

# Wildlife Week Calendar

## Day 1

### Species:

Plains Bison



### Bison-friendly Buffet:

- ▶ [Bargain Breakfast Sandwich](#)
- ▶ [\(No Queso\) Yamadillas](#)
- ▶ [Veggie-loaded Chili](#)

### Tip: PLAN AHEAD

Choose several meatless recipes, make an ingredients list & buy food ahead of time to guarantee a successful Wildlife Week.

## Day 2

### Species:

Hellbender

### Hungry Hellbender:

- ▶ [Oatmeal with fruit](#)
- ▶ [Veggie & Hummus Sandwich](#)
- ▶ [Mediterranean Baked Sweet Potato](#)

### Tip: SAVE LEFTOVERS

Keep reusable containers handy. Store food for quick meatless lunches & next-day dinners.



## Day 3

### Species:

Sage Grouse

### Grouse-approved Grub:

- ▶ [Simple Tofu Omelet](#)
- ▶ [Grilled No-Cheese Sandwich](#)
- ▶ [Chickpea Sloppy Joes](#)



### Tip: ADAPT & EXPERIMENT

Don't hesitate to make recipe substitutions based on what you like or what's in your fridge.

## Day 4

### Species:

Loggerhead Sea Turtle



### Turtle Treats:

- ▶ [Adaptable Smoothie](#)
- ▶ [30-minute Coconut Curry](#)
- ▶ [One-Pot Sesame Noodles](#)

### Tip: REDESIGN LEFTOVERS

Wrap quinoa salad, tofu scramble or veggie stir fry in a tortilla or pita, then microwave or toast in the oven. Voila - lunch in less than 5 minutes.

# Eat less meat. Save more wildlife.

## Day 5

### Species:

Monarch Butterfly

### Meatless for Monarchs:

- ▶ [Granola & Non-dairy Milk](#)
- ▶ [Power Salads](#)
- ▶ [Extinction-free Flatbread Pizza](#)



### Tip: QUICK MEATLESS MUNCHIES

Keep dried & fresh fruit, nuts, pretzels, hummus, nut butters & energy bars on hand as quick meatless options.

## Day 6

### Species:

Bluefin Tuna

### Meat-free Oppor-TUNA-ties:

- ▶ [Tofu Veggie Frittata](#)
- ▶ [Minestrone Soup](#)
- ▶ [Cauliflower-cream Alfredo Pasta](#)

### Tip: SATISFY CRAVINGS

Try meat substitutes, tofu or mushrooms for something "meaty;" use cashew butter, non-dairy milk & margarine for creamy dishes.



## Day 7

### Species:

Mexican Gray Wolf

### Plant-based for Predators:

- ▶ [Easy Eggless Pancakes](#)
- ▶ [Oven Roasted Potatoes](#)
- ▶ [Tofu Scramble](#)

### Tip: CREATE WILD HABITS

Got plans for next week? Plan to make more wildlife-friendly meals.



A project of the Center for Biological Diversity.

Click on recipes or visit [TakeExtinctionOffYourPlate.com](http://TakeExtinctionOffYourPlate.com) for recipe links and to learn more about choosing an Earth-friendly diet.



# Wildlife Week Calendar

## Day 1

### Species:

Plains Bison

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 1](#)
- ▶ **Share:** [Baby Bison Video](#)
- ▶ **Eat:** Make a plan for which recipes you want to try this week and what ingredients you need. Stock up on versatile meat-free essentials like beans, soy sauce & other seasonings, nut butters, snacks (hummus, pretzels, dried fruit) & fresh produce.



## Day 2

### Species:

Hellbender

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 2](#)
- ▶ **Share:** [Hellbenders Rock Video](#)
- ▶ **Eat:** The time and effort you put into cooking one lunch or dinner will really pay off if you make double. Cook extra so that you have wildlife-friendly leftovers to enjoy for multiple meals.



## Day 3

### Species:

Sage Grouse

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 3](#)
- ▶ **Share:** [Take Extinction Off Your Plate Pledge](#)
- ▶ **Eat:** Stay motivated and motivate others by sharing a meatless meal with friends. Post success stories & mouth-watering pictures on social media with the tag #ChooseWild.



## Day 4

### Species:

Loggerhead  
Sea Turtle

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 4](#)
- ▶ **Share:** [Stop McClimate Change Petition](#)
- ▶ **Eat:** Try something new. Never had curry? What about meatless sloppy Joes? Choose a dish or ingredient that you haven't had before to make something meatless & delicious.



# Take action to save wildlife.

## Day 5

### Species:

Monarch  
Butterfly

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 5](#)
- ▶ **Share:** [Protect Monarchs under the Endangered Species Act Petition](#)
- ▶ **Eat:** Celebrate the Wildlife Weekend by hosting a casual Earth-friendly pizza night with a movie & snacks. Or make it a dinner party & ask friends to bring a meatless dish to share.



## Day 6

### Species:

Bluefin Tuna

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 6](#)
- ▶ **Share:** [Boycott Bluefin Tuna Pledge](#)
- ▶ **Eat:** Eat out & explore meatless dishes at local restaurants. Thai, Italian, Chinese, Mexican & Mediterranean cuisine are especially adaptable: just ask for tofu or extra veggies in place of meat.



## Day 7

### Species:

Mexican Gray  
Wolf

### Action:

- ▶ **Find:** [Scavenger Hunt Clue 7](#)
- ▶ **Share:** [Stop the Wildlife Killing Agency Video](#)
- ▶ **Eat:** Share your final Wildlife Week meal with your friends and tell them why eating less meat is important to wildlife, the planet and you.



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Earth-friendly diet.

 /PopulationSustainability

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