

# ECOSMART EATING CHALLENGE

Try your best!!

This is a challenge meant to get you trying plant-based eating for two days. You will reduce your environmental impact by not consuming meat for just 48 hours, and you will learn how easy and delicious plant-based meals can be. It is an easy yet powerful way to take care of your health and the environment!

## Meat-Free, Planet-Friendly!



### Step 1: Plan Your Meals

Before you start, plan your meals for the next two days. Focus on plant-based options such as vegetables, grains, legumes and tofu. Make sure you come up with tasty ideas so that eating meat is not tempting.

### Step 2: Avoid Meat

For the next two days, completely avoid meat at all meals - no beef, chicken, pork or fish. Stick to plant-based foods such as salads, veggie stir fries, lentil soups or plant-based burgers. You can either make your own, order in, or try mobile apps created to prevent food waste!

The challenge will be considered complete when participants share proof of their 2-day meat-free meals through photos, written reflections, or a social media post.



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