

What is Meatless Mondays in May?

Meatless Monday is a simple concept that can make a big difference in our personal health. Consuming less red and processed meat and more plant-based foods such as vegetables, beans, soy, and nuts can offer many potential health benefits:

♥ Eating less meat and more plant-based foods, such as vegetables, beans, and nuts, can improve heart health and reduce the risk of heart disease

♥ Skipping even a half serving of meat every day and replacing it with a plant protein like beans or tofu can decrease your risk of getting type 2 diabetes

♥ Substituting plant-based foods for meat can help you maintain a healthy weight

♥ Cutting back on red and processed meat and eating more plant-based foods can promote kidney health

♥ Beans, nuts, soy, and other vegetables can give you all the protein you need in one day

Delicious Recipes for Meatless Mondays in May

Breakfast Recipes:

- Fresh Green Smoothie: <http://pickydiet.com/recipes/118-fresh-green-smoothie>
- Blackberry Bran Muffins: <https://www.meatlessmonday.com/recipes/blackberry-bran-muffins/>
- Bell Pepper Breakfast Burrito: <https://www.meatlessmonday.com/recipes/bell-pepper-breakfast-burrito/>
- Chunky Monkey Overnight Oats: <https://www.meatlessmonday.com/recipes/vegan-chunky-monkey-overnight-oats/>
- Green Shakshuka: <https://www.meatlessmonday.com/recipes/green-shakshuka/>
- Greek Yogurt Banana Muffins: <https://www.meatlessmonday.com/recipes/greek-yogurt-banana-muffins/>
- Sunrise Citrus Salad: <https://www.meatlessmonday.com/recipes/sunrise-citrus-salad/>

Lunch Recipes:

- Asian Green Bean Salad: <http://thequotablekitchen.com/asian-green-bean-salad/>
- Lentil Quesadillas: <https://pinchofyum.com/quick-and-easy-lentil-quesadillas>
- Roasted Chickpea Gyros: <https://www.liveeatlearn.com/roasted-chickpea-gyros/>

- Spicy Vegan Burrito Bowls: <https://www.meatlessmonday.com/recipes/spicy-vegan-burrito-bowl/>
- Vegetarian Gumbo: <https://www.meatlessmonday.com/recipes/vegetarian-gumbo/>
- Very Green Spring Pasta: <https://www.meatlessmonday.com/recipes/green-spring-pasta/>

Dinner Recipes:

- Pasta Primavera: <https://sus-healthy-living.blogspot.com/2019/03/pasta-primavera-meatless-monday.html?m=1>
- Curry Cabbage Stir Fry: <https://www.foodconfidence.com/2017/03/02/curry-cabbage-cauliflower-stir-fry/>
- Black bean Meatloaf: <https://www.ambitiouskitchen.com/the-most-delicious-meatless-black-bean-loaf-with-creamy-avocado-verde-sauce-vegan-gluten-free/>
- Thai Curry: <https://draxe.com/recipe/thai-curry-recipe/>
- Ratatouille: <https://draxe.com/recipe/ratatouille/>
- Stir Fry Spicy Green Beans: <https://www.meatlessmonday.com/recipes/stir-fry-spicy-green-beans/>
- Meatless Brown Rice Jambalaya: <https://www.meatlessmonday.com/recipes/brown-rice-jambalaya-black-eyed-peas-collards/>