PLANTS PLEASE!
THE MEATLESS MONDAY CHALLENGE

JOIN THE MEATLESS MONDAY CHALLENGE TO SEE IF YOU CAN GO A WHOLE DAY (OR MORE!) WITHOUT MEAT! YOU CAN FOLLOW OUR RECIPES OR MAKE YOUR OWN!

WHY GO MEATLESS?

75% OF OUR PLANET'S AGRICULTURAL LAND IS USED FOR LIVESTOCK

LIVESTOCK PRODUCTION CREATES MORE GHG THAN ALL OF THE CARS, TRAINS, TRUCKS AND PLANES IN THE WORLD

1800 GALLONS OF WATER ARE USED TO MAKE 1 POUND OF BEEF

80% OF DEFORESTATION CAN BE ATTRIBUTED TO AGRICULTURE BETWEEN 2000-2010

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**BREAKFAST**

**Overnight Oats**

**INGREDIENTS**
- Plant based milk
- Old fashioned oats
- Optional: fresh fruit

**STEP-BY-STEP**
1. Mix 1/2 cup milk, 1/2 cup oats
2. Leave in fridge overnight
3. Add fresh fruit!

**LUNCH**

**Veggie Burger Salad**

**INGREDIENTS**
- Frozen veggie burger patty
- Greens and veggies
- Toppings

**STEP-BY-STEP**
1. Cook veggie burger patty
2. Build salad
3. Add patty and enjoy!

**DINNER**

**Stuffed Zucchini Boats**

**INGREDIENTS**
- Zucchini
- Pasta sauce & cheese
- Veggies

**STEP-BY-STEP**
1. Scoop out the center of the zucchini
2. Fill with pasta sauce, cheese & veggies
3. Bake until cheese is golden brown