Greenest-Day 17-Plant Based

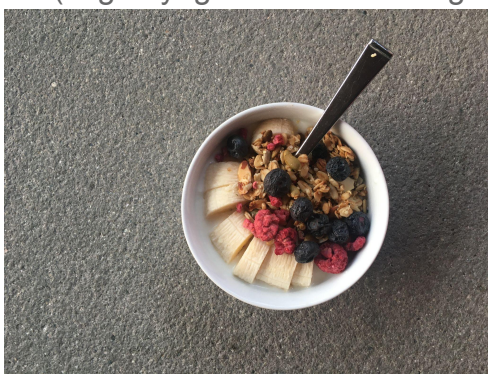
Team: save.the.planet

Username: Eva.grdina

School: Mulgrave School

Breakfast:

Me (vegan yogurt with fruit and granola)



My sister (homemade vegan banana loaf - made using browning bananas that no one wanted!)

Lunch:

Me (kale salad with homemade dressing, apples and granola - the kale is from our garden!)

My sister (chickpea gyros with cucumber and vegan cashew tzatziki sauce)

Dinner:

Both (vegan vegetable noodle soup with bok choy, tofu and mushrooms)

Me:

- Was it easier or harder than you thought to go without animal products for these meals?

I am vegetarian and so it was very easy for me, however I would say that starting out vegetarian it was hard to cut meat out of my diet completely, especially when I went out to eat. I took the extra step of making all of the food vegan, and I did find this VERY challenging because there are so many things that you can't eat when vegan that I didn't know I would miss.

- How does your mind/body feel after three consecutive plant-based meals?

I think that I feel about the same, however knowing that what I ate was vegan and didn't directly harm any animals made me feel quite good about it.

- Do you think you will continue to enjoy more plant-based meals, make one day a week exclusively plant-based, or even consider adopting a plant-based, vegetarian or vegan diet? Why or why not?

I am already vegetarian but I will definitely continue to cook vegetarian and maybe more vegan meals for my family so that I can encourage them to also continue to eat healthily and ethically.

My sister:

- Was it easier or harder than you thought to go without animal products for these meals?

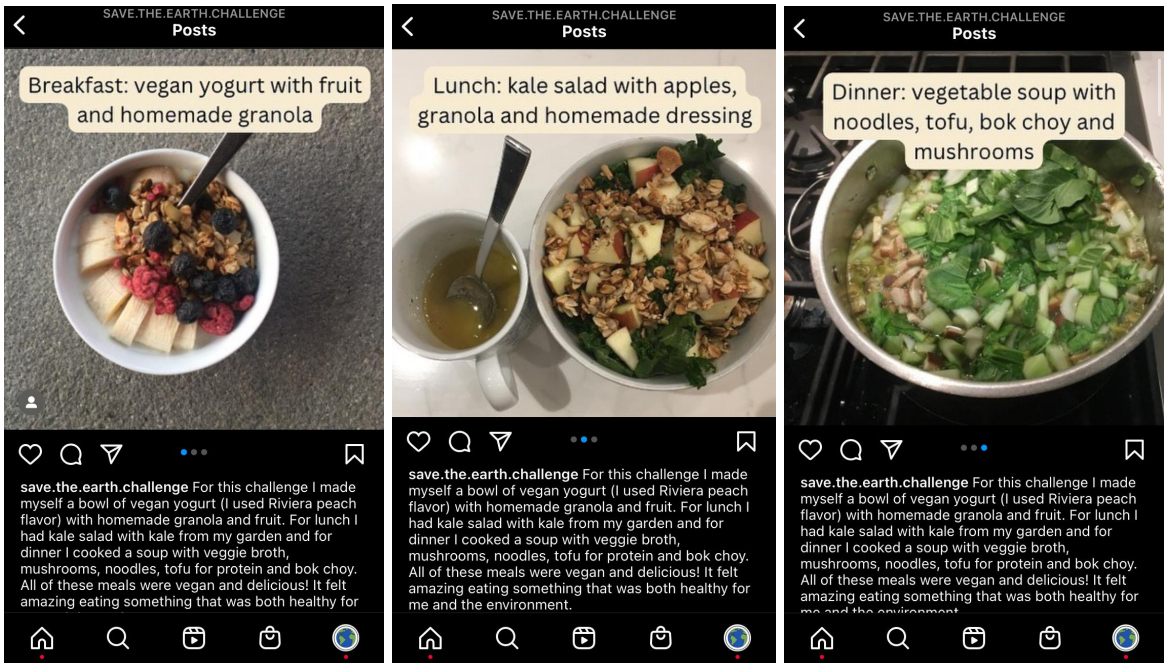
"Um it was a lot harder than i thought because I'm used to eating meat so when I don't have it, it feels like there is something missing."

- How does your mind/body feel after three consecutive plant-based meals?

"I feel like a lot lighter, im a bit less full and kind of felt like I didn't get enough protein but I feel better about my impact on the environment."

- Do you think you will continue to enjoy more plant-based meals, make one day a week exclusively plant-based, or even consider adopting a plant-based, vegetarian or vegan diet? Why or why not?

“I think the food was really yummy, I would definitely eat more but maybe not become vegan or vegetarian, that's a bit too far for me. I might just have a few meatless days a week and try more alternatives.”

Post photos of your plant-based meals on Instagram with a caption about what you ate, how it felt, and the benefits of plant-based eating. Tag @TurningGreenOrg, @MeatlessMonday, accounts of where you took inspiration, and use #PGC2022, #MeatlessMonday, as well as any other foodie hashtags you so choose!

For this challenge I made myself a bowl of vegan yogurt (I used Riviera peach flavor) with homemade granola and fruits. For lunch I had kale salad with kale from the garden and for dinner I cooked a soup with veggie broth, mushrooms, noodles, tofu for protein and bok choy. All of these meals were vegan and delicious! It felt amazing eating something that was both healthy for me and the environment. @TurningGreenOrg @MeatlessMonday #PGC2022 #MeatlessMonday