



# Vegan Transition Calendar

for a brighter tomorrow

# 2026

# / calendar

## january

s	m	t	w	t	f	s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## february

s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## march

s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## april

s	m	t	w	t	f	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## may

s	m	t	w	t	f	s
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## june

s	m	t	w	t	f	s
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## july

s	m	t	w	t	f	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## august

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## september

s	m	t	w	t	f	s
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## october

s	m	t	w	t	f	s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## november

s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## december

s	m	t	w	t	f	s
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# AWARENESS WITHOUT PRESSURE

J  
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6

MON

TUE

WED

THU

FRI

SAT

SUN

- Notice where animal products appear in your day
- Observe hunger, cravings, emotions, habits
- No restriction, no "rules" yet, just observe and write your findings in a journal

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# ONE PLANT-BASED MEAL PER DAY

	MON	TUE	WED	THU	FRI	SAT	SUN
F							
E							1
B							
R	2	3	4	5	6	7	8
U							
A	9	10	11	12	13	14	15
R							
Y	16	17	18	19	20	21	22
2							
0							
2	23	24	25	26	27	28	
6							

- Choose one daily meal to make fully plant-based
- Learn 3-5 simple, satisfying recipes
- Track your energy and digestion in your journal



# STRENGTHEN PROTEIN CONFIDENCE

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	MON	TUE	WED	THU	FRI	SAT	SUN
30	31	<ul style="list-style-type: none"><li>• Learn about plant protein sources</li><li>• Understand protein needs realistically</li><li>• Build balanced plates</li></ul>				1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

# REDUCE MEAT CONSCIOUSLY



	MON	TUE	WED	THU	FRI	SAT	SUN
A							
P			1	2	3	4	5
R							
I	6	7	8	9	10	11	12
L							
2	13	14	15	16	17	18	19
0							
2	20	21	22	23	24	25	26
6							
	27	28	29	30			

- Replace meat with plant or legumes
- Observe physical and emotional responses
- Address attachment without guilt

# REDISCOVERING PLEASURE.

M

MON

TUE

WED

THU

FRI

SAT

SUN

- Explore flavors, textures, cuisines
- Relearn satiety without heaviness
- Identify favorite vegan comfort foods

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Y

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# DIGESTION & GUT ADAPTATION



	MON	TUE	WED	THU	FRI	SAT	SUN
J	1	2	3	4	5	6	7
U	8	9	10	11	12	13	14
N	15	16	17	18	19	20	21
E	22	23	24	25	26	27	28
2	29	30					
0							
2							
6							

- Read about Fiber tolerance awareness
- Adjust portions wisely
- Learn about Soaking, cooking, digestion aids

# EMOTIONAL EATING & IDENTITY

	MON	TUE	WED	THU	FRI	SAT	SUN
J							
U			1	2	3	4	5
L	6	7	8	9	10	11	12
Y	13	14	15	16	17	18	19
2	20	21	22	23	24	25	26
0							
2	27	28	29	30	31		
6							

- Notice emotional triggers linked to food
- Separate comfort from habit
- Explore identity shifts gently

• Continue writing them down in your journal

# SOCIAL & FAMILY NAVIGATION

	MON	TUE	WED	THU	FRI	SAT	SUN
AUGUST		<ul style="list-style-type: none"><li>• Study eating out and gathering strategies</li><li>• Visualise family meals without conflict</li><li>• Practice saying "no" without justification</li></ul>				1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

# REMOVING REMAINING ANIMAL PRODUCTS

S	MON	TUE	WED	THU	FRI	SAT	SUN
E	1	2	3	4	5	6	
P							
T							
E	7	8	9	10	11	12	13
M							
B	14	15	16	17	18	19	20
E							
R	21	22	23	24	25	26	27
2							
O	28	29	30				
2							
6							

- Eggs, dairy, hidden ingredients, leather, silk, wool
- Read labels carefully, without obsession
- Make practical swaps

# ETHICS & VALUES INTEGRATION

	MON	TUE	WED	THU	FRI	SAT	SUN
OCT				1	2	3	4
5		6	7	8	9	10	11
12		13	14	15	16	17	18
19		20	21	22	23	24	25
26		27	28	29	30	31	

**OCT**

- Align your actions with your values
- Clarify your personal "why"
- Avoid moral overload, go with your flow

# LONG-TERM BALANCE & NUTRIENTS

	MON	TUE	WED	THU	FRI	SAT	SUN
N							
O	30	<ul style="list-style-type: none"><li>• Read about B12, iron, omega-3 awareness</li><li>• Take food supplements wisely</li><li>• Avoid perfectionism, go with your own flow</li></ul>					1
V							
E	2	3	4	5	6	7	8
M							
B							
E	9	10	11	12	13	14	15
R							
	16	17	18	19	20	21	22
2							
O	23	24	25	26	27	28	29
2							
6							

# OWNERSHIP & AUTONOMY



D	MON	TUE	WED	THU	FRI	SAT	SUN
E		1	2	3	4	5	6
C							
E	7	8	9	10	11	12	13
M							
B							
E	14	15	16	17	18	19	20
R							
	21	22	23	24	25	26	27
2							
0	28	29	30	31			
2							
6							

- Trust your choices
- Adapt veganism to your real life
- Drop external validation

# WEEKLY PLANNER

MONTH \_\_\_\_\_

PRIORITIES 1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

# WEEKLY PLANNER

MONTH \_\_\_\_\_

PRIORITIES 1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

2

0

2

7

**January 2027**

S M T W T F S

3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

**April 2027**

S M T W T F S

4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

**July 2027**

S M T W T F S

4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

**October 2027**

S M T W T F S

3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

**February 2027**

S M T W T F S

7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28

**May 2027**

S M T W T F S

2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

**August 2027**

S M T W T F S

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

**November 2027**

S M T W T F S

7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30

**March 2027**

S M T W T F S

7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

**June 2027**

S M T W T F S

6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30

**September 2027**

S M T W T F S

5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30

**December 2027**

S M T W T F S

5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

**This calendar is a companion for your inner journey.  
Let each page open space for kindness, trust, and quiet power.**

**Let your seasons unfold.**



*With heart, for your journey.*

— Lætitia Georges | LGS Solutions  
[www.lgs-solutions.com](http://www.lgs-solutions.com)