

Cooking for a Mixed House

If you're trying to eat healthier and/or plant-based but the other people in your house aren't interested, it can be really tough to figure out how to cook for everyone at once.

You don't have to make totally separate meals – you can just switch a few things for yourself. If you make the plant dishes taste really delicious, you might wear your family over. Give them time. If they see that healthy can also be fun and tasty, it takes away a lot of the resistance and fear.

A big part of the secret to making delicious meals is getting the seasonings right, and you can make healthy and vegan versions of old favorites by using the same seasonings.

TRY VEGANIZING FAMILY FAVORITES:

- shepherd's pie
- pizza
- mashed potatoes and gravy
- veggie burgers and loaves
- hearty soups and stews
- pasta with mushroom bolognese or vegan alfredo sauce

SIMPLE SWAPS

Make meals for yourself made up of a few dishes, so you can have more of the healthy stuff, and they could cook something else to go with it. Aim to make it super yummy, especially at first, to show that it can still be fun and satisfying.

A simple option is to toss a bean salad with dressing, or grill a big portobello mushroom, you can have that on your plate instead of meat, with the same vegan side dishes for everyone.

Just add some fresh greens or other fresh veggies to your own plate with heavier meals, so you get the best of both worlds.

If you've been eating healthy for a long time, but they're just starting, try to remember how you felt at first and the challenges you had in keeping yourself motivated.

This situation can feel lonely, and like you don't have support, sometimes. So please reach out! Check in online or by email, I'd love to help with day-to-day challenges or with veganizing your family's personal favorite meals.
