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## DAY 16: PLANT-BASED GREENER

How is a plant-based diet beneficial to you and your health?





# PLANT-BASED SCENE IN MY COMMUNITY

- Are any restaurants vegetarian or vegan?

Yes, there are a lot of vegetarian and vegan restaurants in Orland, FL.

- Which eateries offer some vegan menu options?

Jacked Up Vegan, Valkyrie Doughnuts, Toasted, V's Diner, and Designer Greens offer vegan options.

- Does your local grocer offer vegan options in the prepared meals section?

My local grocer Publix, does not offer vegan options in the prepared meals section but they offer a variety of frozen items.

- Is there a regular farmers market or food market with vegan vendors?

Yes, there is a regular farmers market with vegan vendors held on the 2nd and 4th Saturday or Sunday of the month from 12-5 p.m.



# FOOD MAP OF PLANT-BASED RESTAURANTS

Orlando, Florida



**DESIGNER GREENS**

Serving salads, flatbread sandwiches, and Falafel

**JACKED UP VEGAN**

Serving vegan and organic hot dogs, tacos, and burgers.



**TOASTED**

Serving vegan grilled cheese, burgers, and sides

**V'S DINER**

Serving sandwiches, wraps, sides, and baked goods



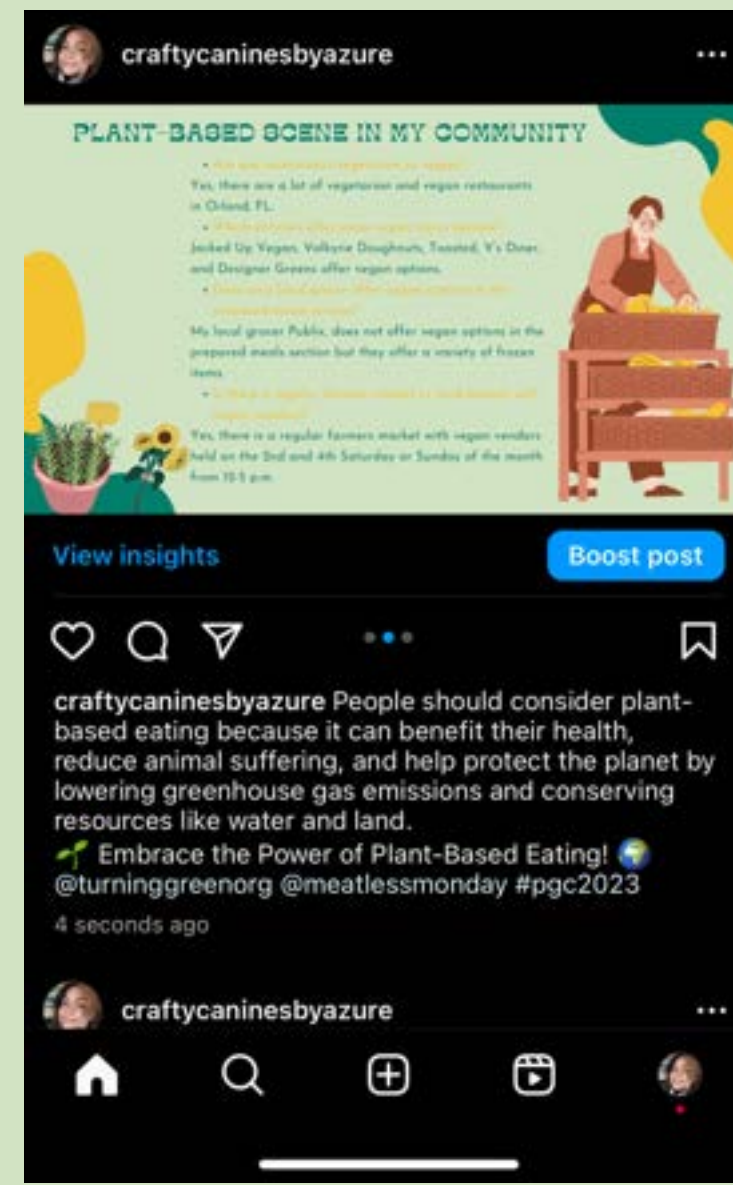
**VALKYRIE DOUGHNUTS**

Serving different flavored doughnuts.



People should consider plant-based eating because it can benefit their health, reduce animal suffering, and help protect the planet by lowering greenhouse gas emissions and conserving resources like water and land.

Embrace the Power of Plant-Based Eating!



- <https://designergreens.net/>
- <https://www.jackedupvegan.com/>
- <https://www.igettoasted.com/>
- [https://www.valkyriedoughnuts.com](https://www.valkyriedoughnuts.com/)
- <https://www.vsdiner.com/>
- <https://www.happycow.net/reviews/the-vegan-market-orlando-220803>



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