

JPIC Fast Days Proposal – Friar Resources

The Proposal and Provincial Minister's Letter:

- [JPIC Commission's Proposal to the Province](#)
- [Provincial Minister's Letter to the Friars](#)
- [Estimated Environmental Benefits of Proposal](#)

Education/Reflection:

- U.S. Catholic | [For some Catholics, a vegetarian diet goes hand in hand with faith](#)
- Hazon (Jewish Resource) | [Hazon's Food For Thought Reflection](#)
- The Atlantic | [Why Americans Lead the World in Food Waste](#)
- TIME | [How a Vegetarian Diet Could Help Save the Planet](#)

Friars' Reflections:

- MJ Groark | [Was St. Francis a Vegetarian?](#)
- Mike Dorn | [Laudato Si, Livestock and Lifestyle...](#)

Movies (Trailers below, films may be accessed through YouTube, Netflix, or through other means):

- [Wasted: The Story of Food Waste \(2017\)](#)
- [What the Health? \(2016\)](#)
- [Cowspiracy: The Sustainability Secret \(2014\)](#)
- [Forks Over Knives \(2011\)](#)

Recipes (Vegetarian and Vegan/Plant-based):

Vegetarian:

- <http://allrecipes.com/recipes/87/everyday-cooking/vegetarian/>
- <http://www.foodnetwork.com/topics/vegetarian-recipes>
- <https://www.yummly.com/recipes?q=vegetarian>

Vegan:

- <http://allrecipes.com/recipes/1227/everyday-cooking/vegan/>
- <http://www.foodnetwork.com/topics/vegan>
- <https://www.bonappetit.com/recipes/slideshow/vegan-recipes>
- <https://minimalistbaker.com/recipe-index/>

Foods with sources of protein:

- <http://www.todaysdietitian.com/pdf/webinars/ProteinContentofFoods.pdf>
- <https://bembu.com/high-protein-vegetarian-foods/>
- <https://www.ecowatch.com/15-best-protein-alternatives-to-meat-besides-tofu-1882106660.html>
- https://www.huffingtonpost.com/2012/03/16/great-protein-sources_n_1347235.html