

Write a daily plan, summary, experience.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

Write a daily plan, summary, experience.

Why? To experience all the benefits of VEGANISM during a 30-day vegan challenge.¹

How did you experience the challenge?

Was it hard to stay away from processed vegan food?

What are your conclusions?

¹[VEG.UNO](#) The Challenge : Great to have a meal plan.
Be creative as a starting vegan and find your way towards the plantbased products.