

# Project Green Challenge Greener



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High School

# Meal Ideas

## Breakfast



- Vegan Chocolate Chip Pancakes
- Coconut Milk Cereal
- Vegan Raspberry Waffles
- Organic Avocado Toast

## Lunch



- Vegan Zucchini Noodles with Zucchini Blossoms
- Harvest Vegan Nut Roast

## Dinner



- Asparagus Ribbons with Quinoa
- Winter Squash Stew

# Recipes

## Menu

- **Avocado Toast (Breakfast)**- Organic Avocado, Organic Toast, black pepper, salt.
- **Vegan Zucchini Noodles with Zucchini Blossoms(Lunch)**- Organic Zucchini, salt, Organic pasta sauce, Organic zucchini blossoms.
- **Organic Squash Stew (Dinner)**-Water, Organic squash, Organic bell pepper, salt, black pepper, Organic potatoes, Bragg seasoning.

# Importance of Organic, Local & Non-GMO Foods

- No pesticides, therefore less wastage of water, as well as a reduction of fossil fuel emissions.
- Supports community farmers, and their produce.
- GMOs have a lot less nutritional value, and are linked to health issues.
- Pesticides, herbicides and insecticides are all carcinogenic toxins, so eating organically reduces exposure to those harmful chemicals exponentially.
- Organically farmed foods have been grown sustainably, and so they have benefited the environment whilst being grown rather than harming it.
- Meats that have been treated with GMO technology are injected with hormones. They have been proven to be linked to extreme medical concerns, and aren't an ethical way to treat livestock.

# Social Media Post



Sabira Cveta Ahmic added 2 new photos.



Just now · 👤

Hello everyone! Today is the 15th day of #PGC2018! The challenge for the day is Meatless Monday! To commemorate the theme, I had to come up with a veganized menu with organic, local, and non-GMO options. Here is the list that I made! 😊 Turning Green Amy's Kitchen

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## Sources

- <https://www.allrecipes.com/recipes/1227/everyday-cooking/vegan/>