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Plant-Based Meals!

My mother and I partook in today's challenge of eating only plant-based meals today.

Below shows my portions of our breakfast, lunch, and dinner:

Breakfast:

For breakfast my mom and I each had a protein-packed, organic, dairy-free banana and almond butter smoothie. The 14 grams of protein within the smoothie came from pea protein. We had previously purchased these smoothies and some other delicious organic products from Trader Joe's and I thought today would be the perfect day to drink our smoothies.



Lunch:



I made myself and my mother an organic Açai bowl for lunch. It contained organic granola, organic goji berries, organic bananas, and —of course—organic açai berries.

Dinner:

For dinner, I made and served my mother and myself organic avocado toast with a side of organic raw peas and carrots. On the toast I included olive oil, a dash of red pepper, and some lemon juice.



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

My answer:

It was harder than I thought to go without animal products for these meals because my school does not serve any vegan meals. The only vegetarian option at my school is cheese pizza, and unfortunately that has cow-dairy based cheese. Therefore, I had to skip lunch at school today and wait until I got home to make Açaí bowls for my mom and myself. I thought my school would have a salad I could select but every salad contained meat in the form of either ham or fried chicken bites.

My mother's answer:

It was easy for me because the meals were tasty and my daughter did all of the work in preparing the meals.

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

My answer:

My mind feels calmer after three plant-based meals. I am more relaxed and can concentrate on tasks more effectively. Also, in regards to my body, I feel satiated, which is surprisingly rare for me. Usually, I am always hungry and have to snack on more food to feel full. With eating plant-based meals, I feel satisfied and have not had to snack.

My mother's answer:

I feel more energetic and alert.

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?

My answer:

I will continue to enjoy plant-based meals. I need to be able to eat my school lunch, which has no vegan options, so I will start by eating solely plant-based meals on Saturdays. Plant-based meals are nutritious, delicious, and reduce carbon emissions, so I definitely want to increase the proportion of my meals that are plant-based.

My mother's answer:

I think I will pursue doing plant-based meals one day or more a week because it feels good but I can not adhere to it if I am eating out or on vacation because it can be difficult to find places that serve healthy, organic, vegan meals.

Social Media Caption:

I ate only organic, plant-based meals today! I ate: a banana and almond smoothie, an Açaí bowl, and avocado toast. It felt great! For once I was satisfied after eating and had no desire to snack in between meals. Plant-based eating, even once a week, can help reduce your carbon footprint.

Even small changes can make a big difference! @TurningGreenOrg @MeatlessMonday

#PGC2022 #MeatlessMonday

Social Media Post:



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