

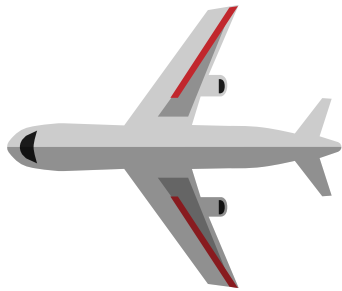
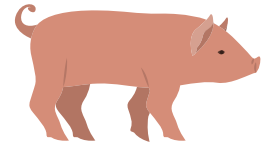
PLANTS PLEASE!

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!

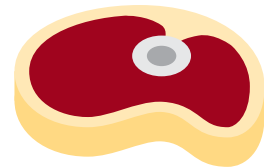
WHY GO MEATLESS?

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



ONETREEPLANTED

PLANTS PLEASE!

THE MEATLESS MONDAY CHALLENGE

BREAKFAST

Overnight Oats

- | INGREDIENTS | STEP-BY-STEP |
|--|-----------------------------------|
| <input type="checkbox"/> PLANT BASED MILK | 1. MIX 1/2 CUP MILK, 1/2 CUP OATS |
| <input type="checkbox"/> OLD FASHIONED OATS | 2. LEAVE IN FRIDGE OVERNIGHT |
| <input type="checkbox"/> OPTIONAL: FRESH FRUIT | 3. ADD FRESH FRUIT! |



LUNCH

Veggie Burger Salad

- | INGREDIENTS | STEP-BY-STEP |
|---|-----------------------------|
| <input type="checkbox"/> FROZEN VEGGIE BURGER PATTY | 1. COOK VEGGIE BURGER PATTY |
| <input type="checkbox"/> GREENS AND VEGGIES | 2. BUILD SALAD |
| <input type="checkbox"/> TOPPINGS | 3. ADD PATTY AND ENJOY! |



DINNER

Stuffed Zucchini Boats

- | INGREDIENTS | STEP-BY-STEP |
|---|--|
| <input type="checkbox"/> ZUCCHINI | 1. SCOOP OUT THE CENTER OF THE ZUCCHINI |
| <input type="checkbox"/> PASTA SAUCE & CHEESE | 2. FILL WITH PASTA SAUCE, CHEESE & VEGGIES |
| <input type="checkbox"/> VEGGIES | 3. BAKE UNTIL CHEESE IS GOLDEN BROWN |

