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## Seven Day Challenge Report Card

### DAY 6: HEALTH BENEFITS vegan visitors



You have house guests coming to visit today and you just found out that they are living a strict vegan diet due to health issues. You must feed them and your family today without using meat or any other foods that come from animals. You don't have time to go to the store before they arrive.

**Today's Goal: Eat all your meals without using meat or other animal products**

### Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to feed yourself and your family under the vegan diet?
- What grains were you able to cook with? Did you try anything new?
- What legumes did you cook with? Were you able to make something yummy?
- Do you have meal ideas that use your core grains and legumes that you are storing?
- What are some sources you kind find recipes for using more grains and legumes from your food storage?

### Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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