

DAY-20

NAME: NICHETHA.D

CHALLENGE: GREENER

SCHOOL NAME: National Public school, Agara

INSTAGRAM ACCOUNT: go.greenenergy_365

Bengaluru, known for its vibrant culture and diverse culinary landscape, is embracing the plant-based movement in exciting ways. From traditional Sattvic cuisine to modern vegan innovations, the city offers a variety of options that celebrate health, sustainability, and compassion.

One must-visit spot is **Sattvam**, which serves a Sattvic Thali rooted in Ayurveda. This cuisine emphasizes purity, balance, and mindful eating, reflecting centuries-old Indian traditions. For those seeking a fusion twist, **Green Theory Café** offers a Vegan Tofu Bowl that combines locally sourced greens with Asian flavors, showcasing the city's commitment to sustainable, conscious eating.

At **The Yoga House**, visitors can enjoy smoothie bowls and herbal teas, which blend ancient yoga nutrition principles with global wellness trends. Meanwhile, **Enerjuvate Café & Studio** focuses on vegan wraps and millet pancakes, promoting fitness, mindfulness, and compassion through every meal. Lastly, **Mandiya Café** highlights Karnataka's rich culinary heritage by offering millet-based South Indian dishes, reviving traditional grains in a modern and accessible way.

People choose plant-based foods for a variety of reasons: to improve health, honor cultural traditions, support environmental sustainability, and embrace compassion for all living beings. Bengaluru's plant-based food scene not only nourishes the body but also tells a story of conscious living, making every bite a celebration of culture, wellness, and mindful choices.

INSTAGRAM POST (LINK)

https://www.instagram.com/p/DQEXDOWkmkG/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

CAPTION

🌿 Bengaluru goes green — one bite at a time!

From wholesome sattvic thalis to the humble magic of millets, each dish we savor carries the wisdom of generations and the heartbeat of our culture. Every bite is a choice — a step toward compassion, sustainability, and a healthier planet.

Choosing plant-based isn't just a modern trend; it's a conscious return to our roots 🌾💚. It's honoring the soil, respecting the animals, and nourishing our bodies with nature's bounty.

Let's celebrate food that heals, traditions that inspire, and a lifestyle that leaves a gentle footprint on our world. 🌍✨

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