

Dietary Notes

Below outlines samples of our experiences as vegetarians and the affects it has had on our traditional eating habits. Participant #1 used blogs for the first couple days of her experience and then kept a handwritten journal for the remaining days. Participant #2 used a handwritten journal to record her experiences. Participant #3 used twitter and kept a hand written journal to record her experiences as a vegetarian.

Nadia DeMartino: Participant #1

Day 1: Hold the Meat!

My first night of being a vegetarian was difficult. After class, I stopped by my mom's house and had dinner. Unfortunately for me, on the menu was Tacos. I walked in to smell fresh ground beef browning in a spicy seasoning.

"How many tacos do you want?!" mom asked as she scooped a heap of meat onto a soft shell.

"Mm...No thanks mom, I'm a vegetarian..."

"Suit yourself." She sat down and munched her hot taco.

Well, I wasn't going to let my self starve, so I grabbed the tomatoes, olives, hot sauce, and cheese and prepared my meatless taco. *This is going to be good*, I thought, *I don't even like ground beef that much*. I wrapped my taco and took my first bite. **YUCK!** It definitely did not taste as good as it looked. The flour wrap felt soggy as I squished around tomatoes in my mouth. It was missing

the flavor of beef and it became very bland after a few bites. However, as I sat at the table, I stared at the pot of ground beef and felt grossed out. All I could think about was e-coli, manure, and multiple cows. Needless to say, I was no longer hungry after all of this and anxiously looked forward to dessert. Time to look up some real vegetarian meals! Falafel anyone?



Day 2: A Pasta Night!

Tonight I had pasta. I didn't even think about meat because I was so satisfied with my meal. It was simply pasta in a garlic and oil sauce with cheese. Yum.

Day 3: Only 3 Options?

It was another difficult night for me when I tried to decide what I wanted to eat from a Chinese restaurant called *Wild Ginger*. I am so use to ordering a meal that includes chicken in my food that I found it hard to find something that would satisfy me on the menu. What was even more frustrating was that the menu only had three vegetable meals and none of them really excited me. I started to crave chicken and shrimp while reading the menu because meat was included in 95% of the meals.

My 3 Options:

- Sautéed Mixed Vegetable
- Broccoli w. Garlic Sauce
- Bean Curd w. Mixed Vegetable

I finally picked Sautéed Mixed Vegetable with white rice. Before I placed my order, my husband asked me if I wanted to get Won Ton Soup too. Before I could think long about adding it onto our order, he said, "Oh wait, there's chicken in that too, sorry." That was another craving I had to fight off thanks to him.

It was troubling as I had to fight off the traditional meals I usually would eat. I never noticed how much meat I ate on a regular basis until now. I also never thought about the conditions my chicken went through before eating it. All of these thoughts began to bother me as I waited for my meal and I was excited to eat my vegetarian Chinese dish.

My dish happened to be delicious and I will get it again. Although I faced some trials, I am glad I have taken the step to pay more attention to what I am eating and also take the step to join in the fight against corrupt food factories.



Day 4: A Catered Event

Tonight I had an event at my church for our Youth Ministry. The entire event was catered by *Scarpinato's Catering* (owned by an Italian man from our church that has excellent food). The youth in our church that night were to serve a group of people that donated money to the ministry. As I was talking to my husband and people that were at the event, one of the kids asked me if I wanted a hors d'oeuvre. Without thinking much of it, because I was caught up in conversation, I took one and ate away. Of course I picked the "Pig in the blanket." I felt ashamed that I was not more cautious about what I was eating. I simply trusted what was on the dish and didn't even bother to

pay more attention. Can we say passive consumer?

The rest of the food for the night included salmon, Chicken Parmesan, stuffed shells, string beans and potatoes, salad, and meatballs. The Chicken Parmesan looked divine. It was crispy breaded chicken with hot, melted cheese and marinara sauce. The salmon also looked delicious as it sat in a garlic sauce. It was very hard for me to smell and watch people eat these savory meals. I almost wanted to forget about being a vegetarian and dig in as well. Yet I did not, and I thought about how each person in that room, didn't care about from where their food came. They just trusted it because it came from a caterer or because they don't really think much about these things. I knew that I too was in the same position once before and therefore could not blame people for being unaware.

Day 5: Pizza night!

Tonight I went out for pizza for dinner and didn't have much of a hard time not eating meat. I got a slice of white pizza and a slice of vegetable pizza. Before I ordered, I did examine the pepperoni roll, but settled for the other slices instead. I really enjoyed my food, but I still wished I was able to order the pepperoni roll instead.

Day 6: Just rub it in my face...

