

Day 12 : Challenge Greenest

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CHALLENGE

Any and every day can be plant-based, so let's make it today! Invite a family member, friend or roommate to join you in eating plant-based for the day, whether you are together or apart. **Make sure at least one of you typically consumes animal products.** Dream up and browse menu ideas, rich in fruits, vegetables, nuts, grains, seeds, legumes and plant proteins. There's a ton of room for creativity and experimenting!

Struggling with ideas? For super simple and inexpensive recipes, check out these popular plant-based bloggers and YouTubers: [Hot For Food](#), [Sweet Simple Vegan](#), [Rachel Ama](#), and [SweetPotatoSoul](#) or search a relevant hashtag like #vegan, #plantbased, #plantbaseddiet, #veganfood and more. Meatless Monday has additional [recipes](#) for inspiration!

Record everything you and your friend/roommate/family member eat for the day, take at least two photos, and have *both* of you answer the following:

Breakfast:

2 avocado toasts, zucchini, bell pepper and chopped carrot, green tea, green juice, papaya, apple, banana, coffee.



Lunch:

Lemon water, rice with corn kernels and carrot, black beans, lettuce, spinach, pasta, guacamole, tortilla chips.



Dinner:

Almond milk shake with banana or berries.

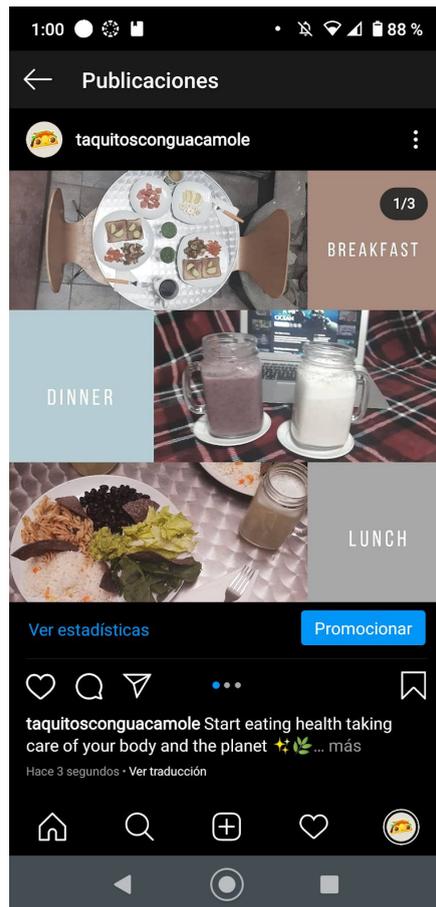


- **Was it easier or harder than you thought to go without animal products for the day?**
- It was easier for both of us than we thought, although we don't consume so much meat, we are used to consume animal products as cheese, milk, eggs, etc. but this challenge was actually easy for us, we really enjoy trying new recipes and we were really surprised about the taste and how easy it was to prepare our meals of the day.
- **How do you feel after three plant-based meals?**
- **me:** I feel satisfied and at the same time I don't feel as heavy as normally happens, I feel even more energetic and active than when I consume sugar or sweet things, also It was really surprising for me the number of recipes and combinations that we can make without meat or animal products, and how delicious these recipes can be.
- **mom:** I feel good with my body, I'm not hungry or have a craving for any food, it is amazing the power that vegetables, plants and fruits have to provide the nutrients and vitamins we need to feel good.
- **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?**
- Absolutely yes!, my mom and I are very happy with the results and the experience we had today. The truth is that we were very surprised by how delicious it can be to eat healthy and how easy it is to prepare dishes like that. We used to think that eating without meat or animal products was almost impossible, that the amount of options for recipes were very limited, however with this challenge we learn a lot about the importance of a plant based diet so we are willing to change our type of diet from now on.

Post a photo/s of your plant-based meals on Instagram with a brief caption about what you ate and the benefits of plant-based eating. Tag @TurningGreenOrg and @MeatlessMonday and use #PGC2020 and #MeatlessMonday.

Instagram: @taquitosconguacamole

Post link: <https://www.instagram.com/p/CGRdtXCMnXe/?igshid=1ogzsyktc0m4f>



APA References

Alexander, H. (2019, 10 diciembre). 5 benefits of a plant-based diet. Recuperado 12 de octubre de 2020, de <https://www.mdanderson.org/publications/focused-on-health/5-benefits-of-a-plant-based-diet.h20-1592991.html#:~:text=Plants%20are%20high%20in%20fiber.&text=Eating%20a%20plant%2Dbased%20diet,great%20for%20good%20bowel%20management.>