

GREEN

Produce Nutrition

Fruit/Vegetable	Protein	Benefit
Banana	1.3g	Lowers blood pressure, reduces risk of cancer and asthma
Potato	4.3g	Vitamin B6 in potatoes helps maintain neurological health
Broccoli	4.2g	Rich in vitamin K, which helps the proteins that allow for blood clotting
Kale	2.9g	High in potassium, which helps prevent heart disease
tomato	900mg	Good source of fiber

<https://www.medicalnewstoday.com/articles/271157.php>

<https://www.livescience.com/45838-potato-nutrition.html>

<https://www.healthyating.org/Healthy-Eating/All-Star-Foods/Vegetables/Article-Viewer/Article/91/health-benefits-of-broccoli>

<https://www.medicalnewstoday.com/articles/270435.php>

<https://www.healthline.com/nutrition/foods/tomatoes#section2>

Most Compelling reason to switch to a plant based diet:

The most compelling reason for me personally to switch to a plant based diet is that the antibiotics and processing of meat is inhumane and also dangerous for human consumption. If I can be healthy without harming animals or getting sick, then that is what I am going to do.

GREENER

Vegan Menu

My Menu:

Breakfast: Chia seed pudding

Recipe: Vegan

- 1 cup of coconut milk
- 1 packet of yogurt- made from Vegan Yogurt starter kit found of Thrive Market
- 6 tablespoons of chia seeds
- ½ cup of oats
- 1 tablespoon of honey
- ½ banana (optional)

Recipe: Original

- 1 cup of skim milk
- 1 cup of Greek yogurt
- 6 tablespoons of chia seeds
- ½ cup of oats
- 1 tablespoon of honey
- ½ banana (optional)

CHIA SEED PUDDING	
ORIGINAL	VEGAN
<ul style="list-style-type: none">• 1 cup of skim milk• 1 cup of Greek yogurt• 6 tablespoons of chia seeds• ½ cup of oats• 1 tablespoon of honey• ½ banana (optional)	<ul style="list-style-type: none">• 1 cup of coconut milk• 1 packet of yogurt- made from Vegan Yogurt starter kit found of Thrive Market• 6 tablespoons of chia seeds• ½ cup of oats• 1 tablespoon of honey - ½ banana (optional)

Lunch: Vegan Macaroni and Cheese

Recipe: Vegan

- Rice macaroni pasta
- 1 package of Daia's Cheddar Style Cheese Sauce
- ½ cup of organic broccoli
- ½ cup of organic grape tomatoes
- ¼ cup of almond milk

Recipe: Original

- macaroni pasta
- 1 cup of shredded cheddar cheese
- ½ cup of broccoli
- ½ cup of cherry tomatoes
- ¼ cup of skim milk

MACARONI AND CHEESE	
ORIGINAL	VEGAN
<ul style="list-style-type: none">• macaroni pasta• 1 cup of shredded cheddar cheese• ½ cup of broccoli• ½ cup of cherry tomatoes• ¼ cup of skim milk	<ul style="list-style-type: none">• Rice macaroni pasta• 1 package of Daia's Cheddar Style Cheese Sauce• ½ cup of organic broccoli• ½ cup of organic grape tomatoes• ¼ cup of almond milk

Dinner: Vegan Stir fry

Recipe: Vegan

- 1 cup (uncooked) Organic California Sushi Rice
- ½ cup of organic broccoli
- ½ cup of organic snow peas
- ½ cup of organic shredded carrots
- ½ block of organic tofu
- ¼ cup of organic bell pepper
- ¼ cup of organic onion
- ¼ cup of soy sauce-add more if needed

Recipe: Original

- 1 cup of sushi rice
- ½ cup of broccoli
- ½ cup of snow peas
- ½ cup of shredded carrots
- ¼ block of tofu
- 1 small piece of salmon cut into cubes
- ¼ cup of soy sauce- add more if needed

STIR FRY	
ORIGINAL	VEGAN
<ul style="list-style-type: none">• 1 cup of sushi rice• ½ cup of broccoli• ½ cup of snow peas• ½ cup of shredded carrots• ¼ block of tofu• 1 small piece of salmon cut into cubes• ¼ cup of soy sauce- add more if needed	<ul style="list-style-type: none">• 1 cup (uncooked) Organic California Sushi Rice• ½ cup of organic broccoli• ½ cup of organic snow peas• ½ cup of organic shredded carrots• ½ block of organic tofu• ¼ cup of organic bell pepper• ¼ cup of organic onion• ¼ cup of soy sauce-add more if needed

My Instagram Post:

