

Vegetarian Options

Let's be honest, the *Body Belief* plan is quite carnivorous. And, I do fundamentally believe in the healing qualities of animal protein. However, I also respect your desire to abstain from animal products.

Here's a good way to approach the *Body Belief* plan while maintaining your vegetarian lifestyle:

- Eat eggs, especially the yolks (if well tolerated and your not allergic)
 - Use [this vegetarian broth recipe](#) in place of bone broth (however if you are a pescatarian than I encourage making the fish broth as outlined in the *Body Belief* recipes)
 - Use [marine collagen peptides](#) in place of collagen peptides or bone broth protein powder. If you're not open to consuming fish products, try [this vegetarian silica](#) product that will help you achieve similar results.
 - In the purify phase, eat lots of avocado, sweet potatoes, egg yolks and ghee. If beans and nuts are a big source of protein for you, still try eliminating them for at least 2 weeks and add in one at a time (i.e., add in beans for a few days, track symptoms; wait one week and then add nuts in, track symptoms and go from there). BE SURE ALL BEANS AND NUTS ARE SOAKED AND/OR SPROUTED.
 - Consume only fermented non GM soy products as discussed on page 83 of your copy of *Body Belief*
 - If you're not consuming fish products, use an algae based omega supplement (Nordic Naturals and Thrive Culinary are two good products. Also be sure to take a daily spirulina supplement as directed on page 114 of your copy of *Body Belief*).
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