

# GO MEATLESS MONDAY!

S M T W T F S

X  
X  
X  
X

## Grocery List

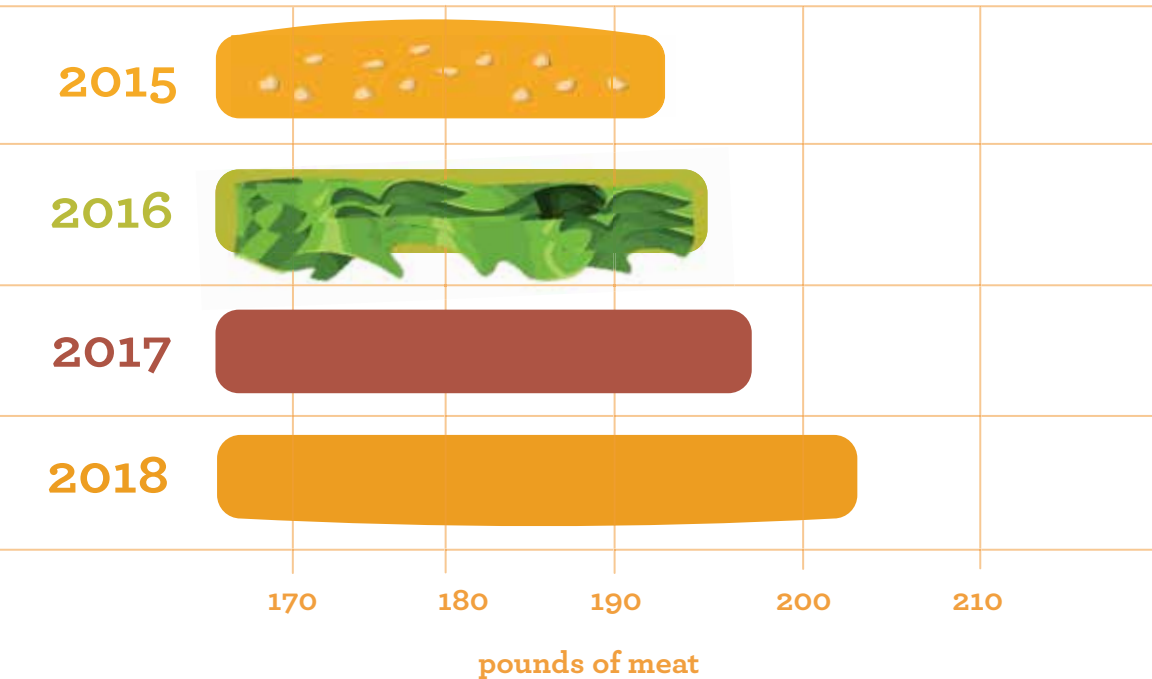
- almonds ✓
- spinach ✓
- beans ✓
- quinoa ✓
- beyond beef ✓

keep flippin  
to see why!

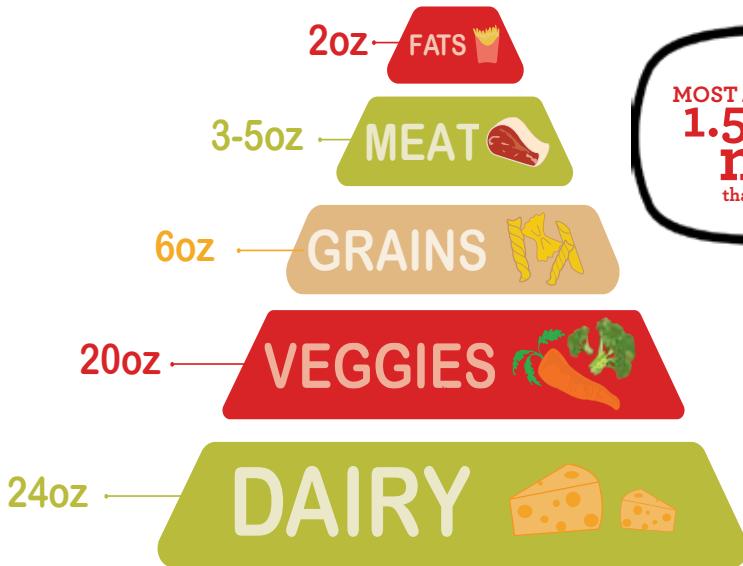


# WE EAT TOO MUCH MEAT!

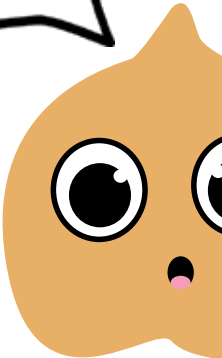
per capita meat consumption, in pounds



# HOW MUCH SHOULD WE EAT?



MOST AMERICANS EAT  
**1.5X more meat**  
than they should



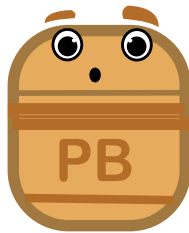
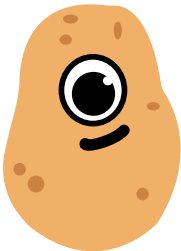
\*For a 2,000-calorie diet, USDA recommended.

