



# FOOD REVOLUTION ★ DAY ★ WEEK AT



## Budget & Quick Tips

- ★ Seasonal produce is more affordable, more nutritious and tastes better.
- ★ Prep fruit right after you buy it to make it easier to grab.
- ★ Buy a large container of yogurt then place single servings in reusable containers as needed.
- ★ Prep topping in baggies or containers the night before, and add to your yogurt when you're ready to eat.
- ★ Making the chili from scratch saves a ton of money and feeds you with plenty of leftovers.



# Meatless Monday (May 14th) Food Revolution Kickoff Menu

Going meat-free is one of the best ways to take care of your body and the planet. It also saves money because animal protein can be an expensive grocery-store item. The Food Bank's Nutrition Committee has planned a meatless menu that brings easy, delicious home-cooking to your whole Monday, not just dinner. Recipes to all items are included with a link in the menu and on [www.foodbankccs.org/education-and-resources/recipes.html](http://www.foodbankccs.org/education-and-resources/recipes.html)

### Breakfast - 2 ways

1. Plain Greek yogurt with a teaspoon of honey and a splash of vanilla extract. Top with seasonal fruit, granola or some chopped nuts.
2. Scramble an egg (or egg whites), cube up an avocado sprinkled with salt, pepper and lemon juice. Round it out with a seasonal fruit cup and a slice of whole grain toast.

### Morning Snack

Celery sticks with 1-2T of natural peanut butter.

### Lunch

Make this [vegetarian chili](#) ahead of time, or open a can (we recommend Amy's Organic or Trader Joe's varieties). Serve with a side salad drizzled with olive oil and lemon juice.

### Afternoon Snack

Apple with 1oz of cubed cheese (only if you're hungry, that chili is pretty filling!).

### Dinner

[Whole Wheat Vegetable Lasagna](#) with a side salad or your favorite steamed veggies.

Share photos of your meatless Monday creations on Pinterest, our Facebook page [www.facebook.com/foodbankccs](http://www.facebook.com/foodbankccs) or [tweet us @foodbankccs](#) #foodrev

Find out what we're up to the rest of Food Revolution Week <http://foodrevolutionday.com/> (search by zip code 94520)

[www.foodbankccs.org](http://www.foodbankccs.org)