywhere!* Quickly and easily add 100% plant-based protein to breakfast, lunch, dinner or on snacks. It has an unseasoned mild flavor, very lightly salted, so it works with any food. Just grab a packet from your pantry, purse, gym bag, car, pocket, backpack, travel bag, or office desk.



Veggie & Protein Stir-Fry



Veggie, Fruit & Protein Salad



Avocado Toast



Loaded Sweet Potato



Super-Charged Yogurt



Tomato Soup Topper

Special Offers for YOU, Friends & Family!

Because you are a Plant Based Journey newsletter subscriber, here are **20% discount coupon codes** for **Protein Toppers & Munchy Crunchy Protein**.

Hurry...offers expire October 31, 2020!

www.ProteinToppers.com - Use code:

TopThat20 Valid on all 4 & 6 Carton Sizes

www.MunchyCrunchyProtein.com - Use code:

SnackLove20 Valid on all 10-packet cartons and 30 packet cases

herbivore est. 2002

Looking for a way to extend your vegetarian and vegan interests beyond food? Look no further than The Herbivore Clothing Company in Portland, OR, where they continue to spread their message and mission of living cruelty-free.

Herbivore designs and produces vegan clothing, belts, footwear and wallets, as well as publishing books and so much more. Their approach has always been to show veganism as a positive choice that gives you back so much more than you "give up". Compassion Is Invincible!

Find out more at <https://www.herbivoreclothing.com/>.

Who Is On a Vegan Journey?



Phil Collen, lead guitarist for Def Leppard, is a long time vegetarian (since 1983), and now vegan (since 2011). At 62 years old, very few rockers of any age are in as great a shape as Phil. The band still constantly tours and he eats 100% plant-based even on the road. Phil credits his plant-based diet with also helping him with his exercise workouts.

Rock on Phil!!

Small Steps . . . (continued from Page 1)

As long-time conscious eaters, who now eat plant-based foods, Christy & Chuck think it is important for everyone to keep moving in *that* direction – for personal health, for compassion for all life and for the health of the planet.

In a recent article in JAMA Internal Medicine (a resource for clinicians), we read some startling findings about the positive effects of making small dietary changes. In an analysis of over 400,000 U.S. adults age 50 and older, men and women *who consumed more plant protein* as part of their diet saw about a 5% reduced overall mortality risk. Swapping 3% of caloric intake from animal protein out with plant protein instead was tied to a 10% reduced overall mortality risk for both sexes. Wow, only a 3% change made a significant difference! Talk about small steps!

We want to hear from you about your journey, especially the small steps that started you off, so that we can share that with other readers. Together, our small steps can contribute to a nation of healthier people and a healthier planet!

And one more thought for the day....

“What can I do? I am just one person.” Said 8 billion people.

Website and Social Media Links for You!

Munchy Crunchy Protein Website:

www.MunchyCrunchyProtein.com

Protein Toppers Website:

www.ProteinToppers.com

Facebook:

<https://www.facebook.com/vegetariantrvlr/>

Instagram:

https://www.instagram.com/vegetarian_trvlr/

Twitter:

<https://twitter.com/vegetarianTRVLR>

Vegan Funnies

Me: Do you have any vegan options?

Them: Sure.



Protein Toppers to the rescue!

This is exactly why we created our meal toppers and snacks. Add 15 to 17 grams of protein to the above “salad” NOW!

– or –

add Munchy Crunchy Protein Rockin’ Ranch flavor which is *truly amazing* on salads!

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*Vegetarian Traveler is
Fueled with Compassion®*

*Always kind to animals,
the earth, and our bodies.*