

Day 14 Greenest: Meatless Monday

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Breakfast (Me)

For breakfast, I had an almond croissant that we bought from a bakery nearby. It was super creamy, fresh, and delicious, and the best part is that it was meat-free!



Breakfast (My Mom)

For breakfast, my mom had some strawberry yogurt topped with some granola, strawberry and blueberry (like a parfait)



Lunch (Me)

For lunch, I bought food at my school's cafeteria. The options are pretty limited, so the only things I could find that did not include meat was pizza and fries. I got a slice of cheese pizza instead of my usual pepperoni, and some fries. It was a good enough meal, although I usually do not eat fast food so it made me feel kind of weird afterward.



Lunch (My Mom)

For lunch, my mom warmed two pieces of Naan in a pan and ate them dipped in organic hummus



Dinner (Me and My mom)

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For dinner, I used leftover linguine (from last week's FLOSN Day 5 extra credit → Zero waste life) to make linguine with tomato sauce. I made the sauce by chopping up tomatoes, adding broccoli, and then pouring in some tomato sauce. I made a large enough portion to feed two people. My mom and I were both really happy with this meal as it was very delicious. 10/10 would eat it again.



Making dinner!



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

- a. **Me:** To be honest, it was actually easier than I thought to go without meat for the day. I realized that I do not actually eat meat that frequently anyways, so it was not that hard to give up.
- b. **My mom:** Today's menu is something that I would normally eat, so it was not hard for me. However, I know it would become much more difficult every day I did this.

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

- a. **Me:** I feel great! I am definitely content with the food I had today and not hungry. I am excited and proud that I was actually able to do Meatless Monday today because I have been doing my best to implement it in my life for the past two weeks.
- b. **My mom:** I feel normal and like I usually do. I am happy I was able to do this with my daughter though, and am proud that we were able to accomplish this together.

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

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- a. **Me:** Yes, for sure! I will 100% continue to participate in Meatless Mondays (as I have already been doing) because even one day can make such a huge impact. I am also thinking about adopting a flexitarian diet because even though I do not think I am ready to take a full step towards being vegetarian or vegan, but I can do my best to become flexitarian.
- b. **My mom:** Yes, I will try to do Meatless Mondays as often as I can. However, even though I do not like foods like beef, chicken, etc. I love seafood and I do not think I could give that up (so maybe pescatarian?)