



Eating for the Future

Celebrate Vegetarian Awareness month this
October with Meatless Mondays!

What is Meatless Monday?

Meatless Monday is an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet.

Why Meatless?

On average, Americans consume 8 ounces of meat per day – 45% more than the USDA recommends. Going meatless once a week (a 15% decrease) can reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help limit your carbon footprint and save precious resources like fresh water and fossil fuel.



Meatless Monday Options

Start your week of right with these healthy meat-less options!

Breakfast

- * **Oatmeal with bananas or fresh berries**
- * **A garden omelet**
- * **Low fat yogurt with Granola**

Lunch

- * **Humus wrap with vegetables**
- * **Three bean chili**
- * **House Salad with low fat dressing**

Dinner

- * **Vegetable stir-fry with whole grain rice**
- * **Pesto pasta with sun-dried tomatoes**
- * **Black bean burger with sweet potato fries**

Adapted from “Fact sheet from Meatless Monday” from the Center for a Livable Future and John Hopkins School of Public Health



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