

# *Meatless Monday Challenge*

*Feb 12th, Feb 19th, Feb 26th and March 5th*

## **Reasons to Try Out Meatless Monday:**

1. It can help you live longer
2. It can help you lose weight/maintain weight loss
3. It helps you start the week off on a “healthy” foot
4. It’s good for your heart
5. It decreases your environmental footprint
6. It can help you save on your grocery bill

## **What the CDC says:**

Heart Disease (Dis-Ease) is one of the leading causes of death in America, especially in the African American population. The CDC suggests periodically starting one heart healthy behavior that can reduce your risk of heart disease and stroke, such as “Meatless Monday”.

## **Meal Ideas:**

Breakfast- smoothies, egg white scramble, veggie frittata , tofu scramble, oatmeal, fruit etc

Lunch- veggie lasagna, veggie pot pie, veggie fried rice, chipotle bowl/burrito with sofritas (spicy tofu), Buddha bowl etc

Dinner- soup, salad and bake potato, veggie burger and baked fries, seitan steak, baked or grilled tofu and veggies, veggie stir fry, veggie pizza etc

Snacks- fruit, nuts, seeds, hummus, veggie sticks, protein bars, pretzels, popcorn etc

## **Where to find help:**

Sweet Potato Soul’s Website [www.sweetpotatosoul.com](http://www.sweetpotatosoul.com)

Rachel Ama’s Site [www.rachelama.com](http://www.rachelama.com)

## **Packaged Foods:**

Gardein Food Products *\*One of my Faves. They also have a Meatless Monday Section\**

Amy's Food Products

Morning Star Food Products

\*It's far cheaper to create you own meals at home, but for those looking for convenience (or my ballas out there) these companies have plenty meatless options!

## **Dig a little deeper:**

Videos (catch them on YouTube or Netflix)-

Vegucated, Forks Over Knives, Food Inc. & Fat, Sick and Nearly Dead

Books-

Skinny Bitch by Rory Freedman and Kim Barnouin, Happy Vegan by Russell Simmons,

Proteinaholic by Garth Davis MD, The China Study by T. Collin Campbell MD

and How Not to Die Michael Greger MD

**As always, if you have any questions, please feel free to contact me at: [gathousefitness@gmail.com](mailto:gathousefitness@gmail.com)**

**\*\*Consult with your doctor and/or nutritionist before starting or changing your diet and/or exercise habits\*\***