

My goal for this assignment was being vegetarian for five days. My definition of vegetarian for this goal was no meat but I could eat eggs and fish. I achieved this goal was quite difficult as I really like eating meat however, to stop myself I thought about all the sad animals in slaughter houses and I suddenly didn't want to eat meat as much anymore. Also I looked for alternatives to meat like tofu, eggs and a variety of beans and lentils to replace the meat in my diet and help me not want meat as much. For me the most difficult part was watching my family eat meat. While they were all having ribs I was eating lentil soup and salad and it made me want to eat meat more. On top of my meat cravings I was rather tired. I woke up after a relatively long sleep and I'll still feel tired and that was challenging as I have to go to school and then go to dance so I need a decent amount of energy for the day and not having that was very challenging. To help with the fatigue and bland food is plan my meals out ahead of time and make sure I'm getting enough protein throughout the day. I found not getting enough protein to be the most difficult part of the challenge so if I were to plan my meals I would have a better idea of how much I'm getting. Also I would add more variety, eating salads and lentil soup can get boring so adding more variety to my diet would really help with the wanting of meat. Even though I really like eating meat I think it's very important to everyones and awhile not eat meat. Animals are hurt and cramped in small spaces in some slaughter houses and it's incredibly sad, as an animal lover it's really upsetting that animals are getting hurt just because we want to eat meat. So I won't become a vegetarian permanently but I think maybe not eating meat for a week every month will be manageable and I will feel good about not contributing to the deaths of innocent animal lives. So yes I think I will continue with this type of goal.