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DAY 17

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India is considered to be the most vegetarian eating country, with almost half of the population consuming vegetarian diet and almost 9% of people are vegan. India has the highest number of vegans in the world. The over 1 billion Hindus in India influence the high number of vegans. 5000 years ago when majority of the world were dependent on meat foods, our ancestors were vegans and vegetarians.

Are any restaurants vegetarian or vegan?

Almost 90% restaurants and local street food-stalls in my city (Bhavnagar) are vegetarian or vegan. Majority of my city's population are pure Hindus which means their entire diet is meat-free.

Which eateries offer some vegan menu options?

Out of many vegan options available few of my personal favourite are: -

1. [Sankalp- The Taste of South India](#)
2. [The City Point](#)
3. [Malhar Dhosa](#)
4. [Dimple Fast Food & Fusion Tadka](#)
5. [Sugar & Spice](#)

*All the links to the restaurants are embedded.

Does your local grocer offer vegan options in the prepared meals section? Is there a regular farmers market or food market with vegan vendors?

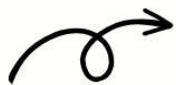
All local grocer/malls offer only vegan or vegetarian options in packed meals or frozen meals. Never have I ever seen meat based packed meals in any grocery stores. There are a wide variety of vegan options available in packed meals. I think this should be an inspiration to everyone to go meatless and consume authentic vegan foods. Also, personally in my city, there are a total of 129 vegan vendors that sell plant-based food items like wheat, jowar, bajra, fruits, vegetables, Indian-spices, cornflour etc. I know the total amount because one my uncle also works as vegan vendor.

My Instagram post and SS:

VEGAN OPTIONS IN BHAVNAGAR



MY FAVOURITE



- 1.Sankalp- The Taste of South India
- 2.The City Point
- 3.Malhar Dhosa
- 4.Dimple Fast Food & Fusion Tadka
- 5.Sugar & Spice



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jaineel.pgc Conservative estimates show that animal agriculture is responsible for 14.5% of greenhouse gas emissions—more than planes, trains, and motor vehicles combined. Clearly, animal agriculture is among the most significant contributors to today's climate change crisis—leading to, extreme temperature shifts, ravaging wildfires, deadly tsunamis, and more. This is why it's important to switch to vegan diet and save our planet. Here are some options if you find yourself in Bhavnagar.

#pgc2022 @turninggreenorg @meatlessmonday

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