A close-up photograph of a teal-colored tray containing several oranges and a glass of orange juice. The oranges are vibrant orange and some are cut into slices. The background is a soft, out-of-focus teal color.

**Project Green Challenge**

# **DAY 14: MEATLESS MONDAY**

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# Conventional Breakfast

My typical breakfast consists of eggs and toast with a bowl of fruits on the side

But eggs can be harmful. It is the number 1 source of cholesterol and cholesterol is one of the main causes of heart disease!

# Breakfast veganized

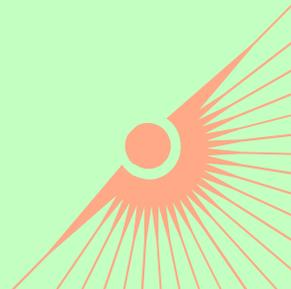
In order to create a healthier alternative that is vegan friendly, we can eat avocado toast with a bowl of organic fruits on the side

**Step 1:** In a small bowl, combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.

**Step 2:** While toast is still hot, lightly rub the surface with the cut side of the garlic clove.

**Step 2:** Top toasted bread with mashed avocado mixture. Drizzle with olive oil and sprinkle with cilantro or parsley and other desired toppings.

Avocados are naturally nutrient-dense food and contain nearly 20 vitamins and minerals





## Conventional Lunch

My typical lunch consists of a **Chicken Salad with Parmesan**

Chicken should be avoided because media reports found that 97 percent of tested chicken breast samples 'harbored bacteria that could make you sick'.

Cheese is also harmful because cheese is the number one source of saturated fat, which increases [the]

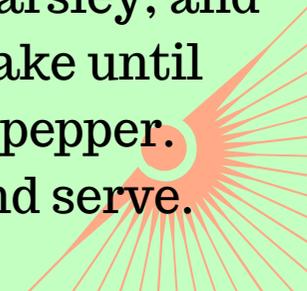
## Lunch Veganized

This salad doesn't have to use chicken! Instead, we can omit it and use chickpeas to get a similar texture, while getting protein we need. Instead of Parmesan cheese, we can simply use vegan cheese

**Step 1:** In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and lettuce. Season with salt and pepper.

**Step 2: Make vinaigrette:** In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.

**Step 2: Dress salad with vinaigrette and serve.**



## Conventional Dinner

My typical dinner consists of a hamburger with roasted vegetables

Most of the meat used in burgers are from animals that are raised in polluted factories and fed a GMO diet, which is so bad for them. This can lead to toxic chemicals polluting our waters and bodies, greenhouse gas emissions increasing, and biodiversity to be harmed!

## Dinner Veganized

Instead of eating a hamburger, we can look towards alternatives such as a Sweet Potato & Black Bean Veggie Burgers

- 1) Toast the sweet potatoes: Preheat the oven to 400 degrees Fahrenheit.
- 2) In a small saucepan, bring 1 cup of water to boil. Stir in the millet, reduce heat to low and simmer, covered, until tender (about 25 minutes).
- 4) Mix the burgers: In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and millet, black beans, onion, cilantro, cumin, chili powder, chipotle or paprika, cayenne and salt.
- 5) Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty.
- 6).Shape the burgers: Use a measuring cup to measure out  $\frac{1}{2}$  cup of the mixture. Gently shape it into a patty about  $3\frac{1}{2}$  inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8. If you would like to toast your hamburger buns, preheat the oven to 350 degrees now.
- 7) Pan fry the burgers: Heat 1 tablespoon oil in a large cast iron or non-stick skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1 tablespoon oil to the skillet for each pan of burgers you fry.

By avoiding burgers made from meat, we are advocating for farmers, animals, and the environment as well as lowering our carbon footprint!

# Social Media Post

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- 5) Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty.
- 6) Shape the burgers: Use a measuring cup to measure out 1/4 cup of the mixture. Gently shape it into a patty about 3 1/4 inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8. If you would like to toast your hamburger buns, preheat the oven to 350 degrees now.
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green.machines\_

green.machines\_ A plant based diet doesn't have to be difficult! Anything can be veganized -- included a conventional hamburger! Check out our recipe to see how to veganize this meal! #pgc2019

2m

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2 MINUTES AGO

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