

HO 18.2 How Low Can You Go?

Eating low on the food chain uses much less energy and fewer natural resources than eating a meat-based diet. Going meatless a few times a week, or even once a week, can be beneficial. Think about the impact if we all went meatless for even a single day!

See how low you can go this week without eating meat. Go to the following URL for recipe ideas and other tips: <https://www.vegetariantimes.com>

The Limbo Challenge: How Low Can You Go?		
	Meat alternatives (soy products, vegetables, nuts)	Thoughts (difficult, easy, tasted good, tasted awful)
Example	Peanut butter sandwich instead of tuna salad sandwich	Yum! Easy to make and convenient to take with me to work. No refrigeration needed.
Example	Spaghetti noodles and sauce with soy meat instead of ground beef	Couldn't tell much of a difference between the ground soy and the ground beef I usually use.
Example	Green salad with carrots, radishes, tomatoes, green peppers, croutons, and sliced almonds	Salad was good but not too filling. Next time I'll try adding some black beans and topping it off with a little soy cheese.
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Choosing vegetarian meals (and snacks) can help you achieve your HEED goals.

- Are you trying to eat more fruits and vegetables? Well, then these are the meals for you! All fruits and vegetables fit into a vegetarian diet.
- Are you trying to eat less unhealthy fat? Choose vegetarian meals and snacks that are low in added fats and oils. Instead, use herbs and spices for flavor.
- Are you trying to eat more dairy products and dairy alternatives? Choose vegetarian meals and snacks with low-fat cheese, milk, or yogurt. Also, try adding low-fat powdered milk to casseroles and pasta dishes.
- Are you trying to balance your calories? Choose vegetarian meals and snacks that are low in calories; there are lots of them! Add activity into your day by exploring a local farmers' market or the aisles of your supermarket for vegetarian foods.