# Meatless Monday Personal Benefits

1

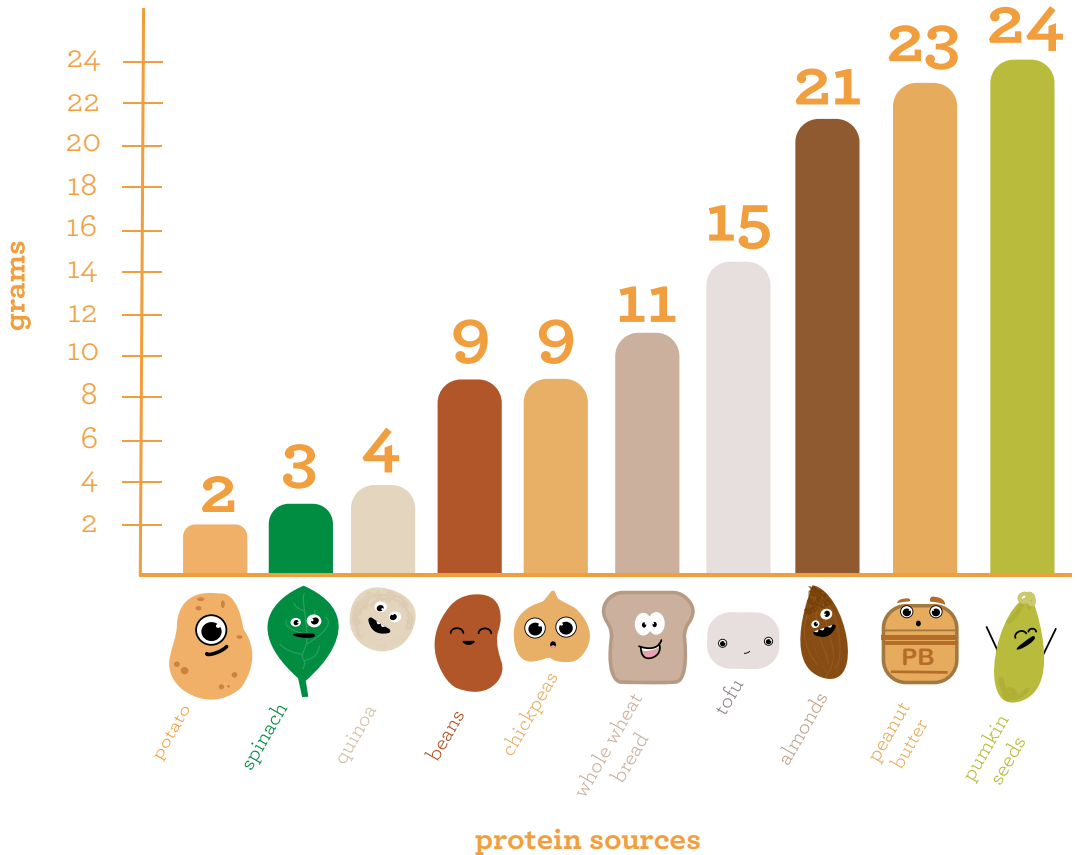
## More Nutritious Diet

Getting your protein from meat alternatives adds a whole bunch of great nutrients into your body, like fiber and iron. It also reduces the amount of saturated fats in your body.



# PROTEIN PACKED ALTERNATIVES

(per 100 grams)



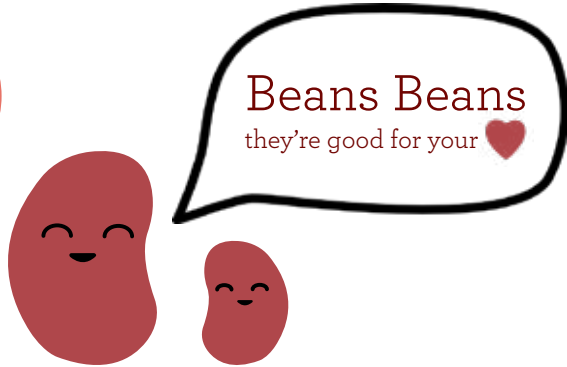
# 2

## You'll Save Money!

Meat is generally more expensive than its Meatless Monday replacements, like veggies, grains, and legumes (beans and lentils). By switching to these options once a week, you'll easily save some money while being healthier.



