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## *Day 14 – Meatless Monday!*

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For today I'm sharing VEGAN diet with my mom and dad, as we don't cook separate meals for everyone as we share same choices and this ensures no food waste!

Since in India the challenge has began from 6:30 pm

Accordingly last night we had vegan meal for dinner, being a vegan family, we hardly cook meat at our homes and rarely eat chicken, mutton or egg.

So, the schedule is as follows:

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## *DINNER!*

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- Cooked gram flour batter with Bajra bread and some pickle.
- Tastes good with green chilly chutney and raw onions.
- This is usually cooked batter of gram flour and the Bajra roti is good during winters.
- Hence all of us love this once in two weeks and we eat with more joy.

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## *Breakfast*

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- Semolina



- In India is usually made for breakfasts and its vernacular name is UPMA or UPPITH.
- It is made with onions, chillies and with mustard and fenugreek seeds.
- Prepared in two styles with turmeric and one with no turmeric and with tomatoes.
- It tastes best with curd or pickles and lemon juice for seasoning.
- Even ghee is added while serving.
- Should be served hot, or semolina gets coagulated and tastes not that good.
- Hence, we all 3 had this yummy part for breakfast, it is very common and since we are having vegan plan, we didn't serve ghee as it is a product of animal.
- We only ate pickle.

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## *Lunch!*

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- *Mix veg and wheat roti*

- **Since we regularly consume roti sabzi in India we prefer it twice in our meals.**
- **For today my mom has made roti and sabji**
- **Wheat bread is made by kneading wheat flower and then making chapattis out of it.**
- **Mix veg included capsicum, onion and potato cooked in chili powder and oil, with mustard and cumin seeds.**
- **When making any sabji or curry here in India, initially before adding vegetables we give it a tadka, is done for flavors.**
- **This includes adding oil to pan, heating the oil and further adding mustard seeds and cumin seeds, this is cooked until the seeds start making popping sound.**
- **Further, chilli powder and turmeric is added asafetida If desired can be added and then chopped vegetable, allow to cook after adding pinch of salt.**
- **This makes our sabji ready.**
- **At times my mom even cooks dal and rice.**
- **Dal is cooked lentils. Preferably Toor and moong.**



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

**Answer** - For me and my family it was an easiest task to go vegan because in India usually people follow a vegan diet except for paneer and milk.

- ***How do you feel after a day of no meat?***

**Answer** - It was normal and not different from rest of the days, and we actually love vegan food!

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

**Answer** - Indirectly me and my family and probably most of the Indians follow Meatless Monday due

to some superstitious reasons of a God they follow, which restricts them to eat any animal product on Mondays. Hence I loved going vegan for a day!

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