

*plant-based: greenest*

# WHAT I EAT IN A DAY

*with my mom, plant-  
based diet*

*I used my favorite recipes to create this one-day menu. I am vegetarian, but I wanted to eat entirely plant-based for the whole day. I have a ton of recipes because I will cooked plant-based meals for my mom as well!*

**Video Link: <https://youtu.be/ecctZZ52XuI>**

# my mom's breakfast

## basic banana and berry oatmeal

Recipe from Cooking Light

Total Time: 7 Mins

Serves 2 (serving size: about 1/2 cup)



# Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup milk → 1 cup almond milk
- 1 cup water
- 1/8 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1 teaspoon honey → 1 teaspoon agave
- 1/2 banana
- A handful of berries (whatever kind you have on hand)

# Instructions

- Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low.
- Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly.
- Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional desired toppings and serve.

# my breakfast

## amazing avocado toast with hot sauce

**Total Time: 10 Mins**

**Serves 1 (serving size: 1 piece)**



## Ingredients

- 1 piece of any kind of bread (I like to use whole-wheat multi-grain bread)
- 1 avocado (make sure it is ripe enough to mash)
- 1 teaspoon kosher or sea salt
- 1 tablespoon hot sauce

## Instructions

- Toast the bread in a toaster.
- Cut the avocado in half height-wise and take out the pit.
- Scrape the avocado from the skin into a bowl.
- Mash the avocado with a fork or spoon until it is your desired consistency.
- Spread the mashed avocado onto the toast.
- Salt and drizzle hot sauce over the toast.

*our lunch*

*baked and  
breaded zucchini*

**Recipe from Love and Lemons**

**Total Time: 30 Min**

**Serves 2 (serving size: 15 pieces)**



# Ingredients

- 2 medium zucchini
- 1 egg → 1/4 cup almond milk mixed with 1 tablespoon ground flaxseed
- 1/2 cup panko bread crumbs
- 1/2 cup almond flour
- 1/4 cup Parmesan cheese → Vegan Parmesan
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling

# Instructions

- Preheat the oven to 425°F and line a baking sheet with parchment paper.
- Slice the zucchini into 1/4 inch rounds.
- In a small bowl, whisk the "egg" mixture.
- In a medium bowl, combine the panko, almond flour, vegan Parmesan, salt, and pepper.
- Dip the zucchini slices into the egg and then into the panko mixture.
- Place onto the baking sheet, drizzle with olive oil, and bake 17 to 20 minutes, flipping halfway, until golden brown.

*my mom's snack*

*banana and  
peanut butter  
toast*

**Total Time: 10 Mins**

**Serves 1 (serving size: 1 piece)**



## Ingredients

- 1 piece of any kind of bread (I like to use whole-wheat multi-grain bread)
- 1 banana
- 3 tablespoons of peanut butter (I like to use crunchy peanut butter)

## Instructions

- Toast the bread in a toaster.
- Cut the banana into slices to form little circles.
- Spread the peanut butter onto the toast.
- Place the banana circles in any arrangement you want on top of the peanut butter.

*our dinner*

*mini tofu and  
bean soft tacos*

**Total Time: 30 Mins**

**Serves 2 (serving size: 2 mini tacos)**



## Ingredients

- 1 16 oz block of tofu
- 1 can black beans
- 4 mini tortillas
- 1/4 cup vegan cheese  
(any kind you prefer)
- 1 mini tomato
- 1/2 medium-sized  
cucumber

## Instructions

- Rinse the tofu and place it under a cutting board with a towel to absorb the moisture
- Cut the tofu into 1/4' cubes
- Heat the beans
- Dice the tomato and cucumber
- Warm up the tortillas in the microwave
- Put it all together!

## my mom's reflection

In some ways, eating plant-based was fairly difficult for me because I am not used to it. Multiple times throughout the day Ethan was like mom that has animal products in it. It wasn't that I was consciously pursuing animal products, I was just eating things out of habit.

However, it was easy in other ways because Ethan cooked the major meals for me which was nice. I feel good after three plant-based meals. I do not feel any different physically than when I eat meat, but it makes me feel good to know that I reduced my impacts on climate change today by changing my eating habits. Because of this, in the future, I am planning to make 2 out of the 3 meals of the day vegetarian.

## my reflection

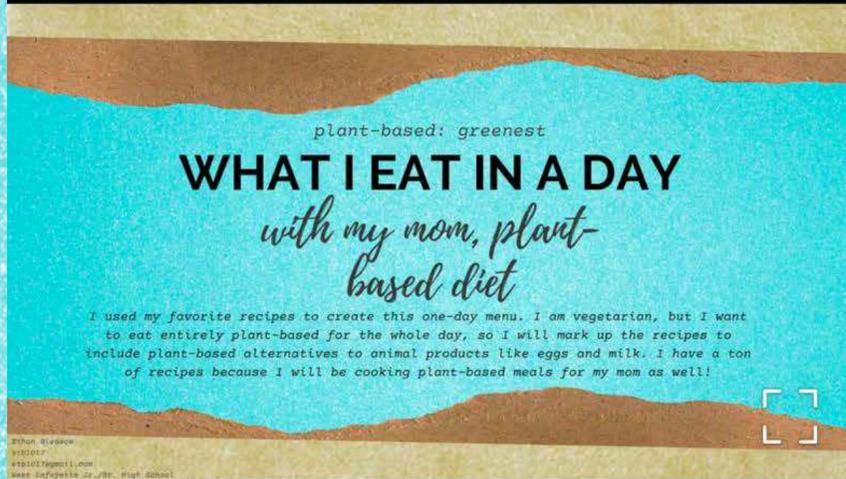
**This experience was much easier than I expected because, even though I am vegetarian, I still consume a lot of dairy foods. But, I did not really miss my typical dairy products like yogurt or cheese because of the amazing meals I ate today. I think this is key for me to become fully vegan; I need to make good, healthy food, and I won't notice!**

**Overall, the plant-based meals that I made were delicious, and I did not miss any of the animal products that I normally consume. I will definitely continue to use some of the new plant-based recipes that I tried today. After this experience, I feel much more prepared to transition to being vegan over the next few weeks!**

# What I Eat in a Day - PGC Plant-Based ▾



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