



Project Green Challenge

Day 14: Meatless Monday

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Meet the meat-eaters!

Louisa (left) and
Danielle (right) are
going to embark on
the meatless food
adventure of their
lives!

How will their day go?
Let's find out!



time for meatless Monday



For breakfast, Louisa and I both ate cereal with non-dairy milk!



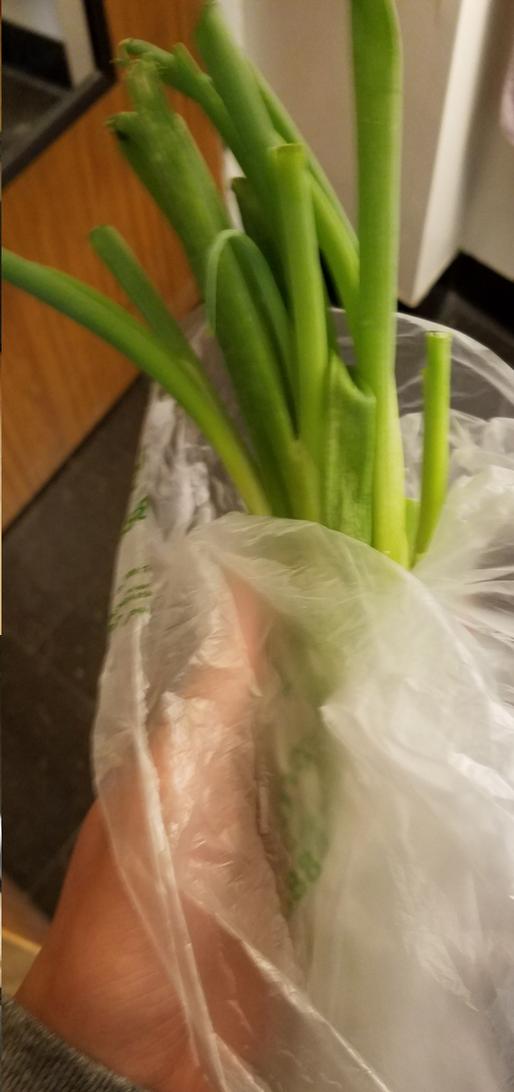
What Danielle ate for lunch:

A warm grain bowl, topped with cauliflower, brussel sprouts, and tofu, and a light drizzle of stir-fry sauce (vegetable broth, soy sauce, toasted sesame oil, sugar, sesame seeds)

This was a really hearty and fulfilling lunch! The cauliflower had a nice curry flavor to them but the tofu was not seasoned. Next time, I'll swap the tofu out for corn or for squash.



What Louisa ate for lunch:
Why are there so many meat options at the dining hall? It's not fair for vegetarians/vegans. However, the dining halls always offer a pasta option so I decided to get the penne with vegetables. It was easy to switch from chicken/meatballs to vegetables, which made me really happy.



What Danielle ate for dinner:
I wanted to eat a really simple dinner tonight so I decided to make kimchi fried rice. It's a super easy meal to make; you just need to chop up the kimchi, and then fry it together with rice! I usually eat this with ham/bacon but I substituted that with mushrooms instead.



What Louisa ate for dinner:
After seeing that there were no good options at the dining hall that didn't contain meat, I decided to cook the frozen wontons in my fridge. My parents handmade these for me to eat during college and the filling inside the wontons are made of shiitake mushrooms, garlic, cabbage, and bok choy. The soup and the wontons were so filling and hearty that I was full within seconds.



Dessert Time!

Louisa and I were delighted to find non-dairy ice cream in the fridge of the dining hall. Our friend, Kara, recommends this flavor so we're super excited to try it out!



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

- **Danielle:** Starting the challenge, I thought that it was going to be extremely difficult to go without meat for the day because it feels like it's almost always part of my meal. For instance, I like getting a bacon, mushroom, spinach, and cheese omelette for breakfast but for today, I opted for cereal and milk, which was nice and simple!
- **Louisa:** I agree with Danielle, it was hard for me to go without meat because so many of the options offered at the dining hall had meat in it, so it was so frustrating to try to find a meatless option for me to eat.



How do you feel after a day of no meat?

- Danielle: I'm really proud of myself! I honestly didn't think that this challenge would be easy and I did encounter some difficulties when I really wanted to get something with meat in it, but the temptation to eat meat is really easy to overcome. It's all about making conscious choices!
- Louisa: I feel pretty accomplished because I was able to find something to eat for every meal. The dining halls need to start being more inclusive towards people with dietary preferences because there were always multiple meat options but never enough vegetarian/vegan options.



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

- Danielle: Yes! I believe that everyone can benefit from eating a little less meat, for the environment and for their health. I want to start adopting a flexitarian diet in order to cut down on the number of animal products that I eat, such as milk and yogurt
- Louisa: I think so... this wasn't an easy challenge for me since I constantly had to think about my food choices but that's all part of the learning process. If I had a buddy to do Meatless Mondays with me I think I could integrate it into my everyday life.