

Meatless Mondays Made Easy



Help the planet, help yourself. Here's one veggie menu for every Monday this month.

Olivia Wilde, Wendi Murdoch, and Al Gore have all embraced Meatless Monday as a means to improve both individual health and that of the planet.

Sir Paul McCartney, a 30-year vegetarian, co-founded, with his family, the U.K.-based Meat Free Monday campaign. He once wrote about it for Gwyneth Paltrow's GOOP newsletter, citing a United Nations report that the livestock industry produces more greenhouse gas emissions than the entire transportation sector—and that production is on the rise. There's at least one reason to go meatless.

But why Monday? Other than the catchy alliteration, it's a good day for a fresh start, especially after weekend indulgences. According to the Monday Campaign's Web site, Johns Hopkins research found that "People ... are more likely to start diets, exercise regimes, quit smoking, and schedule doctor's appointments on Monday than any other day." If you're sold, here are four meat-free menus around town. //TANYA HUANG

Alchemy

Chef Ricardo Heredia orders organic produce from Suzie's Farm, fine veggies from Specialty Produce, and fresh artisanal breads from Bread & Cie. And if you return on Wednesday, Heredia will create a special Vegetarian Tasting Menu based on Monday reports from his farmers detailing what is available that week. alchemysandiego.com

Fairouz Cafe and Gallery

Enjoy your Meatless Monday in the presence of fine art by Jerusalem-born Al Nashashibi (his award-winning abstract images can also be found in the U.N. building and the I.M.F. in DC). Savor Middle Eastern veggie dishes such as the Fairouz Vegetarian Mousaka and Vegetarian Spinach Pie. alnashashibi.com

George's California Modern

Executive Chef Trey Foshee prepares his dishes with fresh, local, and seasonal ingredients. His vegetarian menu includes a variety of starters and entrées—try the tender, slow-roasted beets and then move on to the potato gnocchi entrée. georgesatthecove.com

Vela at the Hilton San Diego Bayfront

In order to increase health awareness, the hotel is offering a full line of vegan appetizers, salads, entrées, and desserts. Stir up your appetite with a taste of the curried lentil soup, the crispy tofu with Thai sweet and sour stir-fry, and pine nut and almond baklava. You can also get a nice eco-buzz with a full selection of vegan wines. hilton.com/sandiego-bayfront