Quitting meat cold turkey (sorry) won’t make you physically ill. It might be more mentally taxing than gradually easing into vegetarianism. That way, you avoid the stresses and frustrations of a total diet overhaul overnight. She suggests starting by eliminating a specific food. If you feel like you’re depriving yourself, you won’t last long. But if you feel like you’re doing something good, and trying out some great tasting food. You’ll stick with it for much longer.

“I’ve told patients to first cut out all red meat for a couple of weeks, then eliminate chicken, and progress like that, until most of their meals are plant-based.”

Have a great time along the way.