



Many international events are taking place during the month of May, bringing together vegetarians and vegans from around the world. Why is this life-style becoming more and more popular? What are the challenges that beginner vegetarians are facing? That's what we have tried to address with the help of experts and celebrities such as the ex-National Hockey League's player Georges Laraque...

Tastefully yours,

*Cinzia Cuneo*

John, your gourmet meal plan for the week is ready !



Even if you love meat, you don't need to eat it each day. Did you know that even a small reduction in your meat consumption can dramatically improve your health? That's the reason why each of our menus includes at least one meat-less meal per week. It's an ideal opportunity to discover and enjoy new flavors.

[See my menu](#)

### Other healthy recipes to share with your loved ones...

First course



**Spinach and Mushroom Salad**

Main course



**Chicken with Dried Fruits**

Dessert



**Berry Salad**

### Our "Eat Local" menus are back!

Whether you're new to eating locally or are an already seasoned locavore, you will enjoy following our free weekly menus and checking the availability chart of fruits and vegetables in your area. Make the most of it!

[Read more](#)



[CLICK HERE TO VIEW OUR WEEKLY EAT LOCAL MEAL PLAN !](#)



### The Clean 15

The Environmental Working Group (EWG), a nonprofit organization that advocates for policies that protect global and individual health, has published the 2014 version of the 12 foods having the highest pesticide load, making them the most important to buy organic versions....

[Read more](#)

### How can I access last week's menu?

Go to 'My Meal Plan' page and hover your mouse on the green gear in the upper right corner of the page. Among the options, you will see "View last week's meal plan".

[Read more](#)



[Discover our vegetarian meal plans](#)

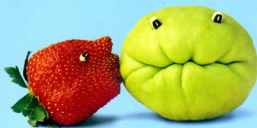


### Are you a flexitarian?

Have you come across the word "flexitarian"? Maybe you are a flexitarian and don't even know it! As the term suggests, flexitarians practice "flexible" vegetarianism, because although they eat fruits and vegetables, legumes, cereals, eggs and dairy products, they may also occasionally consume meat or fish.

[Read more](#)

### Participate in one of our May contests!



### 'Veggie Pride' Contest

[ENTER !](#)



### "A Beautiful Body": the bodies of mothers in a book

At last, it's here! American photographer Jade Beall's project has finally culminated in the launch of her book "A beautiful body". It all started 2 years ago, when Jade posted a series of naked post-birth self-portraits...

[Read more](#)



### What to eat when you're an athlete? The basics...

Are you training for endurance sports? Do you know what to eat to avoid weight gain in the off season? You might have heard a lot about carbloading diet, do you know what it is? Georges Laraque & Pearle Neremberg explain it all.

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