

I saw some quite terrible pictures of slaughtered animals. Vegetarian, here I come. Going to give it my best attempt.

I have chosen to tell the story about how I became trying to become vegetarian. I will include my what made me want to be one and how my outlook changed over time. I will also explain the challenges of trying different types of vegetarian food and whether they worked out or not. I will also tell how this affected cooking for my family and where I stand today with my efforts in becoming a vegetarian.

Why am I eating animals???????

1. I decided I wanted to be healthier and become a vegetarian.
2. I made a committed to not eating meat.
3. I told everyone that I made a change.
4. Switched my kitchen to a vegetarian kitchen.
5. I stopped eating meat and fish.
6. Brought Tofu food and absolutely hated it.
7. Brought general tso seitan chicken which was not bad.
8. I made a black bean burger.
9. Went to Shake Shack and had a Shroom burger.
10. Finding it very difficult to stick with the diet.
11. Family resisted the change of diet.
12. Feeling disgusted with my inability to resist meat.
13. Recommitment to start small.
14. Decided to phase out meat meal by meal.
15. Decided to phase out meat one animal at a time starting with pork.
16. Victory – No more pork.



[Seitan general-tso Chicken](#)



[Black bean burger](#)



[Shake Shack Shroom Burger](#)