

Day 15: Meatless Monday (Greenest)

Celine Yang / zerowastegirl
celineyang@berkeley.edu
University of California,
Berkeley

Today, I went meat-free for 24
hours.

I enlisted my father, who typically
eats meat, to do this challenge with
me!

Breakfast



Me: woke up late, so skipped breakfast (oops)
My dad: coffee and two hard-boiled eggs

Celine's Lunch



location: college dining hall

What I had for lunch:

- My signature “Everything Salad” -- spring mix topped with cucumber slices, corn, quinoa, hard-boiled egg chunks, red and green bell pepper, shiitake mushroom slices, chickpeas
- Brown rice topped with vegan lentil soup
- Vegan whole-wheat pasta and marinara sauce
- Glass of water

Dad's Lunch



location: work cafeteria

What my dad had for lunch:

- His signature “Everything Salad” -- spring mix topped with chickpeas, almonds, raisins, olives, and other miscellaneous veggies
- Glass of water

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Celine's Dinner



location: college dining hall

What I had for dinner:

- My signature “Everything Salad” makes a second appearance
- Brown rice topped with vegan Chipotle Sweet Potato soup
- Vegan whole-wheat pasta and marinara sauce
- Hummus, pita bread, and cucumber plate with olive
- Not pictured: slice of carrot cake + more rice and soup
- —Glass of water

Dad's Dinner



location: home

What my dad had for dinner:

- His signature “I will throw all the veggies I have and make it into a mix”

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Celine's Snack



location: college dorm

What I snacked on throughout the day:

- 3 Cuties
- A handful of organic bulk almonds (bonus: I got them zero-waste and package-free from my local Whole Foods!)

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Dad's Snack



location: work and home

What my dad snacked on throughout the day:

- A banana
- A lot of pomegranate seeds

He also had a nice cup of tea. ➤

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Reflection

Me:

- Very easy to go meat-free
 - Mostly because my dining hall offers vegan options, so I just walked past the meat section and made my own combos, like the salad and the soup-rice combo
- I feel pretty good!
 - I didn't eat processed foods other than the pasta
 - I ate a lot of cucumbers (my favorite vegetable)
- I have committed to eating plant-based / vegan 5x/week! (flexitarian / weekday vegan?) Let's see how this goes!

My dad:

- Easy to go meat-free
- "I feel good, but I need time to get used to it. I still felt a little hungry throughout the day, so I still want to find something else to eat."
- My dad said he'll start with eating meat-free two days a week!

Why I've Chosen a Flexitarian Diet

I have decided to go vegetarian/soft-vegan on the weekdays!

I want to take it slow and take my time with exploring vegan foods.

I am already somewhat an “accidental” vegetarian 80% of the time -- I don't eat meat -- not on purpose, but because I don't feel like it.

I usually reserve the meat-eating for when I go home or on festive family occasions. Meat is a huge part of Chinese culture, which is why I'm hesitant to go completely vegetarian or vegan.

In China, vegetarianism / veganism is not as well-known as it is here in the States, which can make it difficult -- if I don't eat something my relatives prepared, they might take it the wrong way.

A good balance is for me to eat soft-vegan in my daily life, and as much plant-based as possible but some meat allowed for when I go home or travel.

I appreciate the health and environmental benefits of adopting a more plant-based diet! I'm not 100% plant-based, but some is better than nothing. More people eating more plants, even if they're not vegan, has a positive impact!