



DISCUSSION QUESTIONS FOR THE VEGAN ARTIST: PLANT-BASED IS EASY BY CATHERINE MARCH

1. March transitioned to a plant-based diet after seeing her parents' health decline. How does seeing "the end result" of a lifestyle change the way we view our daily meals? Is fear of illness a better motivator than the desire for "artistic" creation?
2. The book is filled with her paintings and illustrations. Does seeing food represented as *art* make it feel more accessible than high-definition, professional food photography which can sometimes feel "too perfect" to replicate?
3. March suggests that vegan cooking is like "learning a new cuisine." If you view your kitchen as a studio and your ingredients as a palette, does it lower the pressure to be a "perfect" cook?
4. March spent years taking nutrition classes before writing this. How does she manage to take "dense" nutritional information and make it feel "easy" for a beginner?
5. The book covers "roadblocks" like parties, potlucks, and vacations. Which of her tips for navigating social situations as a vegan felt the most practical to you?
6. March focuses on "whole plant foods" rather than processed vegan alternatives. Do you agree that eating whole foods (beans, grains, veggies) is easier than trying to find the perfect "fake meat" replacement?
7. March wrote this as a single mother of three. How does her focus on family health influence the types of recipes she includes? Are these recipes actually "kid-friendly," or do they require an adventurous palate?
8. A recurring theme in her work is the idea that people may give you a hard time for being vegan, but "secretly, they admire you." Do you think this is true? Does choosing a "disciplined" lifestyle inspire others or alienate them?
9. March emphasizes that "living a long life is great, but living a long, *healthy* life is awesome." How does the book define "wellness" beyond just the absence of disease?
10. Based on her "What I Eat in a Week" features, which of her signature dishes (like the Sheet Pan Nachos or Black Bean Brownies) surprised you most in terms of its simplicity?



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11. Does the book focus more on following strict recipes or on learning "basic vegan cooking techniques" that allow for improvisation?
12. Catherine March often paints her food. Does focusing on the *visual* appeal of the plants make you more excited to eat them?

Discussion questions generated by Gemini AI.



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