



One Day Plant Based

SAHS ECC

With Addie Foote and her mom, Julie

Meal Planning

BREAKFAST



Chia seed pudding will be our vegan breakfast today. We already have some in jars in the fridge and can put it in a bowl and eat it with fruit.

LUNCH



Normally we would have leftovers, but today I am going to make a quinoa salad and we will eat it with leftover roasted vegetables on the side as well as fruit.

DINNER

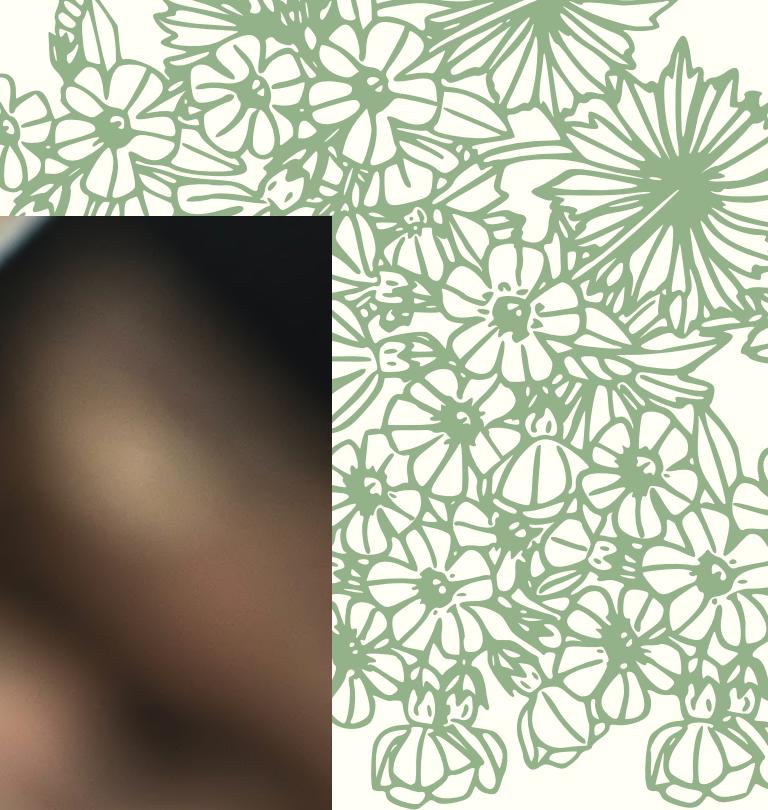


After looking at recipes, I asked my vegan friend, Claire, for advice and she gave me a soup recipe which I plan to eat with bread.

Breakfast

We had chia seed pudding. We made it with coconut milk, maple syrup which we made earlier this year from sap from our maple trees, chia seeds, and cinnamon.

My mom is dairy free and I try to eat plant-based meals for breakfast and lunch, so this was a pretty typical breakfast for us, though I often just have a piece of fruit.



Lunch

For lunch I made a quinoa salad with black beans, tomatoes, cilantro, onions and quinoa of course. It had a dressing that was olive oil, lime juice, cumin, salt, and pepper. I also ate a banana with peanut butter.

This was really easy to make and we both liked it a lot. Sometimes quinoa can be a little bit bland, but the dressing and tomatoes made it taste really good.



Dinner

For dinner we made a wild rice soup, a Minnesota classic. It included onion, celery, carrot, veggie broth, wild rice, almond milk, salt, pepper, onion powder, and garlic powder.

