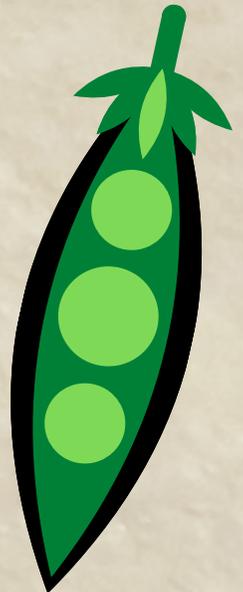
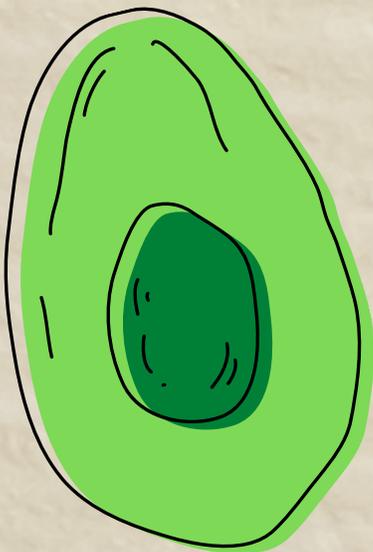


Harmonie Ramsden  
@harmonie\_pgc2020  
harmonieramsden@gmail.com  
Princeton HS

# Day 12 Greenest

• • •  
Plant Based



# Challenge

## What We Ate



### Me (usually vegetarian bordering on vegan):

- Breakfast: Banana and vegan/gluten-free muffin
- Lunch: Daily Harvest bowl with brussel sprouts and tahini
- Dinner: Guacamole, black beans, plant-based taco shells/chips, rice, and salsa

### My Dad (usually meat eater):

- Breakfast: Alpen muesli with coconut milk
- Lunch: Asian pre-made salad
- Dinner: Guacamole, black beans, plant-based taco shells/chips, rice, and salsa



# Challenge

## Questions

• • •

Me (usually vegetarian bordering on vegan):

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

Honestly, it was really easy. I had to resist the urge to sprinkle cheese on my lunch and dinner, but once I got into the plant-based rhythm, I had little to no troubles. I already am close to a plant-based diet, so there were only small changes I had to make.

- How do you feel after three plant-based meals?

I always feel very refreshed after eating plant-based meals, similar to a smoothie cleanse. This feeling is great, and I hope I can continue it as I phase animal products out of my diet.

- Do you think you will continue to eat more plant-based meals, make a day exclusively plant-based or even consider adopting a plant-based, vegetarian or vegan diet?

I am already pretty far on this spectrum, but I definitely believe that I can go further with items like cheese and eggs. The shift seems to be relatively easy - my dad was able to transition out of meat for a whole day!



# Challenge

## Questions

• • •

**My Dad (usually meat eater):**

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

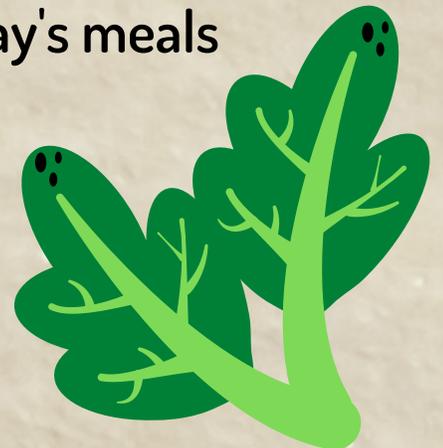
"It was easier than I thought because the meals were so good I didn't miss the animal products I would usually consume."

- How do you feel after three plant-based meals?

"I feel full and satisfied yet light, as well as happy and refreshed. The food was very nice and I didn't miss the meat. The ingredients were so fresh, and I really enjoyed it."

- Do you think you will continue to eat more plant-based meals, make a day exclusively plant-based or even consider adopting a plant-based, vegetarian or vegan diet?

"From time to time, I think I will go without meat. The benefits largely outweigh the cost in this situation. Today's meals taught me a lot about sustainable eating and a diet shift may happen in the future for me."



# Photos



My Breakfast



My Lunch



My Dinner



My Dad's Dinner

# Social Media



**Caption:** "Would you believe that these meals are all plant-based? I was able to try out a completely plant-based diet today, and there are no regrets on my end. For breakfast I had a muffin and banana, for lunch I had a Daily Harvest bowl (my favorite plant-based brand!), and for dinner I had a homemade hispanic meal with beans, rice, guacamole, and more! You can go plant-based too, and save our planet and your body. @turninggreenorg @meatlessmonday @dailyharvest @udisglutenfree #pgc2020 #day12greenest #projectgreenchallenge #turninggreen #plantbased #vegan #vegetarian"