3



## Reduce your risk of scary health issues!

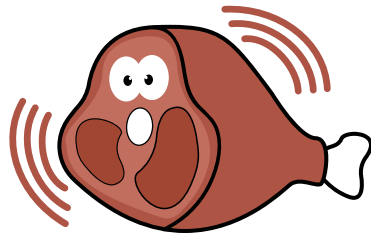
While red meat isn't the best thing for your heart anyway, **replacing meat with beans**, veggies, and grains lowers your risk for a myriad of health issues, like cardiovascular disease, coronary heart disease and strokes.

# Meatless Monday Environment Benefits

1

## Less Greenhouse Gas emissions

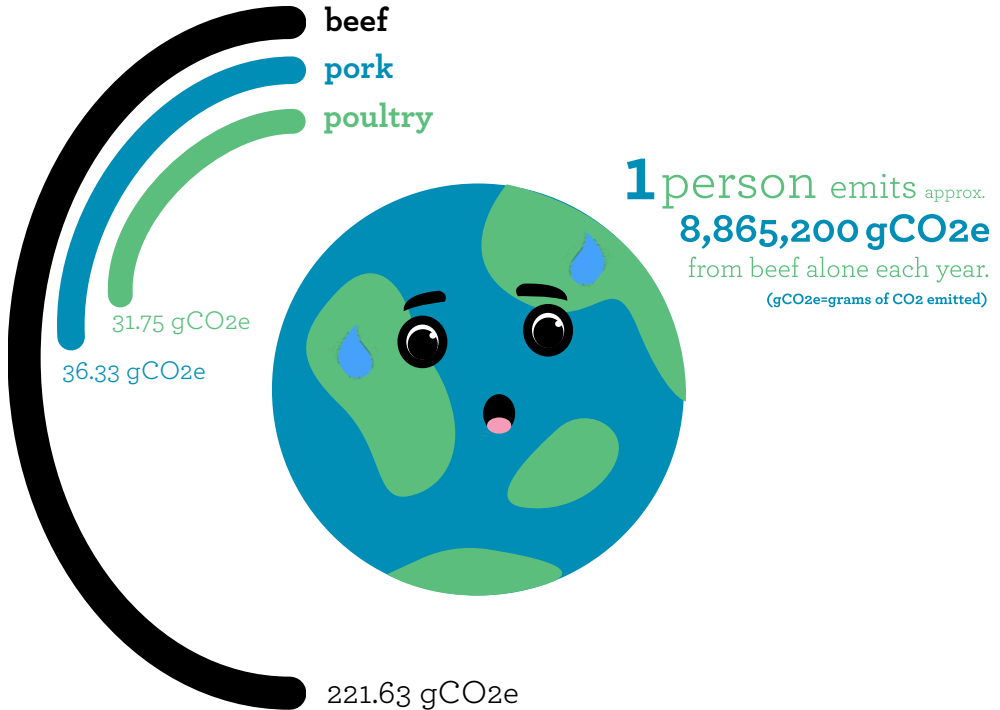
Meat production produces much more greenhouse gas than plants, specifically vegetables. Greenhouse gases tend to stop heat from leaving the atmosphere and send it back to earth. This is why global warming is a thing.

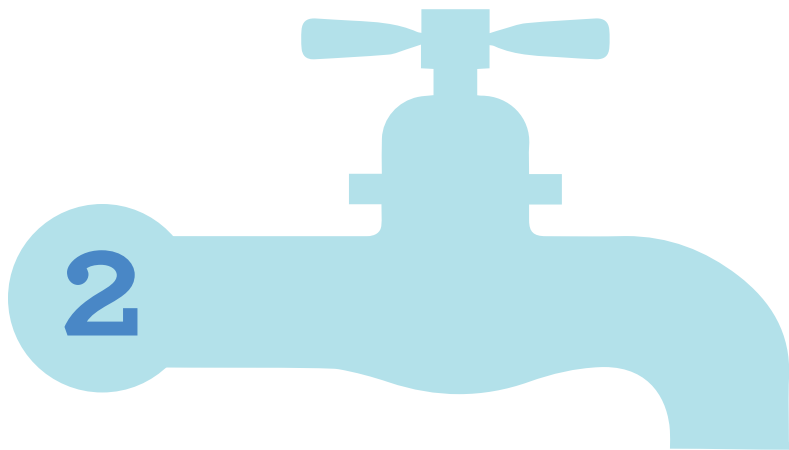




# Greenhouse Gas Emitted

(per gram of protein)



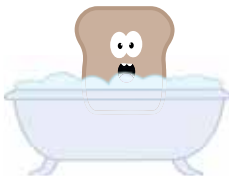
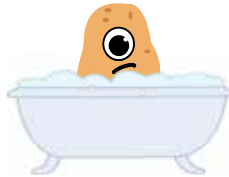
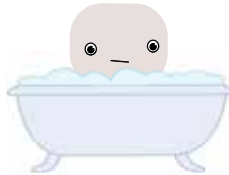


## You'll save water!

Livestock need a lot more water than plants do. Eating plants also helps reduce the water consumption of people. We need water, and this is an easy way to conserve it. Therefore, eat your cauliflower.



