Congratulations on your decision to join our group and try 22 days of veganism!

We hope you will use this time to get to know all the different aspects of being vegan. This is why we've created 22 different daily challenges for you, and we warmly recommend giving each one a try.

You are most invited to share your experiences with the group. Let us know how the daily challenges are going and share your own tips, recommendations, questions and photos. Never forget – we are all here to listen, to learn from one another and to help and support you on your journey.

Important tip: Print the list!

Print the list and hang it on your refrigerator to keep it available at all times. We recommend you try as many of the challenges as you can, to make the most of this experience. Sure, you could just eat a plant-based diet for 22 days, but we wouldn't want you to settle for food you don't like or miss out on the full nutritional potential of vegan goodness.

Please note: This list is comprised of three parts, one for each week. You can complete each week's daily challenges in any order you like, unless otherwise noted.
DAILY CHALLENGES: WEEK 1

1. Welcome!
We'd love to get to know you, so please introduce yourself to the group! Tell us what made you decide to join Challenge22+. We're here for you at any time, so please feel free to ask any question you might have.

2. Easy as Pasta!
Who doesn't love pasta? It's so easy to turn it into a delicious and interesting dish, and there are so many amazing vegan sauces to choose from!
What's your favorite recipe? Let us know!

3. A Sandwich for the Road
Everyone loves a good old PB&J, but let's think outside the box! Fix yourself a hearty, fun and tasty sandwich. What's your perfect vegan sandwich? Tell us in the group!

4. Who's Afraid of Tofu?
Some people think "tofu" as soon as they hear the word "vegan". That's all we eat, right? Haha, of course not, but getting to know your tofu is a good idea. It's one of the most versatile foods out there! Let's use it as one of the ingredients in a delicious meal.
What did you have? How did it come out? Tell us about it in the comments.

5. The Non-Dairy Challenge
Do you enjoy coffee with cream? Cereal with milk? You'll be happy to learn there are plenty of different types of plant-based milk for you to enjoy. Just give them a try!
We'd love to know which plant-based milks you've tried. Which was your favorite?
6. The Lentil Challenge
Let's get to know the friendliest of legumes - lentils! No soaking required, and cooking time is only about 20-30 minutes. Try lentil patties, lentil soup or a different yummy dish, take a photo and post it in the group!

7. A Family Dinner
Being vegan doesn't mean missing out on family dinners. Have dinner with your loved ones and be a part of the family fun!
Try requesting a vegan dish in advance, or bring one with you and share it with everyone. Tell us about your experience.

DAILY CHALLENGES: WEEK 2

8. Good Morning!
Cereal with plant-based milk or yogurt, chickpea omelets with your favorite toppings, bagels with vegan cream cheese, refreshing breakfast smoothies or even decadent pancakes! These are just a few ideas to start off your day. Prepare a tasty and wholesome vegan breakfast. Take a picture of your morning meal and share it with the group!

9. A One-Pot Meal
Whether you're the kitchen type or not, one-pot meals are your new best friend. Use your favorite ingredients, or try a new recipe! The possibilities are endless.

10. Say Goodbye to Eggs!
Eggs are a major ingredient in many popular dishes, but here's a little secret: we can do just fine without them. Try preparing a dish which typically contains eggs, without using even one! Don't forget to take a picture and share it with the group.
11. Have a Treat!
Spoil yourself silly with the most decadent dessert you can think of. Hey, wait a minute there - don't forget to take a photo and share it with the group!

12. Let's Talk About It
Think of a close friend or family member, someone you know to be open-minded and understanding. Tell them about the Challenge and your reasons for joining. How did it go? Share with us!

13. The Restaurant Challenge
No one says you have to cook ALL the time - you can also eat out! Check out a vegan-friendly restaurant in your area. Don't forget to bring your smartphone - we want to see pictures and read all about your experience!

14. Pizza!
We're not about to give up on this Italian treat! Try making vegan pizza at home or have some delivered. You can buy or make your own vegan cheese, or even try going cheeseless (load up on veggie toppings!). Share your pizza experience with the group.

15. Make the Connection!
Dinners or weekend barbecues with family and friends can pose their own set of challenges. It's a good idea to make yourself aware of the connection between food and violence towards animals. You may have your own thoughts and insights about the meat, dairy and egg industries. Share them with us in the group.
16. A Trip to the Health Food Store
We are now two-thirds into the challenge, which means you have not been a part of any animal suffering for two weeks! Way to go!
Pay a visit to your local health food store, take some time to browse around and check out all the different options, and treat yourself to 3 new foods you've never tried before.

17. The Salad Challenge
If the word “salad” makes you think of a few lettuce leaves with some tomato and cucumber slices, think again. In today’s challenge, the salad is going to be the star of the show! Let’s get creative and treat ourselves to a big, fresh, colorful and nutritious salad.

18. A Vegan Network
Create your own vegan support network. It is sure to come in handy! Add some new vegan friends on Facebook, “like” and follow cool vegan Facebook pages or even better, do both! Got any suggestions? Please share!

19. The Legume Challenge
Colorful and tasty, legumes come in an endless variety! They’re good for you, too: beans are not only rich in protein, iron, calcium and potassium, they’re also nearly fat-free.
Let’s cook some beans! If you’d like to try dry ones, don’t forget to soak them overnight.
What are you planning on making? Take a picture of your bean dish and post it in the group! We like recipes too.

20. Host a meal!
Let’s take things to the next level. Invite a friend over for a vegan meal! It can be homemade or store-bought, just as long as it’s delicious!
Don’t forget to tell us what you had. What were the responses like?
21. The Veggie-Burger Challenge

You’ve learned by now that being vegan doesn’t mean giving up on your favorite comfort foods. Treat yourself to a great burger! Veggie-burgers come in an endless variety. You can find them at your local supermarket, health food store or veg-friendly restaurant, or use any of the countless recipes online to make your own. And let’s not forget the toppings!

What kind of burger did you have? Was it good? Would you recommend it to others?

22. Wow! We’ve reached the finish line!

Congratulations! You’ve been a vegan for 22 days!

It may have been easy for you or it may have been just a bit challenging. Either way, you are invited to sign up for another round of Challenge22+, so we can keep moving forward together.

**Bonus challenge:** Get a friend to sign up for challenge22+ and join the next cycle with them. See you there!