

Chloe Beittel
chloefb
chloeb2020@headroyce.org
Head Royce School

PGC 2018 Day 15 Meatless Monday: Greener

Today I thought about what I normally eat for breakfast, lunch, and dinner and found vegan alternatives for each meal! I usually eat an egg every day. What I learned though, is that avocado toast is a great alternative. Which is awesome because I LOVE avocado toast! Surprisingly, my lunch is usually vegan provided that the bread and jelly I use in my sandwich is vegan. Lastly, I eat a variety of different things for dinner, but I typically have chicken 1-3 times per week. My mom will often substitute Quorn for chicken, but we don't use it all the time. I actually really like eating Quorn chicken substitute, so I don't know why I haven't asked my parents to replace all our chicken with it! I will do that for sure from now on, though!

Pictures of my typical meals and recipes follow.

Chloe's Typical

Breakfast

Regular

- fruit
- oatmeal
- bagel w/ cream cheese
- egg and spinach
- water/milk/orange juice

Vegan

- fruit
- oatmeal
- vegan bread + jam (no gelatin)
- avocado toast
- Ripple Pea protein chocolate milk

Recipes

Avocado toast

- bread (vegan)
 - 1/2 Avocado
 - chili flakes
1. Toast bread
 2. mash Avocado
 3. Put avocado on bread and sprinkle chili flakes on it
 4. Enjoy!



VS



- high potassium content
- reduce bad cholesterol
increase good cholesterol
- monounsaturated fat
boosts weight loss
- 1 avocado = 4g protein

- high iron content
- 1 fried egg = 6g protein
- choline → good for brain

Chloe's Typical

Lunch

Regular

- fruit
 - carrots & hummus
 - almond butter & jelly sandwich
 - Clif bar
- ↳ are vegan-friendly!

Vegan

- ↳ traditionally vegan made out of chickpeas & tahini!
- ↳ make sure jelly is gelatin-free and bread is vegan

Bonus Recipe (because my lunch is actually usually vegan)

Hummus from scratch!

- 1 c chickpeas
- 3 cloves of garlic
- 1/3 c tahini
- 2 T lemon juice
- 3/4 t sea salt
- 1 T olive oil
- 1 dash garlic powder
- 1/4 c fresh herbs (cilantro, parsley, or basil)

1. Soak ^(uncooked) chickpeas for at least 6 hrs in cool water
2. Drain & rinse chickpeas. Add to pot w/ 2 in of water. Boil then reduce to simmer & cooked uncovered for 45 min - 1 hr. Drain.
3. Add chickpeas, garlic, tahini, lemon juice, sea salt, and olive oil to food processor. Blend until creamy.
4. Add garlic powder and herbs.
5. Enjoy with vegetables, pita, or crackers!

(from minimalistbaker.com)

Chloe's Typical

Dinner

Regular

- chicken
- rice
- vegetables
 - brussel sprouts
 - or
 - asparagus...
- salad

Vegan

- Quorn chicken substitute
- sauté in coconut or olive oil

Recipe

Simple Thai Noodle Soup w/ Quorn Meatless Chicken

- 10.5 oz Quorn Vegan Chik'n tenders
- 2 T coconut oil
- 1 shallot sliced
- 2 cloves garlic crushed
- 1 t ground cumin
- 1 t ground coriander
- 1 t turmeric
- 1/2 t cayenne pepper
- 7 oz coconut milk
- 4 cups vegetable stock
- 2 carrots peeled & sliced
- 1/2 c organic, non-gmo baby corn, sliced

1. heat 1 T coconut oil in saucepan & sauté shallot over medium heat for 5 min. Stir in garlic & spices. Cook 2 more min.
2. add coconut milk, vegetable stock, & veggies. Bring to boil & simmer for 20 min.
3. Fry Quorn tenders w/ 1 T oil in separate skillet for 7 min.
4. Add rice noodles & Quorn to soup simmer for 3 min.
5. garnish w/ spring onions or chives & serve w/ crusty bread.

My social media post:



Chloe Beittel

Just now · 2

I looked at what I typically eat in a day today to see what I could change to make my diet a little more vegan and sustainable for me and the planet. My biggest change will have to be switching out something for the egg I eat every morning, but that's not too hard to do by eating avocado toast! I also typically eat chicken multiple times a week. A great substitute for chicken is Quorn! I also included some good vegan recipes for each meal on my menu for a typical day of Chloe's meals. Turning Green Amy's Kitchen #pgc2018

The image shows three pages of handwritten notes on a light-colored background. The top page is titled 'Chloe's Typical' and compares 'Regular' and 'Vegan' breakfast options. The 'Regular' side lists fruit, oatmeal, a bagel with cream cheese, an egg and spinach, and water/milk/orange juice. The 'Vegan' side lists fruit, oatmeal, vegan bread with jam, avocado toast, and Ripple Pea protein chocolate. The middle page is titled 'Recipes' and compares an avocado and an egg. It lists benefits for each: avocado has high potassium, reduces bad cholesterol, increases good cholesterol, contains monounsaturated fat for weight loss, and provides 4g of protein. An egg has high iron content, 1 fried egg provides 6g of protein, and contains choline for good brain health. The bottom page is titled 'Dinner' and compares 'Regular' (chicken) and 'Vegan' (Quorn chicken substitute) options. It also includes a recipe for 'Mushrooms & Chickpeas' with ingredients like 1 lb mushrooms, 1 can chickpeas, 1 onion, 1 carrot, 1 garlic clove, 1 tsp olive oil, 1 tsp balsamic vinegar, 1 tsp soy sauce, 1 tsp maple syrup, 1 tsp Dijon mustard, 1 tsp paprika, 1 tsp salt, and 1 tsp pepper.