This evening, my husband brought home part of his left over lunch from a work meeting. He brought home Chicken Marsala cooked with fettuccine. I love Chicken Marsala and he offered me to finish his food, but I refused. However, I did eat the pasta and mushrooms, which was fantastic, but did not eat the chicken. I really wanted to eat it, but again, I began to remind myself that I

did not know where the chicken came from and how it was treated. I realized just like catering, people trust restaurants just because they are approved businesses. At that point, I knew that I was becoming a more active consumer, paying more attention to the eating habits I once had.

Ashley Rose: Participant #2

Day 1- Me a vegetarian!?!?

The first day I found out that we were going to become vegetarians scared me because I knew it may be hard for me. I thought that I was going to become anorexic because I did not know any part of becoming a vegetarian. I live a very busy lifestyle with work and school, so I am always on the run. My first thought was, "What am I going to eat?" because I am always on the run and I always stop for fast food since it is fast and cheap. However, then I thought of the movie Food, Inc. and how our food is processed and it is full of steroids, hormones, and other chemicals. The thought of our meat being processed and how there could be E.coli in our meat grossed me out. I changed my mind very quickly. Although those reasons had a helping hand in helping me make my decision to go vegetarian, my major reason was due to animal abuse. When I saw how the animals were treated in farms, this made me have a change of heart. I felt so horrible for the farm animals and how they get treated during the food process. Day 1 was the first time I found out we were doing this research topic, so it was too late for me to start eating as a vegetarian.

Day 2- I can do this!

Day 2 was not hard for me because it was really the first day of my vegetarian diet.

- Bowl of Lucky Charms

- Peanut Butter and Jelly
- Snacked on peanuts
- Macaroni and cheese
- Caesar salad
- Spinach dip

Day3- Movie/ take out day.

Today was rough for me because today is the day when my boyfriend and I rent movies and order take out from Champs. This restaurant has our favorite boneless buffalo chicken tenders. He decided to still order them, and instead I ordered a house salad and a side of fries. I have to admit, it was hard while he ate the wings because the smell of buffalo sauce is my favorite smell. However, I had to remind myself what he was eating has probably been part of the food industries processed food. Not only that, but he was most likely eating an abused chicken. I could not even think about touching those buffalo chicken fingers after my thoughts. I was happy with my salad and my French fries.

- Bagel and banana
- Peanut Butter and Jelly
- Large House salad with creamy Italian dressing, and a side of steak fries

Day 4- Veggie Burrito

Today I went to Chipotle, my favorite fast food Mexican food place. Instead of getting a

chicken burrito, I had a veggie burrito. It had rice, black beans, corn, avocados, lettuce, medium sauce, sour cream, and cheese. Can you say YUCK!!! That thing was gross, but I forced myself to eat some of it. It is a good thing I decide to get a side of tortilla chips to fill me up, because I only ended up eating half of the burrito. I kind of figured I would not like regular vegetarian food.

- Bowl of Frosted Flakes
- Veggie Burrito

Day 5- Pizza day

Today I decided to have pizza. Of course today I would not get my usually pepperoni pizza, so instead I got vegetable pizza on white with garlic. This was delicious! Although this pizza filled me up and satisfied my hunger, I am starting to get a slight urge for meat.

- Pancakes
- Angle hair pasta with red sauce
- Vegetarian pizza

Day 6- I wish I could eat Sunday dinner!

Today I almost messed up, but I caught myself. My step-dad is Italian, so every Sunday at my house we have a big Sunday dinner. This Sunday we had chicken parmigiana with spaghetti and gravy, as my step-dad calls it, but it is red sauce. Instead of having chicken parmigiana, I ate eggplant parmigiana that my step dad personally made for me because he knows I'm trying to become a vegetarian. I had egg plant parmigiana before, and to me, it is just as good as chicken parmigiana except the smell of the chicken parmigiana is more delicious.

- French toast
 - Jelly and toast
 - Egg plant Parm with spaghetti
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Jennifer Baume: Participant #3

So, I have a confession to make. . . I haven't really eaten meat since watching *Food Inc.* in class. (Well I did have some chicken broth once and some turkey gravy on Thanksgiving, but not a bite of actual meat.) This isn't easy to admit because I grew up making fun of my sister for being a vegetarian. But like the rest of America, I was very detached from my food; I never really cared where it came from or what was actually in it.

When we decided that our group was going to go a week without meat, I knew going even longer as a "vegetarian" was going to be hard for me. I don't like many vegetables and I was already having trouble finding things to eat. But most importantly, I'm going to be in Walt Disney World for the entire week. I'm not going to lie, I thought that I would give in and eat a cheeseburger or something during my vacation, but now I'm determined and motivated. No meat for me!

