



Plant Based greenest

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Plant-Based for the day



My sister joined my plant-based journey today! We ate the same meals and we both really liked everything we ate. I'm vegetarian, so today wasn't too difficult for me. Some of the things we had, like the vegan cheese, was definitely an interesting ingredient to try out. It was definitely new for my sister, but she seemed to enjoy all the meals we had today. Making them together and going grocery shopping was really fun as well.

After eating three plant based meals, we both feel like we could do it again! Knowing that we were helping the environment today by not eating any animal products was a great feeling, and the food was amazing. We're planning on trying more recipes from sweet simple vegan, because it was so hard to choose which one to make! They all looked delicious.

We will definitely be trying out more plant-based meals in the future. For my sister, she's going to work on eating plant-based meals more often in hopes to become vegetarian one day. I'm considering becoming vegan if the college I go to has accessible vegan restaurants and meals. We really enjoyed everything we ate today, which reassured us that this kind of diet isn't as hard as we thought!

Plant-Based for the day



Fruit bowl & edamame
for breakfast

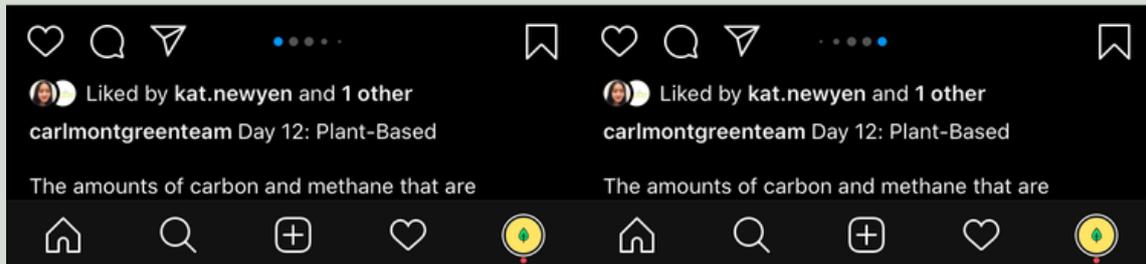
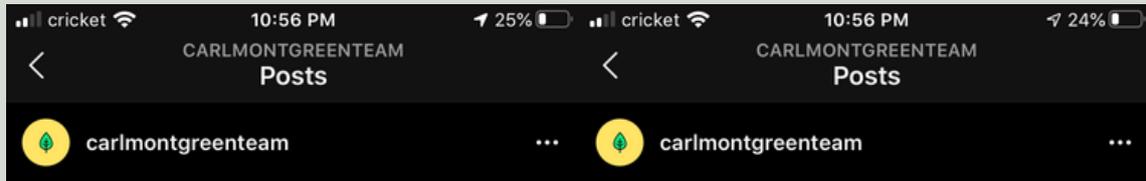


Chipotle Veggie burrito with no
cheese to make plant-based
for lunch



Vegan ricotta spinach
stuffed pasta for dinner

Social Media



Day 12: Plant-Based

The amounts of carbon and methane that are released into the atmosphere from animal agriculture alone is massive. In fact, 14.5% of global emissions are attributed to animal agriculture, which is greater than the emissions of all transportation combined! For these reasons, many people have decided to switch to a vegetarian, vegan, or plant-based diet to decrease their own carbon footprints in hopes to lead the way to a more sustainable future.

Swipe for a plant-based menu and to see the food I had today! Consider giving plant-based recipes a try for one of your meals, or even an entire day to see if you would consider adopting a vegetarian or vegan diet! Let's be more aware of the food we consume to better ourselves and the environment.