Producing a  $\frac{1}{4}$  lb.  
burger uses 425  
gallons of water.



**That = 10 full bathtubs**

3



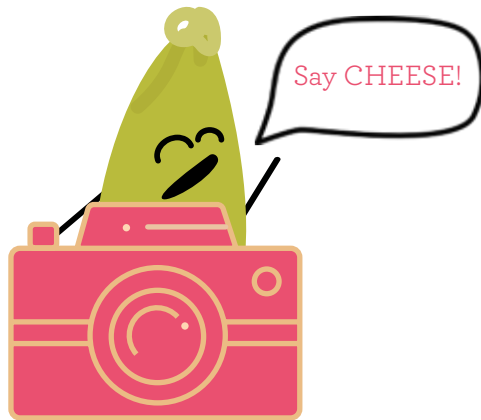
**348 MILES SAVED**



## **Less Fuel Necessities**

If you ate just one less serving of beef each Monday for a year you'd conserve the equivalent of 348 miles of gas that's emitted from driving.

# Meatless Monday RECIPES



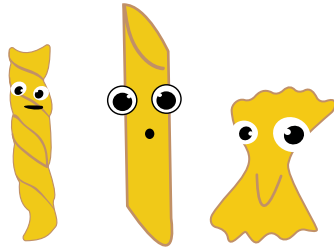
Take a picture of these following recipes to  
cook at home for Monday dinners!

**Follow [meatlessmonday](#) on Instagram!**

# Beyond Beef Veggie Pasta Bake

## Ingredients

3lbs	<b>Penne Pasta</b>
1 can	<b>Diced Tomatoes</b>
1 can	<b>Kidney Beans</b>
7lbs	<b>Beyond Beef</b>
1 can	<b>Spaghetti Sauce</b>
1 tbsp	<b>Oregano</b>
1/8 cup	<b>Garlic</b>
1 tbsp	<b>Basil, dried</b>
1 tbsp	<b>Salt</b>
1/2 cup	<b>Oil</b>
1/4 cup	<b>Sugar</b>
1/8 cup	<b>Parsley, dried</b>
1 1/2 tsp	<b>Pepper</b>



## Preparation

1. Preheat oven to 350°
2. Boil Pasta until cooked. Drain.
3. Stir diced tomatoes, beans and Beyond Beef into the spaghetti sauce.
4. Add pasta noodles and stir.
5. Portion pasta into pan that sprayed with nonstick spray.
6. Bake for 20 min.

# Beyond Chicken Buffalo Wraps

## Ingredients

6 lbs	<b>Beyond Chicken Strips</b>
1 package	<b>Tortillas</b>
1 tbsp	<b>Hot Sauce</b>
1 lb	<b>Romaine Lettuce</b>
1 lb	<b>Carrots</b>

## Preparation

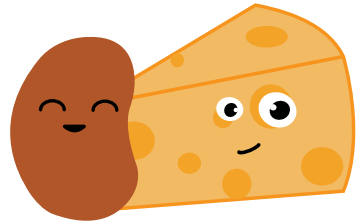
1. Preheat oven to 350°.
2. Combine chicken free strips with sauce and bake until golden brown.
3. Combine romaine lettuce and carrots.
4. Portion  $\frac{1}{2}$  cup of salad mix into each tortilla and fold.



# Baked Chili Mac

## Ingredients

1 bag	<b>Vegetarian Chili with Beans</b>
1 gallon	<b>Water</b>
6 1/4 cup	<b>Elbow Pasta</b>
5 lbs	<b>Cheddar Cheese, shredded</b>



## Preparation

1. Heat chili in steamer until it's 165°.
2. Preheat oven to 300°.
3. Using a non-stick cooking spray, coat the bottom and sides of the pan.
4. Place cooked pasta into pan. Cover with the Vegetairan chili and water.
5. Mix well and then cover and bake in oven for 30 minutes.
6. Remove pan, uncover, and sprinkle cheese on top. Return pan to oven uncovered and cook for 10 more minutes.