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Record everything you and your friend or family member eats for the day.

I,my family and my friend,we all started our day with a breakfast of fruits and milk. Since I and my family are already vegetarian but my friend is non vegetarian .It was his first meatless monday



Reaching university,I made lunch for my friend and we ate landy finger with chapati.



Here is my frined,enjoying his vegetarian lunch



For dinner, we had stuffed (with different vegetables)chapati and curd.



Yes, so this was it for the meatless monday.

1. Was it easier or harder than you thought to go without meat for the day?

Response : Not at all, we didn't even miss meat although i am a vegetarian and i never miss meat haha but my friend responded the same.

2. How do you feel after a day of no meat?

Response : My friend was very happy with the fact that he atleast got to know about the campaign and contributed in it as an individual and also he plan to do it every monday now. He felt really happy and proud about the cause and the day.

3. Do you think you will continue to participate in Meatless Mondays or consider adopting a plant-based, vegetarian, vegan, or flexitarian diet?

Response : I am already a vegetarian and My friend has agreed to be a part of a meatless monday and i am so proud of him and atleast he is taking some initiative towards the same although he quote "It would be hard for me to completely leave eating meat but i am definitely going for meatless monday and promoting as many people as i know too, atleast thats the least i could do. Moreover, i intend to become vegetarian in the future"