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**It's Meatless Monday. That means NO MEAT TODAY!** Invite a friend or family member to join you for Meatless Monday. **Make sure at least one of you typically consumes meat.** Consider replacing animal products with fruits, vegetables, nuts, seeds, legumes and plant proteins. A plant-based diet offers a great opportunity for creativity. Struggling with ideas? For super simple and inexpensive recipes, check out these popular plant-based YouTubers [here](#), [here](#), and [here](#) or search a relevant hashtag on Instagram: #vegan, #plantbased, #plantbaseddiet and more. Record everything you and your friend or family member eats for the day — and have *both* of you answer the following questions:

Name	Breakfast	Lunch	Snack	Dinner
Morgan (me)	Smoothie (mango, strawberry, & bananas)	Veggie monster crepe (pesto, cabot cheddar, spinach, & onions)	Bagel with cream cheese, gummy bears, fruit roll, chips and salsa	Potato pancakes with applesauce & sourcream, cauliflower soup, mixed green salad, pierogi filled with potato and cheese
Teagan (sister)	Pancakes	Crepe with nutella	Clif bar, goldfish, chocolate almonds, chips and salsa	Potato pancakes with applesauce & sourcream, cauliflower soup, mixed green salad, pierogi filled with potato and cheese

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

Teagan: Harder, because I'm so used to eating meat in my everyday life.

Me: For breakfast and lunch it was really easy to find vegetarian options but when we went to a polish restaurant for dinner there were fewer vegetarian options other than soup, salad, and appetizers.

How do you feel after a day of no meat?

Teagan: I feel that I could eat greens more if I wanted to because it made me feel healthier.

Me: I feel like I was eating a healthier meal and that I don't need meat to have a good meal.

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

Teagan: Yes, I think I could adopt a flexitarian diet by trying to only eat meat once or twice a week.

Me: I have been wanting to adopt a vegan diet but I'm going to try and work my way up to it. I'll start by being a flexitarian eating meat two or three times a week to transitioning into a vegetarian diet to being a full on vegan.



Breakfast:

Having our breakfast at the airport! Looking very tired, as we were up before sunrise! I got a smoothie from freshens and my sister got pancakes from Mcdonalds.



Lunch:

Stopped in Burlington, Vermont at the skinny pancake and had a veggie and chocolate crepe.



Dinner:

Had dinner in Montreal, Canada at Cafe Stash, a polish restaurant. We got a mixed salad, potato pancakes with sourcream and applesauce, pierogi filled with potato and cheese, and cauliflower soup.