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## Project Green Challenge Day 12: Team Green Bears

*My housemate and I decided to go plant-forward to the day! We are both trying to be more plant-based. Here are our reflections from challenging ourselves to eat three completely plant-based meals in a day!*

### Our Meals:



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

K: It was easier than I thought, especially because I value a plant-based diet and know that I always feel like I have a fulfilling day when I prioritize plant-based, unprocessed, whole foods. Also, we both prepared for the day by planning out the meals that we would eat, so it was easy to find plant-based options. We took it a step further by making two of our meals vegan (the only reason dinner wasn't vegan was because of the caesar salad dressing)!

S: It was pretty easy, but one thing that I didn't expect was getting comments about my food choices. When I chose a vegan option for lunch, some of my friends commented "wait, no meat?" When I said I was going plant-based for the day, people were surprised because I usually eat meat and they think I am pretty separated from the whole "plant-forward" movement.

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

K: After today, I feel very nourished and I feel good about what I put into my body. It's definitely nice to know that I am powering my body on plants, and that I won't have

any negative effects from the food I choose to indulge in. The best part is, this was some of the best tasting food I've had in a while!

S: I didn't feel terribly different while eating or even after eating the plant-based meals. I felt a little more alert than usual, but that was probably because I was more aware of what I was eating and getting excited about the next meal.

**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?**

K: When given the chance, I would love to always opt into the most plant-forward option as possible, whether that's the vegan dish, the vegetarian dish, or even choosing chicken when choosing besides that and a form of red meat. Since I usually try to be plant-based, today wasn't anything new to me, but rather reaffirmed that I feel noticeably happier and healthier when powered by plants. :)

S: After today, I would love to continue to eat plant-based meals, especially because I know now that I can go a full day feeling energized just off plant-based meat alternatives. I would be really interested in getting more of a personal perspective on the matter, especially because vegetarianism and veganism are weirdly politicized and people have all sorts of opinions on it. I might as well try it for myself and form my own opinions!

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