THAT WAS THE WEEK THAT WAS!

Well, after a difficult start, the rest of our first week went pretty well! We had five really great meals, two of which were our normal veggie chilli and spag bol. We also had three delicious meals from 'Planthood' (healthy plant-based meal kits, delivered to our door!). They included: a Peanut Butter Ramen and Sesame Tempeh; Crispy Cauliflower Tacos; and a Sticky Teriyaki Tofu Bowl. They were all very tasty, and we can highly recommend Planthood. Andy made a very decent bowl of hummus, which tasted better than shop-bought and cost a lot less. And the Victoria Sponge from M&S was most satisfactory!



Crispy Cauliflower Tacos (Planthood)



Peanut Butter Ramen and Sesame Tempeh (Planthood)

The downside of our first week was some unexpected side effects. For example, my sleep was very disrupted early in the week, and I felt my body was reacting as though to something leaving it – perhaps a sort of 'cleansing' from cutting out dairy? This passed, and then Andy didn't feel so great at the end of the week. He was lacking in energy, but then he had been very physically active (walking, swimming and going to the gym). When he didn't even have a beer on Friday night, I was ready to call an ambulance! 😉

We're into week two and I think it's fair to say, I really admire people who go the whole vegan way - it's not easy!



Sticky Teriyaki Tofu Bowl (Planthood)

However, on consulting the internet, we learned that our reactions are apparently not uncommon in the early days of veganism. And we wisely concluded that Andy probably hadn't consumed enough calories. So, he started eating more, especially carbs, and quickly recovered. (Breweries of the world will be relieved to hear he is drinking beer again!) Lesson learned – we didn't build up to this 'going vegan' challenge. We just went cold turkey (vegan, obvs!) overnight, going from eating a little meat and quite a lot of dairy to going 100% plant-based. My advice for others thinking about going vegan would be to introduce a plant-based diet more slowly than we did … and watch your exercise levels in the early days.

… a girl can only take so many beans and lentils!

The weekend was interesting! We had some toast and vegan butter on Saturday morning, which was 'ok'. I had lunch with friends in Zizzi's later, after some retail therapy, and I was pretty disappointed by the vegan options. I went for the pizza (a girl can only take so many beans and lentils!). It was edible, but not enjoyable.

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Pizza from Zizzi in Exeter

By: Wendy Woodward