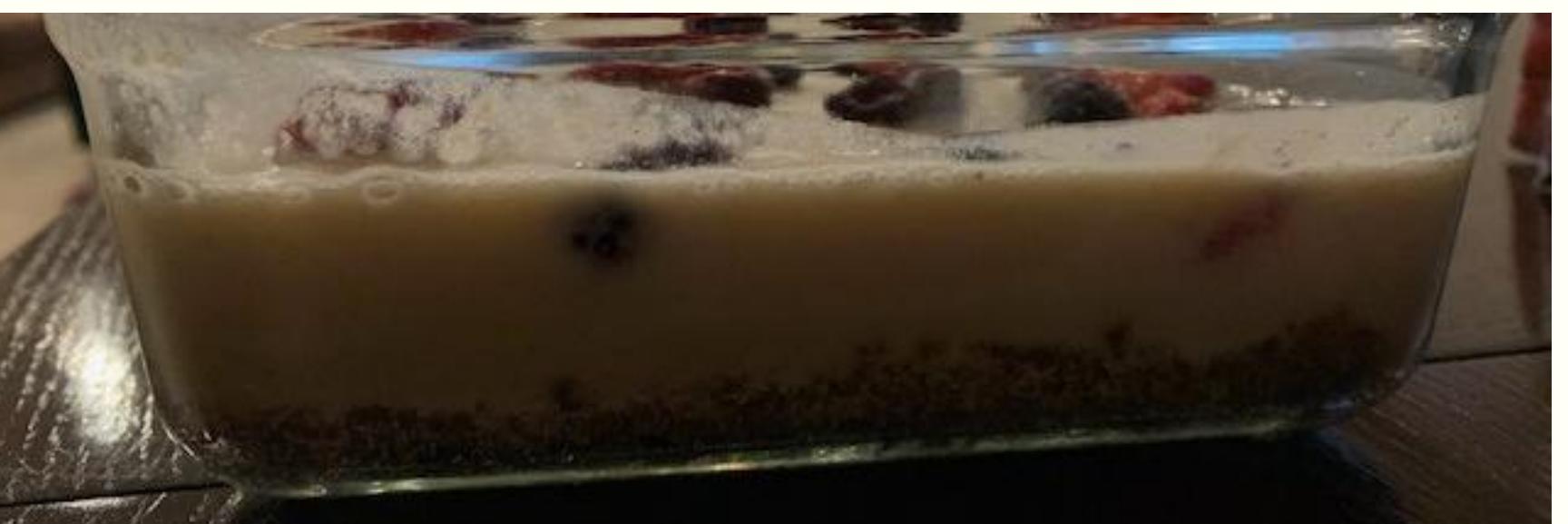
Typically wild rice soup includes chicken and sometimes has a dairy based creamy broth, but we were delighted to find that this was equally as good.



Desert

I made lemon cheesecake bars that had a crust made out of dates and almonds and a filling made out of cashews, coconut cream, lemon juice, coconut oil, and organic sugar. You can also top it with fruit like we did.

I decided I wanted to make a desert for this, so I could get a full idea of what eating as a vegan would be like, even though I don't always eat desert. Once again, I was surprised how fast this recipe was and how well it turned out. The only problem I encountered was that we did not have enough dates, but I just made a half batch and put it in a smaller container.





HOW DO YOU FEEL AFTER A FULL DAY PLANT BASED?

Me

I feel the same as normal mentally and physically. I was able to focus just fine and I went on a bike ride too. I do not feel hungry at all and did not feel like I was missing dairy or meat products throughout the day. I was very impressed how good the meals tasted. They all were very flavorful and exciting. I know being vegan has some amazing health effects, but I would imagine it would take a while before one could notice any difference. I really liked all of the meals and will definitely make them again.

Mom

(I just asked my mom these questions out loud and am writing down what she said) She felt pretty normal and liked all of the meals today. She said she felt weird not eating meat for dinner, but the soup was very good and she would make it again and after dinner she did not feel like she still needed to have something else. My mom also has had quinoa salads more than I have and said that this one was really good and she would be saving the recipe.



WAS IT EASIER OR HARDER THAN EXPECTED?

