

21 Principles of the Pegan Diet

Principle 1: Use food as your pharmacy.

Principle 2: Eat the rainbow.

Principle 3: Follow the 75% rule.

Principle 4: Eat the right beans, whole grains, nuts, and seeds.

Principle 5: Eat your meat as medicine.

Principle 6: Be picky about poultry, eggs, and fish.

Principle 7: Have fats with every meal.

Principle 8: Avoid dairy (mostly).

Principle 9: Eat like a regenetarian.

Principle 10: Treat sugar like a recreational drug.

Principle 11: Don't rely on coffee and alcohol.

Principle 12: Leverage personalized nutrition for optimal health.

Principle 13: Cleanse, detox, and reset wisely.

Principle 14: Assess the risks and benefits of a vegan diet.

Principle 15: Eat for gut health.

Principle 16: Eat for longevity.

Principle 17: Eat to boost mood.

Principle 18: Make healthy eating affordable.

Principle 19: Feed your kids what you eat.

Principle 20: Make healthy habits stick.

Principle 21: Start the pegan diet today.