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Bloomington High School South

Me:

- ½ Thomas blueberry bagel, toasted, with *JIF* peanut butter- *non-GMO*
- Large serving of fruit smoothie:
 - Blackberries from our garden last summer, 1 cup frozen
 - 6 oz raspberries
 - 1 banana, 2 Darling clementines
 - 2 cups Dannon *Light and Fit* original vanilla yogurt

- Vegetarian quesadilla:

- Cheese
- Tomatoes
- Peppers
- Onions
- Tomato sauce

- AZZIP pizza:

- Dairy free cheese-which we found out later was coconut oil based, but I only had a minor reaction to it.
- Sun dried tomatoes
- Green peppers
- Pineapple



Kristina(mother):

- 2 kitkats
- 1 cup coffee
- A serving of the smoothie



- Toasted Blueberry Bagel with cream cheese
- 2 tbls spinach and artichoke dip with chips
- Penne Pasta:
 - Alfredo sauce
 - Tomatoes
- AZZIP pizza:
 - Dairy free cheese
 - Sun dried tomatoes
 - Spinach
 - Mushrooms



Responses:

- *Was it easier or harder than you thought to go without meat for the day?*
 - **Mama:** It was exactly what I thought it would be. Substituting out things for vegan options is much harder than I thought, especially with your allergy. Growing up in southern Indiana in a farming community, the idea of not depending on animals in any way seems far fetched and undesirable. It would be a complete overhaul of our way of life. It would take a lot of planning to meals suitable for your dietary needs.
 - **Me:** The act of going meat free would not have been hard for one day a week or more. There are lots of meatless options. It's the dairy free or vegan route that would be insane to find for someone with a nut allergy. I loved breakfast, but the surprise of coconut oil in the vegan cheese made me very sceptical towards restaurants that say "vegan, vegetarian, nut free". I could not be vegan without a lot of planning, ordering things online, and a lot of help from someone who knows what they
- *How do you feel after a day of no meat?*
 - **Mama:** Hungry. I think my body is used to going through more stuff in less time and we normally have meat at every meal so it feels like a big chunk of our meals is cut out. I am tired but that might not have anything to do with it.
 - **Me:** I am tired and ready to go to bed, but I do not connect my crankiness to going meat free. Every meal that I made or bought that was meat free made me happy. I was trying new things, buying new things, eating a whole new category of sustainably focused food, something that hadn't

even been on my radar. I feel positive that I am learning how to make a difference, if not to this level of commitment.

- *Do you think you will continue to participate in Meatless Mondays or consider adopting a plant-based, vegetarian, vegan, or flexitarian diet?*
 - **Mama:** No. I can cut down on certain types of direct meat or less beef a week of day. I don't think I could go all out and trade in animal products. We can work on having meat be the side instead of the main event. More fruit less bacon on weekend breakfasts, that kind of thing.
 - **Me:** I would like to do meatless Mondays in the future, have the breakfast I had today, salad at lunch, and a variety of options for dinner besides what I found doing my research. I could go the flexitarian route. For our lifestyle and my allergies, I can easily make meat free choices when I can, and still stay safe and comfortable. Eventually when I am buying my own food and making my own meals, I might add to the flexitarian diet. But for now, I might continue meatless Mondays and my family will eat less beef and direct meat throughout the week. I agree that we can easily cut down on our meat consumption, and will start offering to go to the grocery store to help with the decisions on food for the week.