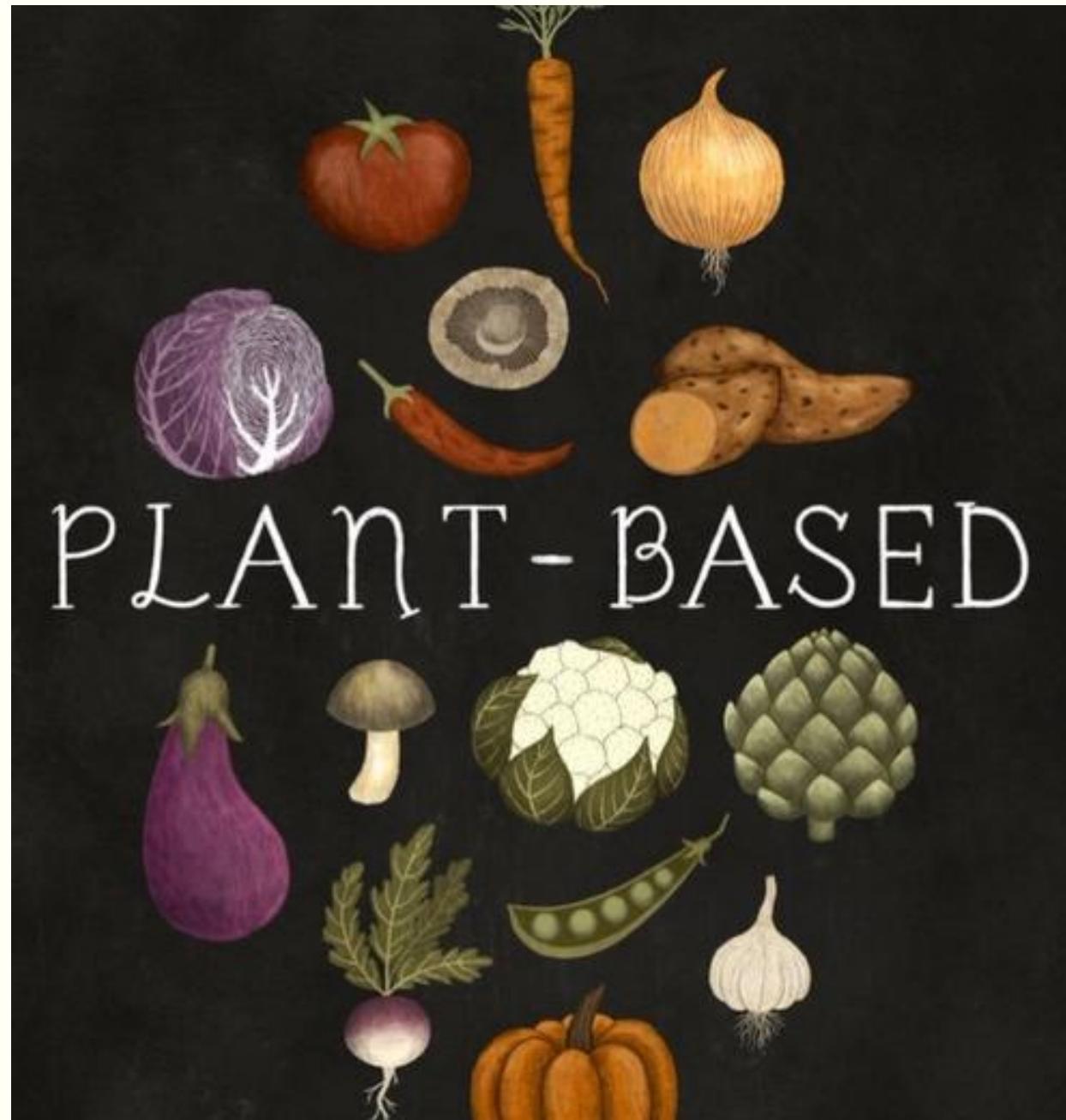
ME

This was pretty easy actually. I normally do eat meat, but I try to reduce my meat intake by eating plant based breakfast, lunch, and snacks, but for dinner I almost always have meat because I eat with my family and do not cook dinner. Though I did go to school, no one offers food to others anymore because of COVID and because we leave school before lunch. I think today it was really easy to eat all plant based because I did not eat in a group, but if I did this on a day that I had an activity or was eating with someone it would be more difficult. It was not hard to find good recipes and they tasted great.

MOM

My mom said that it was easy because I did the cooking and she did not have to cook anything. She thought that while today was easy, it would be hard to do every day because she often cooks for my family and my brothers and dad want to eat meat. She also enjoyed the food and was surprised how quick the recipes were.

WILL WE CONTINUE TO EAT MORE PLANT BASED?



Digital art by scociety7

ME

I definitely will be eating more plant based meals. Today really showed me that it can be easy and fun to eat plant based. I think for now I will not be going fully vegan or vegetarian, but someday, when I am in college and do not eat dinner with my family every day, I think I will become a vegetarian or maybe even vegan. For now I want to limit my meat and dairy intake to 5 or less times per week. This is a bit less than I'm at right now, but this is a change I want to make for the environment and for my health.

MOM

She said that she liked the plant based meals and wants to eat plant based a few times per week. She is really interested in nutrition and gut health, so was particularly intrigued about the correlation of meat eating and heart disease. She says that she will aim to eat meat 9 or less times per week which is less than she does on average right now.

"Life is so rewarding when your efforts improve the health and happiness of humans, our environment and all the wonderful life that we share the planet with."

GEOFF PALMER

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sahs.pgc Today, my mom and I ate plant based for the entire day. I was delighted that all of the meals were fun and tasted great. Also, eating plant based has much lower greenhouse gas emissions and environmental impact in general along with nutritional benefits and lower risk for cardiovascular disease, the most common cause of death in the US! Above is a picture of my vegan wild rice soup with an apple and some whole grain bread. We used FLOSN and all of the ingredients were organic and most of them local or from our garden! ❤️@turninggreenorg #meatlessmonday #pgc2020

1m



1 like

1 MINUTE AGO