

Meatless in November

Instructions

1. Review the Meatless Monday introduction, so you understand what the national campaign is about. We've called this "Meatless November" so you can pick the day/days of the week you want to go meatless. Also, of course we are doing this during the month of November.
2. Prepare the week before, especially if you are not in the habit. Simply having some go-to items listed or in mind will allow you to quickly grab something, yet stick with your commitment.
3. We've provided a short list of meal and snack ideas to get you started.

Breakfast Ideas

Cereal with Milk
Cereal with Almond Milk
Oatmeal
Avocado Toast
Yogurt and Fruit
Green Smoothie

Lunch Ideas

Salad
Veggie Wrap
Lentil or Veggie Soup
Veggie Quesadilla
Quinoa Salad
Whole Wheat Pasta with Veggies

Snack Ideas

Fruit and Nuts
Yogurt
Banana with Peanut Butter
String Cheese
Hummus and Veggies
Pretzels
Green Smoothie

Dinner Ideas

Stuffed Baked Potato
Stuffed Sweet Potato
Veggie Lasagna
Stuffed Shells
Veggie Pizza
Stuffed Peppers
Veggie Chili

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Brainstorm your “Meatless November” options. Set yourself up for success by thinking ahead. Pick the best day of the week for you to go “Meatless”.

What day is best for you to go “Meatless”?

Breakfast Ideas

Lunch Ideas

Snack Ideas

Dinner Ideas

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Be sure to have a few things in mind for next Week. Especially breakfast and snacks. We are creatures of habit and this may take a little practice to remember.



MEALS

WATER



BREAKFAST

LUNCH

DINNER

SNACK

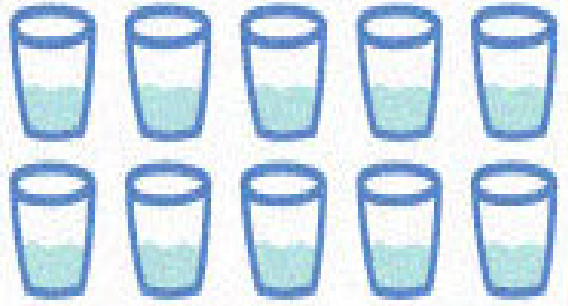
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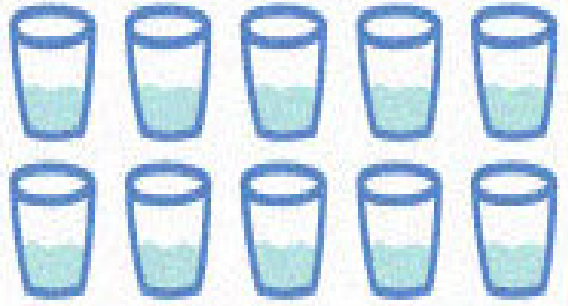
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