Day 1- My first day of vacation!

*Breakfast at the airport- bagel with butter and fruit and yogurt parfait

*Lunch at the All Star Movies Resort- grilled cheese, french fries, and grapes

Yes, this is a kids meal. I had a hard time finding something that I was able to eat and grilled cheese seemed like a good option. Wrong! The grilled cheese was gross, it tasted like movie theater popcorn butter. Yuck!

*Dinner at the Plaza - veggie burger and french fries



This was my first veggie burger ever. The thought of vegetables molded to look like a burger has always grossed me out. But since this was the only vegetarian option, I didn't have much of a choice. I must admit it wasn't horrible. It kind of tasted like Chinese food. I only ate half before I got grossed out by the way that it looked.

By the time I got back to the resort, I was starving! I decided to have a personal pizza. It was just cheese of course.

Day 2- Why do the cheesy potatoes have ham in them?

*Breakfast at Chef Mickey's- Mickey Mouse shaped waffles, home fries, apple slices

I was really excited about going to a buffet for breakfast. There should be tons of vegetarian options right? Wrong! Most of the dishes contained bacon, ham, or sausage. There was a cheesy potato casserole that looked so good until I saw the ham cubes mixed in the cheese. Jason told me that he wouldn't tell if I ate it, but I was good and passed.

*Lunch at Cosmic Rays- peanut butter and jelly, french fries, grapes

Another kids meal. . . The only other vegetarian options here were salads or veggieburgers. Considering I don't like lettuce and I wasn't crazy about yesterdays veggieburger, it seemed like the most logical choice. Definitely not the most delicious.

*Dinner at the All Star Movies Resort- More cheese pizza

Day 3- Shrimp penne pasta hold the shrimp please.

*Breakfast at the All Star Movies Resort- chocolate chip pancakes and yogurt.

My pancakes came with bacon but I asked the server to leave it off my plate so I wouldn't be tempted. (For the record, I think bacon tastes good on just about anything.)

*Lunch- soft pretzel

*Dinner at the Sci-fi Dine-in Theater- veggie pasta

“Is it possible to get the Shrimp penne pasta without the shrimp?”

“Sure, we can make chicken and pasta or veggies and pasta.”

Can you guess which one I chose?

Yum, finally a dinner that I enjoyed. It was a lovely blend of pasta, olive oil, carrots, broccoli, and parmesan cheese. I ate evveeeerrrrryyyy laassstttt bite.

Day 4- Some of my favorites minus the chicken

*Breakfast at the All Star Movie Resort- bagel with butter and a banana

*Lunch at the Yak and Yeti- vegetable lo mein

I usually order chicken lo mein when I order Chinese food, but I didn't even miss the chicken in this. I give this meal two thumbs up.

*Dinner- Cheese Quesadilla

Tonight I learned that unlike the lo mein, quesadillas are not the same without chicken. I ate the quesadilla because I was hungry but there was entirely too much cheese and it tasted so bland.

Day 5- I'm cheesed out

*Breakfast at the All Star Movie Resort- bagel with butter and a banana again

*Lunch at 50's Prime Time Cafe- mashed potatoes, mac and cheese, pasta with marinara

The waiter was extremely friendly at this restaurant. When he saw that I wasn't into the fake, orange mac and cheese, he brought me pasta with marinara free of charge. It was a little boring, but it was ten times better than the mac and cheese.

*Dinner at Earle of Sandwich- vegetable soup and grilled cheese

Tonight was a little tougher than the other days. I love Earle of Sandwich, but that's because I love the turkey sandwich with bacon at Earle of Sandwich. What do you even order in a sandwich shop when you don't eat meat, lettuce, or tomato? I decided I couldn't go wrong with soup and a

grilled cheese sandwich. It was good, but it was nothing special. Nothing compared to my favorite turkey and bacon sandwich.

Day 6- What do you mean the stuffing has chicken broth?!?!

*Breakfast at the All Star Movie Resort- bagel with butter and oatmeal

*Lunch at Sunshine Seasons- pizza panini and grapes

*Dinner at the Garden Grill- mashed potatoes and vegetable pot pie



“Can I have stuffing and mashed potatoes without the gravy please?”

“Are you a vegetarian?”

“.....Yes?”

“The stuffing are made with chicken broth, I’ll bring you a vegetable potpie instead.”

I was VERY disappointed about the stuffing, but I hey I love chicken pot pie. It shouldn’t taste too much different without chicken right? Wrong! That was NOTHING like a real pot pie. Plus it was filled with squash and zucchini. Double Yuck!