

May challenge: Meatless Mondays

A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And people who eat only plant-based foods — aka vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than nonvegetarians.

Just eating less meat has a protective effect. A National Cancer Institute study of 500,000 people found that those who ate the most red meat daily were 30 percent more likely to die of any cause during a 10-year period than were those who ate the least amount of red meat. Sausage, luncheon meats and other processed meats also increased the risk. Those who ate mostly poultry or fish had a lower risk of death.

Source: Mayo Clinic

The Challenge:

1. Read the information on the Meatless Mondays link:
<https://www.meatlessmonday.com/>

2. Each Monday in May, enjoy meatless meals.

Ease into meatless meals by going meatless one day a week. Plan meals that feature entrees you like that are typically meatless, such as lasagna, soup or pasta salad. Or try substituting the following protein-rich foods for meat in your favorite recipes.

Beans and legumes – great in casseroles and salads
Vegetarian refried beans – a good substitute for meat in burritos and tacos
Tofu – a perfect addition to stir fry dishes

If you have met the above challenge and had meatless meals every Monday in May, please complete below and turn in to your Eat Well, Work Well site coordinator by May 31st.

I (print name) _____ attest that I had meatless meals every Monday in May.

Signature: _____